



American Academy of Sleep Medicine

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Maintain a Regular Sleep Schedule to help Prevent Weight Gain This Thanksgiving

WESTCHESTER, Ill. – For those attempting to lose or maintain weight, resisting the temptation of a Thanksgiving feast can be challenging. Holiday excitement can alter every day routines, and result in less healthy eating and sleeping habits; however, consistently getting eight hours of sleep each night in addition to practicing self-control can help prevent weight gain.

According to a study presented at SLEEP 2009, sleep habits have a significant impact on weight and body mass index. Results indicate that twins who slept between 7 and 8.9 hours each night had a lower mean BMI (25.0 kg/m²) compared to those who regularly slept either more (25.2 kg/m²) or less (26.4 kg/m²) per night. The relationship between sleep duration and BMI remained significant after controlling for genetics and shared environment.

AASM spokesperson Lisa Shives, MD, medical director of Northshore Sleep Medicine in Evanston, Ill. said that getting an adequate amount of sleep is an essential part of any weight loss or weight maintenance program. During the holidays, good sleep habits are just as important as avoiding over eating.

“I encourage my patients to try to keep their sleep schedules in tact, and get 7-8 hours per night. It is also important to try not to drink alcohol within two to three hours of bedtime,” said Shives. “If weight gain is a concern, I remind them of all the research that shows that if people don’t get enough quality sleep they tend to eat more and gain weight.”

According to the American Academy of Sleep Medicine, studies have also found that adults who have a sleep duration that deviates from the recommended 7 to 8 hours a night are at elevated risk for serious health conditions including heart disease, obesity, diabetes and death.

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View the study's abstract at <http://www.journalsleep.org/PDF/AbstractBook2009.pdf>, number 0981.

More information about sleep and sleep disorders can be found at:
<http://www.sleepeducation.com/>.

AASM is a professional membership organization dedicated to the advancement of sleep medicine and sleep-related research. As the national accrediting body for sleep disorders centers and laboratories for sleep related breathing disorders, the AASM promotes the highest standards of patient care. The organization serves its members and advances the field of sleep health care by setting the clinical standards for the field of sleep medicine, advocating for recognition, diagnosis and treatment of sleep disorders, educating professionals dedicated to providing optimal sleep health care and fostering the development and application of scientific knowledge.

To arrange an interview with an AASM spokesperson, please contact Kelly Wagner, public relations coordinator, at (708)492-0930, ext. 9331, or kwagner@aasmnet.org.

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