



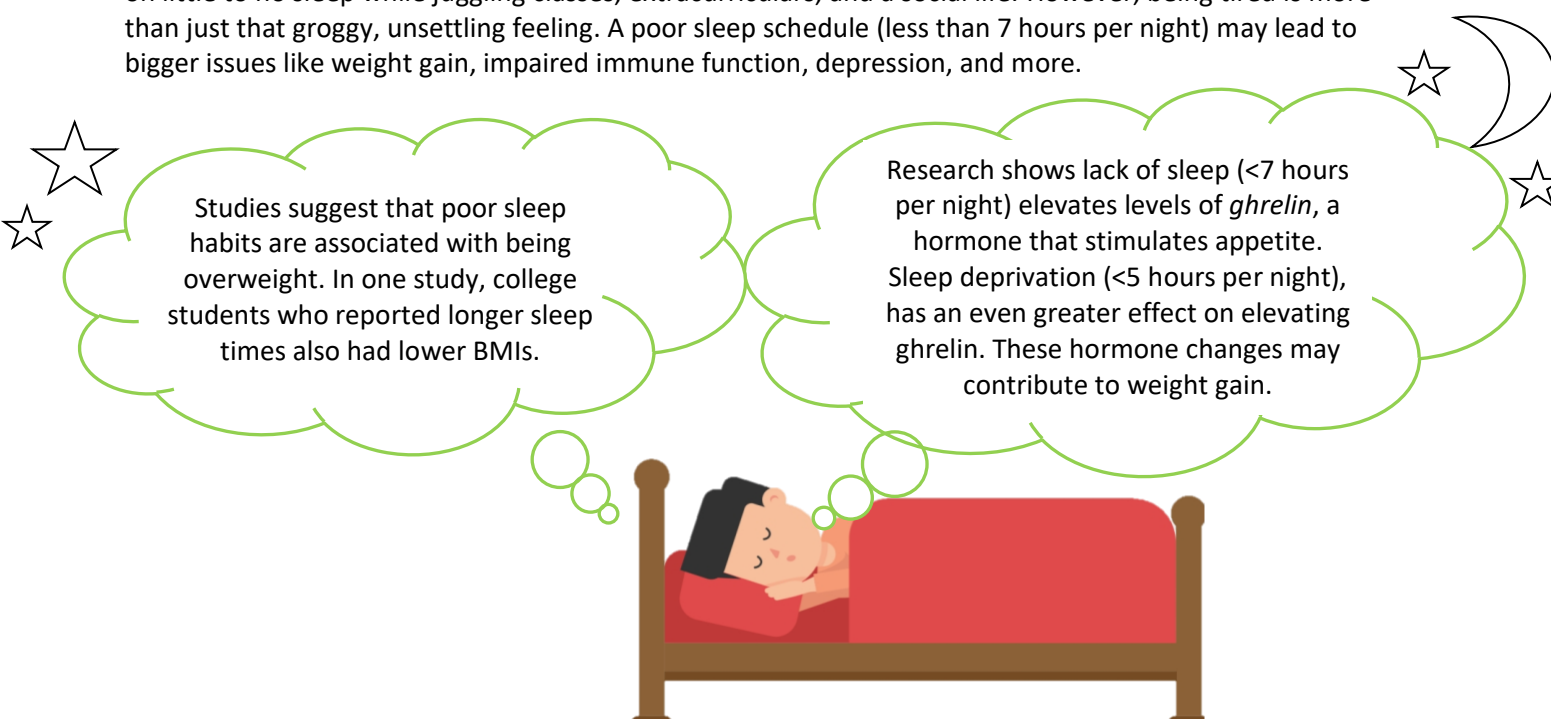
EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Sleep & Appetite

Lack of sleep may affect your productivity, mood, and...appetite? College students are notorious for running on little to no sleep while juggling classes, extracurriculars, and a social life. However, being tired is more than just that groggy, unsettling feeling. A poor sleep schedule (less than 7 hours per night) may lead to bigger issues like weight gain, impaired immune function, depression, and more.



Studies suggest that poor sleep habits are associated with being overweight. In one study, college students who reported longer sleep times also had lower BMIs.

Research shows lack of sleep (<7 hours per night) elevates levels of *ghrelin*, a hormone that stimulates appetite. Sleep deprivation (<5 hours per night), has an even greater effect on elevating ghrelin. These hormone changes may contribute to weight gain.

If you find yourself struggling to get enough sleep, try out these tips:

- ☁ Avoid caffeinated beverages like coffee, tea, and soda for a minimum of 6 hours prior to bedtime. Moderate caffeine intake (~400mg) may disrupt sleep for up to 6 hours after consumption.
- ☁ Create a routine that begins 30 minutes before bed and includes calming activities like reading, journaling, listening to music, or drawing. Avoid screen time.
- ☁ Stick to a routine: go to sleep and wake up at the same time each day.
- ☁ Plan ahead to ensure you get 7 to 9 hours of sleep each night.

Keep Your Appetite at Bay – Sleep At Least 7 Hours a Day

Revised by: Tiffany Chen

Reviewed By: Marina Vineis, MS, RDN, RYT

References: *Fighting the Freshman Fifteen: Sleep, Exercise, and BMI in College Students* Available at: <https://pubmed.ncbi.nlm.nih.gov/33111531/>. Accessed 12/17/20. *Associations of short sleep duration with appetite-regulating hormones and adipokines*. Available at: https://www.researchgate.net/publication/342177846_Associations_of_short_sleep_duration_with_appetite-regulating_hormones_and_adipokines_A_systematic_review_and_meta-analysis. Accessed 12/17/20. *Recommended Amount of Sleep for a Healthy Adult* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4434546/>. Accessed 12/17/20. *Caffeine Effects on Sleep Taken 0, 3, or 6 Hours before Going to Bed*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3805807/pdf/jcsm.9.11.1195.pdf> Accessed 12/17/20

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