

# REGULARITY IN EATING AND SLEEPING SEEMS TO IMPROVE DEPRESSION

## BACKGROUND

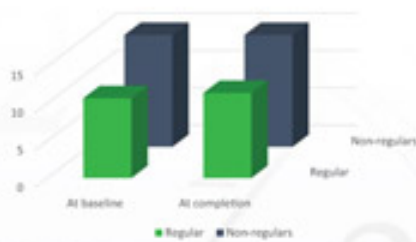
Regularity could be taught by a community program and help weight control and sleep.

## KEY METHODS

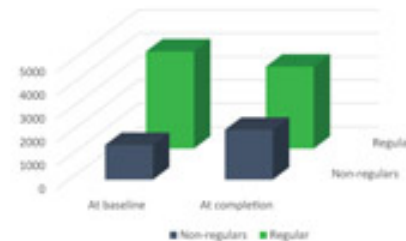
Data from 5621 participants that completed a community based mental health program was used. Average age was 52.6 [SD 15]. The program had two-hour sessions weekly for 8 weeks. Each session, participants watched a DVD by professionals followed by small group discussions on lifestyle principle applications. At baseline and end, a questionnaire was applied, including the question do you have regularity in sleep and meals schedule and "How many hours do you normally sleep each night?" Sleeping was classified as: good (8-9 hours), regular (6-7 or 9-10 hours), and bad (<6 or >10 hours). Depression scale was: none(<7), mild(7-10), moderate(11-19) and severe(>19).

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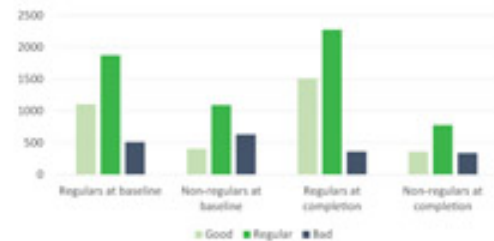
DEPRESSION LEVEL



REGULARITY IN MEALS AND SLEEP



QUALITY OF SLEEP PATTERN



## RESULTS

At baseline 62% (n=3495) had regularity in meals and sleep, 38% (n=2126) did not. These regulars sleeping pattern: good (1107, 31%), regular (1876, 54%), bad (512, 15%). The non-regulars: good (404, 19%), regular (1092, 51%), bad (630, 30%). The regular average depression was 10.7. The non-regulars 15. At completion, 74% (n=4144) had regularity and 26% (n=1477) did not. Those having regularity showed this sleeping pattern: good (1509, 36%), regular (2276, 55%), bad (359, 9%). The non-regular: good (360, 24%), regular (778, 53%), bad (339, 23%) The regular group had the average depression score: 11.4. Those without regularity averaged 15.0.

## CONCLUSIONS

Regularity seem to be related to better sleep quality and improvement in overall health and depression levels.

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