

# Weight gain possibly tied to later bedtimes

By Nicholas Bakalar, New York Times

There may be a link between later bedtimes and weight gain, new research suggests.

Researchers studied 3,342 adolescents starting in 1996, following them through 2009. At three points over the years, all reported their normal bedtimes, as well as information on fast food consumption, exercise and television time. The scientists calculated body mass index at each interview.

After controlling for age, sex, race, ethnicity and socioeconomic status, the researchers found that each hour later bedtime during the school or workweek was associated with about a two-point increase in B.M.I.

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