

Dayton, Ohio. "Plus, it puts you at risk for diabetes and heart disease." Doctors call your missing shut-eye "sleep debt," and you accrue it a lot like credit card debt. "It starts small, but the effects compound quickly," explains Michael Breus, Ph.D., author of *The Sleep Doctor's Diet Plan*. "Let it go too long and you may never be able to pay it all back." See how your sleep habits fare:

IF YOU REGULARLY MISS

30 minutes to 1 hour...

Then you're in the same boat as more than 60 percent of Americans. (Most of us say we need at least seven and a half; we average less than seven.) Surprisingly, that small deficit can lead to weight gain. "Your metabolism starts slowing," says Breus, "and hormonal changes boost appetite and cravings."

IF YOU REGULARLY MISS

1 to 2 hours...

Your mood will tank. An Australian study of 17- to 24-year-olds found that the risk of feeling anxious, stressed or depressed increased by 14 percent for every hour of missed sleep. Other research shows that after a couple nights of only four or five hours of rest, memory and attention span notably worsen.

IF YOU REGULARLY MISS

3 to 4 hours...

Your heart rate and blood pressure spike. There's also evidence that sleeping only four hours a night for just six days can impair your body's ability to regulate blood sugar. Keep it up for two weeks and you'll have the same cognitive decline as someone who hasn't slept for 48 hours straight, according to one study. So

how do you get yourself out of sleep debt?

The pros suggest you:

- 1. Go on a sleep bender.** "Sleeping in on a weekend can help 'pay off' the debt you've racked up over a busy week," says Breus. But after a few catch-up weekends, you need to fix your habits *weekdays*, too.
- 2. Invest in your bed.** Great sheets and a comfy mattress can improve sleep quality. Crucial, because if you're not sleeping *much*, every second counts.
- 3. Leave the TV on**, if you must. "Some people need it on to nod off," says Breus. Just set a sleep timer so it's not on all night. Reading right before bed is fine too—even on a Kindle. But playing Angry Birds on your laptop or iPad is a big no-no. "The strong light these emit so close to your eyes can reset your sleep-wake cycle to 'wake,'" adds Arand. —Shaun Dreisbach

HEALTH ANSWERS, PLEASE!

From JoAnn E. Manson, M.D.



I read (in Glamour!) that we shouldn't be "mono-eating." I eat the same foods every day. How bad is it? —B.T., Calgary, Alberta

That depends on which foods you're eating! If it's pizza and a Big Mac, then yes, that's really bad. If you eat, say, a spinach salad for lunch and salmon with brown rice and veggies for dinner, that's obviously better. But even then, it's nearly impossible for you to eat a balanced diet this way.

Really? Even if the foods I'm eating are healthy?

Yes. If you hardly ever vary your diet, you could develop deficiencies of vitamins, protein, calcium, magnesium, phytochemicals, fiber, fatty acids.... The list is long, and so is the litany of health problems that could result: dry skin, osteoporosis and heart disease. Try to get some variety in at least one meal a day (and consider a multivitamin, too). Of all the health ruts you can get into, this is an easy one to break.



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Women's Hospital, a professor of medicine at Harvard Medical School and a lead researcher on several women's health studies. Got a Q of your own? Email Dr. Manson at healthhelp@glamour.com.

Eat...more!
We do the calorie math for you.

You Can Have This
Large Dunkin' Donuts Coffee Coolatta with cream (32 oz.), plus whipped cream
904 CALORIES, 57 GRAMS FAT

Or All This!
Large Dunkin' Donuts Mocha Swirl Iced Latte (32 oz., made with skim milk and 2 tbsp. mocha syrup), plus an Egg White Veggie Wrap and 4 Munchkins (2 glazed, 1 powdered and 1 chocolate glazed)
780 CALORIES, 21 GRAMS FAT

SO REMEMBER: Those blended iced-coffee drinks look refreshing, but the loads of cream and sugar will weigh you down. Go with a skim version and enjoy a protein-packed wrap and some doughnut-hole snacks for later, too. —Marissa Lippert, R.D.