



Overcoming Night Eating Syndrome: A Step-by-step Guide to Breaking the Cycle

Kelly C. Allison, Albert J. Stunkard, Sara L. Thier

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The statistics are powerful and alarming: perhaps as many as 6 million Americans suffer from night eating syndrome, or NES, an eating disorder which describes behavior patterns in which an individual obsessively consumes more than half of his or her daily caloric intake after eight o'clock in the evening. More significant is the further finding that more than 33 percent of morbidly obese individuals, persons who are 100 or more pounds overweight, are affected by this disorder. Experts agree that NES shares characteristics of not only eating disorders but also sleep and mood disorders. Sufferers tend to exhibit symptoms such as feelings of anxiety and guilt, insomnia, or interrupted sleep. Typical NES behaviors include absent appetite during the day, a consistent pattern of eating more food after dinner than during the meal itself, and recurrent episodes of waking and eating throughout the night. This book offers a step-by-step strategy for managing and overcoming this disorder.

From this book, you will first learn to identify the signs of NES, and then use journaling exercises to discover what automatic thoughts surround your night eating. Having identified the problematic behaviors, you will find out how to break these patterns with healthier food choices, more structured mealtimes, and a series of relaxation and visualization techniques.

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