

Is sleep deprivation associated with poor eating habits (overnutrition and ultima...

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Sleep and Diet SLEEP AND DIET The nutritional and physical behaviors are highly dependent on both their educational and other related activities at school. Mostly, their choices will depend on what they see and what they can access. Some school meals and environmental effects contribute greatly to obesity and fail to encourage excellent nutrition and physical activity. In addition, the choices of food also depend on cultural practices induced by families and communities at different levels of child growth and development (Harvard Medical School, 2008).

Many experts are opposed to the idea that overweight in females is because of high levels of gender disparity in the society. They argue that the problem occurs because of personal choices on food and physical activities. If one consumes more than what is required the excess is stored and if there is no physical activity to consume what was stored then it will remain permanently in the body (Berreby, 2014).

At school, students mostly prefer fast foods that are highly rich in fat and also they lack the appliances and the ingredients they need to prepare their own foods that are more appropriate for their health. At college level, they often reduce their sport activities despite maintaining their previous eating behavior. In addition, stress imposed by the curriculum, consumption of alcohol and delayed nighttime snacking are the major contributing factors to weight gain and furthermore sleeplessness. According to many experts, sleep deprivation will result to an increase in hunger hormones and that will finally result to a feeling of fullness (Peric & Nimwegen, 2010).

To conclude, students must learn to eat healthy foods only when they are hungry avoid skipping meal as it causes storage of more fat and learn to

exercise to keep themselves more live and active.

References

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