



## **VIS Nutrition Tip: Sleep deprivation linked to junk food consumption**

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Did you know sleep deprivation has been linked to junk food consumption?

A new study shows an association between high calorie food choices after a sleepless night. The study identifies that after a sleepless night the part of the brain that governs complex decision-making is impaired, while the more primal part of the brain that responds to simple reward and desire is activated. This activation of the brain pathway caused by lack of sleep led to poor food choices, with participants opting for high calorie burgers or doughnuts over healthy low calorie fruits and vegetables. On the other hand, the same participants after a good night's sleep chose the healthier options the next day.

So getting some sleep is not just important for work productivity or athletic performance it also helps manage your weight and general health by supporting your brain to reach towards healthier food options!