**Sleep and Eating**

One additional factor that impacts impulsive eating is sleep, although the mechanism that explain a connection between short sleep and childhood obesity are not understood well (Miller, Lumeng, & LeBourgeois, 2015). We do know that loss of sleep triggers greater caloric intake. In one study of this relation, researchers studied children’s consumption following 6 days of regular sleep and one day of over 2-hour delay in bedtime and loss of a nap. Increased consumption was observed on the two days following the sleep deprivation. On the day of sleep deprivation, increased sugars and carbohydrates were consumed with increased proportion while fats were consumed with increased proportion during the day following sleep deprivation.

Children’s sleep can be assessed using surveys like this one: <https://njaap.org/wp-content/uploads/2016/04/Childrens-Sleep-Habits-Questionnaire.pdf>.

Ask students to evaluate their sleep using one of many available survey instruments:

* Kershaw sleep index: <https://www.kershawhealth.org/services/sleep-diagnostics/sleep-quiz/>
* Pittsburgh sleep quality index: <http://www.opapc.com/uploads/documents/PSQI.pdf>
* Sleep Quiz: <https://psychcentral.com/quizzes/sleep-quiz#5>

Ask students to reflect on their eating during days when they feel rested and energized compared to days when they feel tired and lethargic. Do their eating tendencies match those described by research summarized above?

**Related references:**

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Cooper, A. R., Loeb, K. L., & McGlinchey, E. L. (2020). Sleep and eating disorders: Current research and future directions. *Current opinion in psychology*, *34*, 89-94.

Miller, A. L., Lumeng, J. C., & LeBourgeois, M. K. (2015). Sleep patterns and obesity in childhood. *Current opinion in endocrinology, diabetes, and obesity*, *22*(1), 41.