

DAY #1 ASSIGNMENT: GAIN CLARITY AROUND YOUR NIGHTTIME EATING BY GOING THROUGH THE CHECKLIST AND QUESTIONS BELOW.

If you answered yes to a majority of the questions in **BOLD ITALICS**, this could be an indication of Nighttime Eating Syndrome that you can explore further with your healthcare team.

THIS IS NOT A DIAGNOSIS OR DIAGNOSIS TEST AND DOES NOT REPLACE MEDICAL CARE.

The checklist is designed to help you gain more clarity and awareness around your nighttime eating, and give you the opportunity to take next steps.

My strong suggestion is that you can use your new knowledge to start to address your night eating patterns and improve your habits that impact your night eating, and if you have concerns speak with your physician or other member of your healthcare team.

As I noted in the discussion, many nighttime eating issues can be addressed by changes in behavior and habits that can be as straightforward as changing daytime eating patterns, making your snacks and meals more blood sugar friendly, and changing routines. If you have an eating disorder or your answers cause you to suspect you have issues of trauma or a disorder that requires care, speak to your physician you can refer you to the appropriate resource.

NES CHECKLIST AND QUESTIONS:

- ***Do you overeat in the evening, especially after dinner?***
- ***Is at least 25% of your food intake is eaten at night. (either dinner and beyond or late afternoon and beyond)***
- When does your nighttime eating start and end?
- ***Can your night eating be described as grazing and eating small amounts of different foods throughout the evening?***
- In the evening hours after dinner do you binge eat?
- ***Do you crave sweets and carbs in the evening?***
- What are the foods you typically eat at night?
- ***Do you eat to ease anxiety or self sooth?***
- ***Do you eat at night even though you're not hungry?***
- Do you eat at night out of boredom?
- What in particular triggers eating? (watching TV, doing work for your job?)
- Do you eat carbs when you are tired or to stay awake?
- ***Do you wake up during the night and eat? Do you recall waking up and eating?***
- If you wake up to eat, approximately, how many times a week does this occur?

- *Do you experience insomnia four or five nights a week*
- *Do you have a belief that eating is necessary to get to sleep or get back to sleep?*
- *Do you have no appetite in the morning?*
- *Do you often skip breakfast?*
- *Are you not very hungry throughout the day preferring to eat late afternoon, dinner and beyond?*
- *Do you often have feelings of sadness, stress, anxiety, or depression?*
- *Do feelings of sadness, stress or anxiety trigger your eating?*
- *If you have depression, does your depressed mood that get worse during evening hours*
- *Do you eat to lighten your mood?*
- Are you experiencing weight gain?
- Are your blood sugar levels higher in the morning and does this differ after a period of night eating as opposed to no night eating?