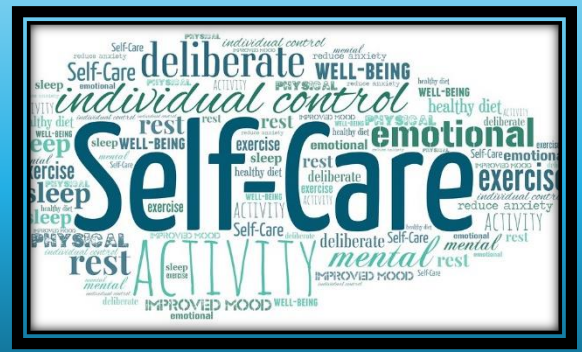


BARIATRICS

NUTRITION CLASS #4



Sleep

Benefits of Sleep

- Prevents weight gain
- Lack of sleep increases your hunger hormone, ghrelin, the next day causing you to eat foods higher in calories
- Lack of sleep decreases, leptin, which is a hormone that tells you to stop eating

Decreases Risks of:

- Diabetes
- High blood pressure
- Heart disease
- Obesity
- Early death

Sleep Hygiene

- Aim for 7-8+ hours of sleep
- Avoid alcohol, caffeine, nicotine, and marijuana
- Establish a relaxing pre-sleep routine
- Turn down the lights an hour before bedtime
- No “glow boxes”-cell phones, tablets, laptops, etc.
- Keep your room, dark, cool, and quiet
- If you have a sleep machine, use it

Stress Management

Benefits of Stress Management

- Helps with weight loss and weight maintenance
- Prevents inflammation
- Helps control blood sugar and blood pressure
- Decreases risks for: Diabetes, High blood pressure, Heart disease, Obesity

Ways to Manage Stress

- Exercise: best way to de-stress
- Take 3-5 long, slow deep breathes
- Spend time with family and friends
- Take a long hot shower or bath
- Laugh-watch a funny movie
- Meditation
- Yoga
- Tai chi
- Massage
- Take a break from social media and/or news
- Adult coloring books

Support Team

Build a team of people to call on that will provide encouragement, give you strength, keep you accountable, and offer inspiration. It takes a village to help you succeed.

Your Support Team

1. _____
2. _____
3. _____
4. _____

Stay on Track Bariatric Support Group

- Kaiser Permanente Washington offers an online support group called “Stay on Track”
- They are offered every 2nd and 4th Thursday of the month from 5:30-7pm thru Zoom
- Ask the bariatric team for the Zoom link

Summary of Bariatric Habits

1. Daily food record
2. Weighing and measuring
3. Take daily vitamins
4. Eat protein first
5. Label reading
6. Fluids
7. Establishing meal and snack times
8. Meal planning
9. Mindful eating: chewing, sipping, separating fluids from your meals/snacks and wait 30 mins after to resume drinking
10. Exercise
11. Sleep and stress management

QUIZ TIME

Next Steps

1. Follow up with a bariatric dietitian
2. Continue with medical work up
3. Continue with any additional recommendations from Dr. Ng