



## RESTORATIVE SLEEP

# Supporting Rest, Recovery, and Energy While Taking Obesity Management Medications



Good sleep helps your body heal, manage stress, and regulate appetite. When you're taking GLP-1 medicines or other obesity management medications, sleep can also affect how you feel day-to-day and how well you tolerate side effects.

## Why Sleep Matters on GLP-1 Medicines

GLP-1 medicines change digestion and appetite. Poor sleep can make nausea, fatigue, reflux, mood changes, and food cravings feel worse. Getting consistent, restorative sleep often improves energy, focus, and medication tolerance.

## Common Sleep Challenges on GLP-1s You May Notice:



These are common and often improve with small adjustments.

# Eating and Digestion Tips for Better Sleep

Because GLP-1 medicines slow digestion, how and when you eat matters for sleep.



Avoid large or heavy meals close to bedtime



Try to finish eating 2–3 hours before lying down



Eat smaller evening meals if reflux or nausea affects sleep



Stay upright after dinner (light walking can help digestion)



If nausea or reflux wakes you at night, talk with your care team—adjustments can help.



## WHEN TO TALK WITH YOUR CARE TEAM

Reach out if you:

- ✓ **Feel very tired** during the day despite enough time in bed
- ✓ **Snore loudly** or stop breathing during sleep
- ✓ **Have ongoing** reflux, nausea, or vomiting at night
- ✓ **Feel sleep problems** are affecting your daily life



**Sleep problems are treatable—and help is available.**