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The association between sleeping patterns, eating habits, obesity, and ...

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作者: O Tzischinsky - 2016 - 相关文章

Keywords: **sleep duration**, eating behavior, quality of life, adolescent, gender ... with **unhealthy eating habits**, **sleep** behaviors, social and school performance, girls, probably because girls **eat** more healthy foods and boys **eat** more **fast** foods To learn **about** our use of cookies and how you can manage your cookie ...

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2014年2月13日 - Keywords: **Sleep**, **Sleep duration**, Diet, Adolescents, **Food** choices ... Moreover, previous literature suggests that **sleep** and **dietary habits** formed in ... between **sleep duration** and both healthy and **unhealthy food** choices in a ... from information **about** how often the adolescent ate **fast food**, classified as a ...

Effects of Diet on Sleep Quality - NCBI - NIH

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作者: MP St-Onge - 2016 - 被引用次数: 27 - 相关文章

2016年9月7日 - Because studies have proposed a relation between **sleep duration** and obesity (1–3), Participants underwent 3 test periods: **near-complete fasting**, carbohydrate and **unhealthy eating habits** are associated with **poor sleep** quality among ..., Adam K. **Dietary habits** and **sleep** after bedtime **food** drinks.

How What You Eat Affects Your Sleep - NBC News

Name of Journal: *World Journal of Diabetes*

Manuscript NO: 41192

Manuscript Type: EDITORIAL

Unhealthy eating habits around sleep and sleep duration: To eat or fast?

Kei Nakajima

Abstract

Traditionally, breakfast skipping (BS), and recently late-night dinner eating (LNDE), have attracted attention in public health because they can predispose to cardiometabolic conditions such as obesity and type 2 diabetes. Intriguingly, it has become evident that short duration of sleep elicits similar health risks. As LNDE, BS, and short sleep can be closely related and can aggravate each other, these three should not be considered separately. In this context, LNDE (or its equivalents, snacking or heavy alcohol consumption after dinner) and BS may be representative unhealthy eating habits around sleep (UEHAS). While it is important to take energy in the early morning for physical and intellectual activities, attaining a fasting state is essential for metabolic homeostasis. Our previous UEHAS studies have shown that BS without LNDE, i.e., BS alone, is not associated with obesity and diabetes, suggesting the possibility that BS or taking a very low energy breakfast, which could yield fasting for a while, may prevent obesity and diabetes in people with inevitable LNDE. Further studies

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Do sleep-deprived adolescents make less-healthy food choices?

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作者: AK Kruger - 2014 - 被引用次数: 31 - [相关文章](#)

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作者: O Tzischinsky - 2016 - 相关文章

2016年9月6日 - Keywords: **sleep duration**, eating behavior, quality of life, adolescent, gender ... was found to correlate with **unhealthy eating habits**, **sleep** behaviors, social girls **eat** more healthy foods and boys **eat** more **fast** foods (Sweeting, 2008 that **about** half the Omani adolescents **sleep** less than 7 h per night.

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