- Convenience foods

If you struggle with insomnia, maybe it's time to ditch ultraprocessed foods

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FROM cancer to diabetes to depression, scientists have sounded the alarm about the consequences of eating ultra-processed foods (UPFs).



In fact, the harmful effects could be even more farreaching, to the point of impacting sleep.

For the first time, a study has established a link between chronic insomnia and ultraprocessed foods.

Researchers from the Department of Medicine at Columbia University in New York worked with the Centre for Research in Epidemiology and Statistics (CRESS) in Bobigny, France, to analyse the dietary intake of 38,570 adult participants. Overall, nearly 20 per cent of them suffered from chronic insomnia and ultra-processed foods accounted for 16 per cent of their dietary intake.

The scientists say that individuals who reported chronic insomnia consumed a higher percentage of their overall energy intake from ultra-processed foods. For the moment, no causal link has been established. The conclusion is more a matter of statistical observation, "independent of sociodemographic, lifestyle, diet quality, and mental health status characteristics". While the association between higher intake of ultra-processed foods and insomnia was observed in both men and women, men were found to have a slightly higher risk.