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Are you getting enough sleep?

Going to bed at a reasonable hour assures that you will receive enough sleep to have a productive day. Getting eight hours of sleep each night not only allows your body to grow and repair but it also can be another reason to not fall into the bad habit of late night snacking. Plain and simple too little sleeping = too much snacking. According to a recent study published in the American Journal of Clinical Nutrition, reduced sleep time (less than 6 hours per night) is associated with an increase in energy consumption, most often in the form of snack food without any increase in energy expenditure. While snacking, kids tend to engage in more sedentary activities like playing video games, watching TV or texting their friends.

Together these are a bad combination and will lead to poor health conditions like a weakened immune system, irritability, poor performance in school and obesity.