Strategies for Night Eating Disorder

Night eating syndrome is thought to be a disorder of circadian rhythm (relating to the natural cyclical patterns of human life.

Most people can be helped with this condition, but more focus may be needed in the first few weeks to break the pattern, while your body adjusts.

Monitor Change Consider medication

Strategies to overcome night eating include:

- Follow your meal plan carefully.
- Eat more healthy foods in the afternoon
- Stop any evening activities that trigger eating
- Use techniques to help you sleep through the night. Short term medications may be required.
- Try to visualise your digestive system "winding down" in the evening and having a good rest while you sleep

A range of medications may need to be trialled on an empiric basis. Apart from appetite suppressants these might include sertraline, Topamax or contrave.

Monitor the times that you overeat and try to set an "out of bounds time for eating 1-2 hours before you sleep. It is unlikely that you will experience hunger while asleep.