Academic Showcase Abstract

Fasting has been around for centuries, occurring naturally in animals and practiced spiritually and medicinally in humans. Recently though, there have been links to time restricted eating (TRE) and improvements in circadian rhythms. The question is simple: does following an 8-hour restricted eating window improve self-reported sleep quality and daily energy levels in adults? We hypothesize that participants that choose to follow the 8-hour TRE will report measurable changes in sleep quality data and self-reported energy levels. We expect to see a significant increase in quality of sleep, time in REM, and increased feelings of energy throughout the day. To figure this out, 12 voluntary adults will take part in a three-week study (one control, two fasting), eating from 10am-6pm during their fasting weeks. Participants will receive and fill out a questionnaire each day to report their sleep data that they obtain from their wearable device and their energy levels over the three weeks. Because TRE aides in satisfactory quality sleep and time in REM, there is potential to see some of the proven benefits from satisfactory quality sleep such as aid in cardiovascular health, emotional regulation, brain development, and even prevention against neurodegenerative diseases.