# Leyla Weighs In: The Connection Between Sleep Cycles, Growth Hormone, and Metabolic Health

written by Dr. Ronald Hoffman | September 25, 2026

Did you know lack of sleep can affect your metabolic health and growth hormone levels? “Leyla Weighs In” on how sleep, diet, and exercise intertwine to boost your well-being. Plus, uncover how fasting and a ketogenic diet can promote cellular health. Check it out!