

Relationship of Sleep Duration with Obesity and Dietary Intake

Authors : Seyed Ahmad Hosseini, Makan Cheraghpour, Saeed Shirali, Roya Rafie, Matin Ghanavati, Arezoo Amjadi, Meysam Alipour

Abstract : Background: There is a mutual relationship between sleep duration and obesity. We studied the relationship between sleep duration with obesity and dietary Intake. Methods: This cross-sectional study was conducted on 444 male students in Ahvaz Jundishapur University of Medical Science. Dietary intake was analyzed by food frequency questionnaire (FFQ). Anthropometric indices were analyzed. Participants were being asked about their sleep duration and they were categorized into three groups according to their responses (less than six hours, between six and eight hours, and more than eight hours). Results: Macronutrient, micronutrient, and antioxidant intake did not show significant difference between three groups. Moreover, we did not observe any significant difference between anthropometric indices (weight, body mass index, waist circumference, and percentage body fat). Conclusions: Our study results show no significant relationship between sleep duration, nutrition pattern, and obesity. Further study is recommended.

Keywords : sleep duration, obesity, dietary intake, cross-sectional

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