## SLEEP, METABOLISM, AND GLUCOSE LEVELS ARE ALL INTERCONNECTED



sleep (<6 hours)

Increased Grehlin = Increased hunger

Decreased Leptin = Still hungry even after a full meal

Decreased Melatonin = Decreased sleep

Sleep
(7-9 hours)

Decreased Grehlin =
Decreased hunger

Increased Leptin =
 Satisfied after a
 meal, normal satiety

## HOW SLEEP CAN AFFECT HEART HEALTH

