



Lack of Sleep Cause Eating Disorders

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A parasomnia is abnormal activity or behaviour that occurs when you're falling asleep, sleeping, or waking up. Sleep-related eating disorder is one type of parasomnia. Sleep onset insomnia and sleep disruption are common complaints among anorexics and bulimics. Bulimics can experience binges when they wake up. Eating disorders, on the other hand, can be a clinical manifestation of a coexisting sleep condition. SRED is an NREM-related parasomnia characterised by recurrent episodes of disordered eating following waking from the primary sleep period with partial or complete amnesia for the experience, leading in weight gain from consuming high-calorie foods. Insomnia is a condition in which a person is unable to sleep. Apnea (sleep apnea) is a Narcolepsy is a sleep disorder. RLS stands for restless leg syndrome (RLS) Parasomnias are a type of sleep disorder. Kleine-Levin syndrome is an uncommon condition marked by excessive sleep (hypersomnolence) (up to 20 hours per day), excessive food intake (compulsive hyperphagia), and behavioural changes such as an excessively uncontrolled sexual urge. Ambien (available as the generic zolpidem and also under the brand names Ambien CR and Intermezzo) is a common cause of sleep eating due to its widespread prescription, albeit it is an uncommon adverse effect. Halcion (or triazolam) and Zyprexa are two more drugs that have been linked to sleep eating (or olanzapine). Purging on a regular basis might lead to dehydration. This results in weakened muscles and excessive exhaustion. It can also deplete your electrolytes and put a strain on your heart.

This can result in an irregular heartbeat (arrhythmia), as well as weakening heart muscle and cardiac failure in severe situations. Sleep has been demonstrated to be beneficial in studies. So, don't pull an all-nighter. Lower grades have been related to these, and not just for the next day. An all-effects nighter's can linger up to four days, weakening both memory and judgement. Treatment of other sleep disorders that are frequently associated with sleep-related eating disorders, such as sleepwalking, restless legs syndrome, or obstructive sleep apnea, may help to minimise sleep-related eating disorder. Carbohydrates aid in the absorption of tryptophan in the body. As a result, eating a meal high in both protein and carbohydrates may cause drowsiness. Once the underlying cause is identified and treated, the sleeping issues may go away. When a sleep issue isn't caused by something else, it's usually treated with a mixture of medical therapies and lifestyle adjustments. Tall stature with or without a big head size (macrocephaly), a varying degree of intellectual incapacity (typically mild), and distinctive facial features are all symptoms of Weaver syndrome. Stress, jet lag, a health condition, the prescriptions you take, or even the amount of coffee you consume can all contribute to insomnia, or the inability to get to sleep or sleep properly at night. Sleepwalking, on the other hand, is a real condition that can have serious repercussions for a number of children and adults. Sleepwalking, also known as somnambulism, is a sleep disorder that causes people to walk or conduct other complex acts while still sleeping.

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