

Nutrição

Sleep, eating behavior and body composition in adults

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Resumo

Background: Short sleep duration and worse sleep quality are associated to weight gain through worsening eating habits as increased intake of high energy density and reduced in natura food groups. Specific eating behaviors as uncontrolled eating (UE), emotional eating (EE) and, cognitive restraint (CR) might be also influenced by sleep quality and then contribute to eating pattern and body composition. Aims: To identify specific eating behaviors related to sleep pattern and body composition in adults. Methods: This is a cross-sectional pilot study developed with nine adult participants (5 female). Evaluations included sleep-awake cycle by 14 days of actigraphy, sleep quality by Pittsburg Sleep Quality Index (PSQI) and, eating behavior by the Three-factor Eating Questionnaire (TFEQ-21). Also body weight and composition were evaluated using bioelectrical impedance. This study was approved by Human Ethical Comitee (protocol: 3.164.884) from Federal University of Lavras-Brazil. Analysis were performed comparing groups distributed by: Total sleep time (TST: <7h/night or >7h/night), Time of sleep (below 23:00h and after 23:00h) and Sleep Quality (Good: PSQI<5 and Bad: PSQI ≥5). Pearson correlations between variables was performed. Jamovi software (2.3.16 version) was used for analysis and significance level of 5% was adopted. Results: Mean age of participants was 31.0±9.43 years and, mean BMI was 25.0±3.53kg/m². Participants who slept after 23:00h showed increased score for CR (61.1±15.7; p=0.007) compared to those who slept before 23:00h (24.1±8.48). Also, participants with less than 7h of sleep showed increased score for UE (37.0±6.3; p=0.031) compared to those with higher than 7h of total sleep time (25.0±6.32). No significant differences were found between eating behaviors and PSQI groups, as well as between body composition parameters and sleep groups. Correlation analyzes revealed a negative correlation between UE and TST (r=-0.711; p=0.032) and positive associations between UE and the interval of the time of the last meal of the day and time of sleep (r=0.684; p=0.042), and between BMI and sleep time (r=0.753; p=0.019). Conclusion: This pilot study suggests that sleep late might be related to increase CR and and higher BMI, as well shorter sleep duration is associated with increased UE. These relationships might contribute to increased energy intake and weight gain in the adult population.

Palavras-Chave: Sleep, Eating behavior, Body Composition.

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Link do pitch: <https://www.youtube.com/watch?v=rRJQj8ut8CM>