

# Review: intentional weight loss improves daytime sleepiness

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(HealthDay)—For overweight or obese adults, intentional weight loss is

associated with improvement in daytime sleepiness, according to a review published online Jan. 24 in *Obesity Reviews*.

Winda L. Ng, from the Baker IDI Heart and Diabetes Institute in Melbourne, Australia, and colleagues examined the extent to which intentional [weight loss](#) affects [daytime sleepiness](#). Data were included from 42 studies that involved overweight or [obese adults](#), a weight loss intervention, and repeated valid measures of daytime sleepiness.

The researchers observed large improvements in daytime sleepiness in 15 before-and-after studies on surgical weight loss interventions (standardized effect size,  $-0.97$ ). Small-to-moderate improvements were seen in daytime sleepiness in 27 studies on non-surgical weight loss interventions (standardized effect size,  $-0.40$ ); there was no difference between controlled and before-and-after studies. The amount of weight loss was correlated in a nonlinear manner with change in daytime sleepiness.

"This review suggests that weight loss interventions improve daytime sleepiness, with a clear dose-response relationship," the authors write. "This supports the previously hypothesized causal effect of obesity on daytime sleepiness. It is important to assess and manage daytime sleepiness in [obese patients](#)."

Several authors disclosed financial ties to the pharmaceutical and nutrition industries.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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