

Mayo Clinic Minute

Why your body's not geared for a late-night snack

VIDEO	AUDIO
	As you wind down your day, your metabolism slows too. But your digestive system is gearing up for work.
Title: Joseph Murray, M.D. Gastroenterology Mayo Clinic	“As soon as we fall asleep, our intestines start sending waves of contractions down the intestine, from the stomach down to the intestine, to clean it out.”
	Gastroenterologist Dr. Joseph Murray says eating before bed interrupts this essential nighttime function.
	“You’re filling the stomach full of food. It’s not ready for that. It’s not meant to be doing food processing. It’s meant to be doing housecleaning.”
Graphic: Adds: Extra calories Risk for heartburn	Dr. Murray says late-night snacking adds extra, generally unneeded calories. And it puts you at risk for heartburn.
	“And, then, of course, you’ve got people waking up – especially men – waking up an hour or two after going to bed with indigestion.”
Graphic: Stop eating 3 hours before bed	Dr. Murray says it’s best to stop eating three hours before bedtime.
Graphic: Make a snack small and easily digestible	And if you do need a snack, make it a small, easily digestible one, like a banana or a protein smoothie.
	“And, then, I tell people to stay up a little bit later. Give it a little bit longer to allow your stomach to process.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.