

## **Know how many calories do you burn sleeping**

In recent times, people have been interested in burning calories. People are also interested in getting proper body shape, diet and other things to burn calories. For this reason, they run, walk, work out and do other activities. But have you ever heard that you lose calories while you sleep?

Yes, it is interesting. And for this reason, many people ask this question- **how many calories do you burn sleeping?**

Let's find out the answer and try to know - [how many calories do you burn sleeping.](#)

There is a formula you need to know. The formula is –

$BMR/24 = BMR \text{ (Hourly)}$

$BMR \text{ Hourly} \times .85 \times \text{hours slept} = \text{Calories burned at sleeping time}$

The above formula will give you a better idea of - **how many calories do you burn sleeping.**

### **how many calories do you burn sleeping- The Average Calory Burn**

Male- 30 years, 180 LBS- 601 calory

Female- 30 Years old, 110 LBS - 406 calory

Male- 40 years old, 200 LBS- 619 calory

Female- 40 years old, 130 LBS- 424 calory

Male- 50 years old, 180 LBS- 558 calory

Female- 50 years old, 110 LBS- 376 calory

### **Is sleeping important for calorie burn?**

The experts say sleeping and rest are essential factors for your calorie burn. But some critical facts are also involved. If you want to know - **how many calories do you burn sleeping?** You need to know these elements. Let's understand the facts in the following description.

- Basal Metabolic Rate or BMR calculation is an essential element.
- Second important element is metabolism.
- You need to know the current weight and age. Gender determination is also important.
- When calculating BMR, it is essential to know about the daily body movement.
- At the sleeping time, the Basal Metabolic Rate nearly differed from 86-94 per cent. It is the standard rate of your body.

Determine your daily Basal Metabolic Rate. You can calculate the daily BMR rate via the above-discussed formula.

## **How to burn calories during sleep?**

- Take sleep seriously.
- Ensure Rapid Eye Movement or REM.
- REM helps to activate your brain and burn more calories.

## **How to Ensure the REM Sleep?**

Here you need to ensure REM sleep. This sleeping pattern will help you burn more calories. It will also help you to get mental satisfaction, offer excellent mental health and help in weight loss. You need to know about a few steps to ensure REM Sleep.

- Make a comfortable bed. Use a good quality mattress. It will help you to get deeper sleep.
- Make a daily routine. Maintain the routine. Go to bed at the proper time. Also, wake up on time.
- Try to take eight hours of sleep at night.
- Do a workout and exercise daily for 30-40 minutes. But avoid workout before sleep.
- Don't consume caffeine in the evening.
- Do not use bright light in your bedroom. Also, keep your mobile on silent mode.
- Try to avoid watching television in bed. Instead, you can read an actual book or magazine before you sleep.
- Don't scroll your mobile phone or other devices.
- Still, you don't get sleepy, leave the bed and use the sofa or couch. Read something until you get tired.

## **How to calculate the amount of calory burning?**

You can also calculate the amount of calorie loss while you are sleeping. For this reason, you need to know some calculation metrics.

- The calculation uses the Metabolic Equivalent of Task or MET value.
- The MET value is 0.7 at the time of sleeping.
- Now multiply the MET value by the body weight of the person.
- After this, you multiply the calculation by 0.0175.

Check the example of calculation:

The weight of the person is – 180 LBS

The MET value of sleeping is – 0.7

Duration – 30 minutes

Now,  $180/2.20462 \times 0.7 \times 0.0175 \times 30 \text{ minutes} = 30$

When you sleep for 30 minutes, your calorie burn rate is 30 KCAL.