

SLEEP QUALITY IN OBESE INDIVIDUALS: THE ROLE OF NIGHT EATING BEHAVIOR

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BACKGROUND AND AIM: Night eating behavior (NEB) is considered a contributing factor to the etiology of obesity and may negatively impact sleep quality. However, the relationship between NEB and sleep quality in obese individuals has not been fully explored. This study aims to investigate the relation between NEB and sleep quality.

METHODS: Sixty-five participants with obesity, bariatric surgery candidates, were evaluated retrospectively at Selçuk University Faculty of Medicine Consultation-Liaison Psychiatry Clinic between January 1, 2024, and January 1, 2025. As part of the routine assessment battery used to evaluate bariatric surgery candidates, participants completed the Sociodemographic Data Form, Night Eating Questionnaire (NEQ), and Pittsburgh Sleep Quality Index. Forty-seven participants who fully completed the scales were included in the analysis. This study presents preliminary findings from an ongoing research project. Statistical analysis was performed using SPSS. The study was approved by the Ethics Committee (Approval number: 2025/57).

RESULTS: The sample was 74.5% female (n=35), with a mean age of 32.9±10.37 years and a mean BMI of 42.25±7.27. Among the participants, 59.6% (n=28) were morbidly obese, and 38.3% (n=18) had a psychiatric history. Participants were divided into two groups based on NEQ scores: below 25 and 25 or higher (high night eating behavior group). In the high-score group (n=9), impaired sleep quality was significantly higher (U=68, p=0.005). The high-score group also had significantly higher scores on the sleep disturbances subscale (U=101.5, p=0.039).

CONCLUSIONS: A relationship exists between night eating behavior and impaired sleep quality in obese individuals. Focusing on both night eating behavior and sleep disturbances in the treatment of obesity could be a valuable clinical approach.

Keywords: Obesity, night eating behavior, sleep quality