13 Απριλίου 2010

People get hungrier when they're starved for sleep

In a study, researchers found that normal-weight young men ate a Big Mac's-worth of extra calories when they'd gotten four hours of sleep the night before compared to when they slept for eight hours.

Given the findings, and the fact that people have been sleeping less and getting fatter over the past few decades, "sleep restriction could be one of the environmental factors that contribute to the obesity epidemic," they write in the American Journal of Clinical Nutrition. [(περισσότερα…)](#)