

# Get some shut eye

*Sleep deprivation could lead to overeating, finds study*

**D** **OHUNGER PANGS** hit you at the sight of guilty pleasures like cookies, candy and chips, even after having a full-course meal? If yes, blame it on sleep deprivation. According to a new study, lack of sleep not only leads to increased caloric intake but also stimulates changes in the hedonic aspects of food consumption.

The study showed that sleep loss initiates the process of overeating, poor food choices and leads to weight gain. It amplifies and extends blood levels of a chemical signal that enhances the joy of eating, particularly the guilty pleasures gained from sweet or salty, high fat snack foods.

Sleep-restricted study subjects reported higher scores for hunger and stronger desire to eat. When given access to snacks, they ate nearly twice as much fat as when they had slept for eight hours. "We found that sleep restriction boosts a signal that may increase the hedonic aspect of food intake, the pleasure and satisfaction gained from eating," said Erin Hanlon, research associate at

the University of Chicago in the US.

The effects of sleep loss on appetite were most powerful in the late afternoon and early evening, times when snacking has been linked to weight gain, the researchers noted. The researchers designed the study, published in the journal *SLEEP*, to help understand how the endocannabinoid system - a group of endogenous cannabinoid receptors located in the mammalian brain and involved in the regulation of appetite - connects short sleep and weight gain.

They recruited 14 healthy men and women in their 20s and monitored their hunger and eating habits in two situations: one four-day stay during which they spent 8.5 hours in bed each night (averaging 7.5 hours of sleep), and another four-day stay when they spent only 4.5 hours in bed (4.2 hours asleep).

After the period of restricted sleep, study subjects reported a significant increase in hunger levels. This was prominent soon after their second meal of the day, the time when endocannabinoid levels were the highest. This increase in circulating endocannabinoid levels could

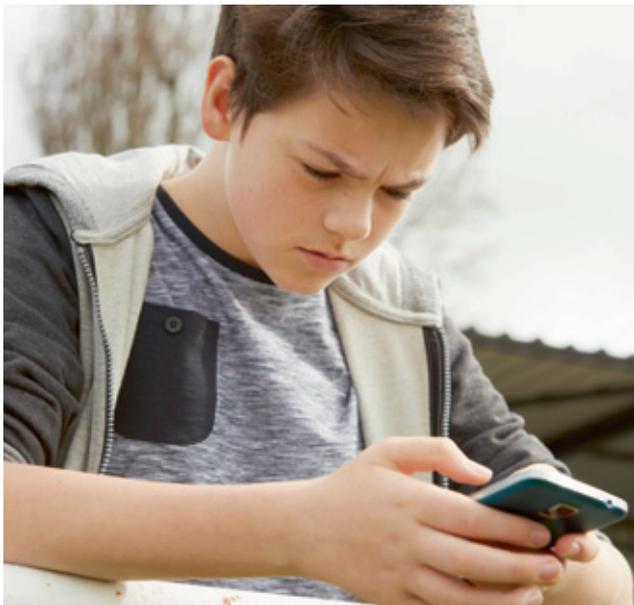


be a mechanism by which recurrent sleep restriction results in excessive food intake, particularly in the form of snacks, despite minimal increases in energy need, the researchers maintained.

Obesity and sleep restric-

tion have become extremely common. According to the Centres for Disease Control and Prevention, about a third of Americans get less than seven hours of sleep a night and more than a third of adults in the US are obese. *IANS*

## Up all night?



*Facebook to reveal people's sleeping habits soon*

**THE SOCIAL NETWORKING** website Facebook can be used to track people's sleeping habits by building up a database of when your friends were seen last online busy chatting or "liking" posts on Facebook, a media report said. "Many people visit Facebook as the first thing in the morning and the last thing before going to bed. It is, therefore, possible to get a good impression of their sleeping habits," said San Francisco-based software engineer Soren Louv-Jansen in a Mail Online report.

For the study, Louv-Jansen used "time stamps" from Facebook's Messenger service to see when his friends were asleep. He was curious to see where the "last seen" data was coming

from and after doing some research, he found a list of his Facebook friends' user IDs and last activity "time stamps".

This, he added, is embedded in the initial mark-up of Messenger.com and can be viewed by simply visiting the website and clicking "View Source" to see for yourself. "By creating a simple service that checks Facebook every 10 minutes, I'm able to get an accurate picture of my friends' Facebook usage," said Louv-Jansen, who published the programme's source code onto GitHub.

GitHub is used by many developers and hackers to put large amounts of information for developer communities to see and take advantage of, the report said. *IANS*

## ALIGN YOUR LIFE

### Home Sweet Home

**W**HAT DO YOU look for in an apartment or a home before you buy or rent? What is the most important factor that helps you to decide? What is that one thing that helps you to finalise a property?

For some people it's the sunlight. The more light in the house, the more they are likely to go for it. They prefer the whole house to be well lit at all times.

While others prefer a quiet spot away from the main road and hustle and bustle of the city. They want the house or apartment to be on a quiet street where energy is calm.

Some like to have a home by the water body. They prefer a house on the beach or an apartment overlooking a water body. Water near a home makes them feel calm and they believe such houses are prosperous for its occupants.

Having a home near a workplace or the children's school is also a priority for some. They really don't care about anything else but the convenience.

And then there are those who want the main door of the house or apartment to be in a certain direction. For them location, surroundings or other aspects don't matter. They are fixed on the direction of the main door. They believe that the main door in the right direction will bring in fortune and prosperity.

While many follow all of the above; there are certain general rules to follow before selecting a home.

Avoid picking a building or a house at the end of a T-junction. The harsh energy that runs in a straight line stops at your home. This is not good for health and wellbeing.

Always pick a location away from the main traffic junction. Fast moving traffic creates harsh energy. It disrupts the calm and peace needed for a relaxing atmosphere at home.

It is advisable to stay on a quiet street with some support at the back of your house or building. Having a tall building at the back of your home is considered good as it provides mountain support and a feeling of security.

It is good to have a water body around your home. However stagnant water bodies create bad energy and should be avoided at any cost.

And last but not the least, select a space where you can relax and enjoy your life.

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