



The New Jersey Police Chief

The Official Publication of the New Jersey State Association of Chiefs of Police

Vol. 18, No. 4 • April 2012

2012 New Jersey Law Enforcement Memorial Service

See details on page 6

INSIDE THIS ISSUE:

- From the President's Desk
- NJSACOP 100th Annual Training Conference Registration
- New Jersey Attorney General Chiesa & State Parole Chairman Plouis Announce Fourth and Final New Jersey Fugitive Safe Surrender



You Snooze, You Lose

*By Matt Brzycki, Assistant Director of Campus Recreation, Fitness
Princeton University*

We've all heard that if "you snooze, you lose." Generally, this means that if you don't pay attention, you'll miss out on some type of opportunity. But it seems as if this proverb also holds true for something else: A growing body of evidence shows that there's an association between sleep and weight. But it's not in a way that you might think.

In a recent study that was conducted at the University of Chicago Sleep Research Laboratory, 10 overweight subjects were randomly assigned to sleep for two different durations, each lasting 14 days. In one condition, the subjects slept about 7.42 hours per night; in the other, they slept about 5.25 hours per night. In each case, the subjects consumed a reduced number of calories.

The two conditions yielded just about the same amount of weight loss but from different sources. When the subjects had more sleep, they lost about 6.38 pounds of weight which included 3.30 pounds of fat-free mass and 3.08 pounds of fat; when the subjects had less sleep, they lost about 6.60 pounds of weight which included 5.28 pounds of fat-free mass and 1.32 pounds of fat.

In other words, sleeping less generated a higher loss of fat-free mass and a lower loss of fat in comparison to sleeping more. In addition, the researchers found that sleeping less produced a greater perception of hunger.

Another recent study was conducted at a sleep laboratory in New York City. In this study, 30 subjects who regularly slept an average of seven to nine hours per night were randomly assigned to sleep for two different durations, each lasting five days. In one condition, the subjects slept about 7.63 hours per night; in the other, they slept about 3.75 hours per night.

When the subjects slept less per night, they ate nearly 300 more calories per day. Their caloric expenditure remained just about the same, meaning that they had a daily surplus of about 300 calories. Over the course of a year, that projects to a weight increase of more than 30 pounds.

The researchers analyzed the composition of the 300 additional calories and discovered that most were from the intake of fat (about 21 more grams per day, amounting to 190 calories). Specifically, they had a greater intake of saturated fat (nearly nine more grams per day).

Note: Saturated fat is found in red meats, certain oils (such as coconut and palm oils), high-fat dairy products and many processed foods; unsaturated fat is found in fish, nuts, seeds and a variety of oils (such as corn and olive oils). Saturated fat is more harmful than unsaturated fat. It's well known that saturated fat increases low-density lipoproteins (the "bad" cholesterol) and decreases high-density lipoprotein (the "good" cholesterol). This clogs arteries and heightens the risk of heart disease in later life.

It should also be mentioned that when the subjects slept less per night, they felt less energetic and more sluggish. No real surprise there.

These two studies are consistent with others that have found an association between sleeping for shorter durations and gaining weight. To be clear, sleeping more doesn't help with losing weight per se. But rest assured – pun intended – it does seem to control gaining weight.

Bottom line: Get a good night's sleep.

Matt Brzycki is the Assistant Director of Campus Recreation, Fitness at Princeton University in Princeton, New Jersey. A former Marine Drill Instructor, he has authored, co-authored and edited 17 books including *Dumbbell Training for Strength and Fitness*.