

Abstract

The prevalence of obesity has significantly increased over the last decades worldwide (WHO, 2007). Despite everything that is known about managing weight, the obesity epidemic grows. Sleep curtailment is another behavior that has surfaced at the same rate as obesity. Sleep duration has steadily declined from 8 hours in the 1960's to less than 7 hours in 2002. Approximately 33 % of adults report sleeping less than 6 hours per day. Many cross-sectional studies have found an inverse association between Body Mass Index (BMI) and hours of sleep. This cross-sectional study aims to explore any associations between BMI and sleep duration using data from the 2007 health risk appraisal data of 1,538 active duty U.S. Coast Guard members. An inverse association between BMI and sleep duration was found in the total sample (OR =1.42 CI: 1.06-1.91). Pooled t-test analysis provide sufficient evidence that mean BMI in those that 'never' get at least 7-8 hours of total sleep time is greater than those who 'always' get at least 7-8 hours of total sleep time. Multiple linear regression analysis indicate that sleep duration has greater influence on BMI than days of exercise and smoking status in the total sample.