

FRIDGE RAIDERS

People who frequently wake up in the 0) of the night and are unable to 1) a trip to the fridge may in fact be suffering from a 2) medical complaint, say scientists. They have 3) biochemical differences in people who cannot 4) the urge to eat during the hours 5) most of us are asleep.

Night Eating Syndrome, as it is called, is not a new phenomenon. In the 1950s, doctors found that 6) one and two percent of people admitted to regularly raiding their fridges at night. The new findings 7) existing evidence that the syndrome is a 8) eating disorder. Symptoms include 9) no appetite for breakfast and eating more than 10) of the day's total food intake after 7pm. Sufferers are prone to stress and have a 11) to crave foods which are 12) in carbohydrates, such as cakes and crisps, 13) though these are the 14) nourishing. As a result, many of them are overweight.

According to doctors, there is a difference in the way that the bodies of people with Night Eating Syndrome 15) to certain hormones connected with controlling stress.