

Sleeping less than 7 hours a day increases the risk of obesity

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Researchers at the University of Alabama analyzed the American Time Use Survey survey data in 2006 and 2008 conducted on 28,150 people between the ages of 21 and 65.

Researchers use data to analyze the time that survey participants spent on meals, snacks and the time they spent sleeping each night.

Eating snacks in the process of participating in other activities such as watching movies, going out .

The research team found that among the survey participants reported their sleep time was shorter than 7 hours per night, eating more snacks than those who slept enough, from 7 to 8 hours per night.

Gabriel S. Tajeu, one of the authors of the study, said: " *This is likely to suggest that not getting enough 7 hours of sleep each night increases calorie intake in drinks and eating a lot of meals may be The cause of an increased risk of obesity, although we need more research* ".

This finding is published online in the American Journal of Health Promotion (The American Journal of Health Promotion).

A French study published earlier this year also found "sleeping less than 6 hours a day also increases the risk of obesity."

The study was conducted by the National Institute of Sleep and Vigilance (INVS) of France and the French medical insurance MGEN, examining the survey data conducted on 49,086 people to prove that sleep deprivation had Related to increased risk of obesity.

Researchers found that sleeping less than 6 hours a day increased the risk of obesity in women by 34% and in men by 50%.

The study also found that sleep deprivation can lead to unhealthy eating habits.

People who sleep less often eat more snacks and eat more meals. Especially at night when the body is tired, leading to craving for sweets to increase energy.

Snacking is also partly due to hormonal disorders that are caused by lack of sleep.

Refer to some of the following articles:

- 1. The secret to help you no longer worry about being drunk in drinking**
- 2. Top 8 effective cancer prevention foods**
- 3. Want skin without wrinkles, long-term children eat these foods**

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