



Q: Do products that help people lose weight while they sleep really work?

A: Remember that if it sounds too good to be true, it probably is. Some of these products contain a diuretic (water pill). When you check your weight in the morning, it's down. But it's water weight you've lost, not fat. Some products come with instructions to avoid eating three hours before bed. But any related weight loss would be due to a behavior change, not the product. Studies have shown that eating in the evening does not put on weight any more than eating during the rest of the day. We still burn plenty of calories to keep our vital organs functioning while we sleep. But for many people, eating in the evening doesn't stem from hunger for body fuel, but from boredom, stress or something to do while watching TV. Any plan that keeps people from eating when they are not hungry is bound to help weight loss.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™