



Diet and Sleep in European Children

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- on behalf of the I.Family consortium -



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Building on





Background: diet & sleep



- Studies suggest that there is a link between shorter sleep duration and higher weight
- True both in adults and children



Background: diet & sleep connections

Poor diet choices and sleep deprivation –
are they related?



Caffeine

Sugar



Sugar + fat



Fat



We measured diet and sleep



- Sleep measured by self-report
 - Duration
- Dietary intake measured by parental or child self-report across the 8 countries
 - Frequency of fruits, vegetables, “healthy diet” overall, likelihood of eating fatty or sugary foods





What we learned about sleep in European children



- Looking at approximately 3,000 children, only 1/3 met sleep guidelines
- There was no difference between boys and girls

Sleep recommendations for different age groups

National Heart, Lung, and Blood Institute (USA)

Age	Recommended amount of sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day



What we learned about sleep and diet

- Children who slept longer ate a greater number of servings of vegetables each week
- Children who slept longer also had higher Healthy Diet Scores





Healthy Diet Score included...



- Limiting the intake of refined sugars
- Reducing fat intake
- Choosing whole meal grains when possible
- Consuming 400-500 gram of fruits & vegetables per day (about 5 servings)
- Fish 2-3 times per week



Carbohydrate intake, sleep & Body Mass Index



- A high intake of starchy food at midday
- ...in combination with short sleep duration

...put children at greater risk for overweight



Sleep and diet – conclusions



- Parents should encourage their children get approximately 10 hours of sleep per night
- Adequate sleep plays a role in promoting healthy dietary intake, which is likely, in part, due to hormonal regulation



- Thank you!