THE PREMED SCENE JOURNAL CLUB

The Effects of Sleep Extension on Energy Intake

MARCH 2022 NEWSLETTER

Article: "Effect of Sleep Extension on Objectively Assessed Energy Intake Among Adults With Overweight in Real-life Settings"
Source: JAMA Internal Medicine 2/7/2022
Authors: Esra Tasali, MD et al.

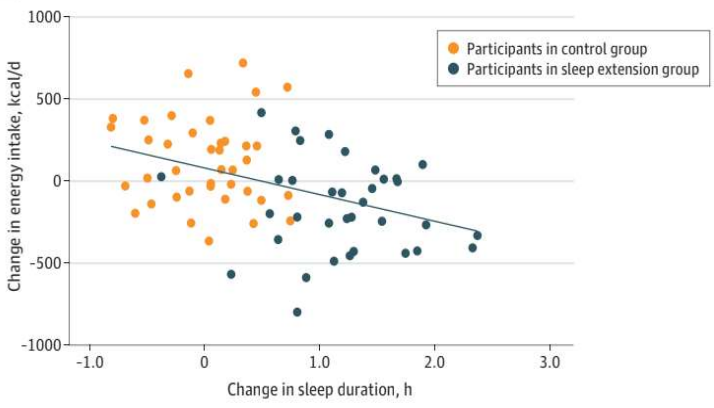
Summary

Tasali et al conducted a **randomized clinical trial** to determine the correlation between sleep extension and energy intake among overweight adults. 80 adults with a body mass index (BMI) between 25.0 to 29.9 and less than 6.5 hours of sleep per night were divided evenly into a control group (no change to sleep duration) and an experimental group (extended sleep duration to 8.5 hours per night) and were observed over a period of two weeks. The participants in this study were not required to follow a diet or do physical activity. At the end of the study, the experimental group was found to have had a 270 kcal decrease in energy intake compared to the control group, resulting in a negative energy balance. The results of this study suggest that sleep extension can reduce energy intake and can be used as a preventative measure for obesity.

Points Discussed

- **Limitations:** people with obstructive sleep apnea, insomnia, a history of sleep disorders, night shifts, and rotating shifts were excluded from the study. The results of this study may vary for people of different ages and ethnicities. The study didn't take stress levels into consideration.
- The findings of this study indicate that extending sleep duration could reduce weight and be used in obesity prevention and weight loss programs.
- **Strengths:** tracked sleep and energy intake in real-life settings to improve accuracy, and randomized design of subjects.

E Change from baseline in energy intake vs change from baseline in sleep duration



References:

Esra Tasali, MD. Kristen Wroblewski, MS. Eva Kahn, MS. et al. 02-07-2022, "Effect of Sleep Extension on Energy Intake Among Adults With Overweight," JAMA Internal Medicine, https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2788694

Session summaries and commentaries were given by Yashwitha Reddy Thindi & Christina Wira with support of The Premed Scene Journal Club