

Why you must eat before going to bed?

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By Hristo Hristov

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You have probably heard the old myth, that you should not eat before bed, because all the food you eat will be stored as fat. That is simply not true. People burn quite a number of calories while sleeping or resting in bed. If you know how many calories you are going to burn while sleeping, you can eat the same number of calories without getting fatter. For bodybuilders and athletes, it is important to eat before bed. Doing so will bathe the muscles with complete amino acids for the whole night. I am going to develop a mathematical formula, so that you will know how many calories you can eat before bed, without getting fatter.

First, we need to calculate your Resting Metabolic Rate(RMR). There are many formulas, and for the sake of simplicity, let's use Owen's equation.

Owen's equation(kilograms):

$$\text{RMR (male)} = 879 + (10.2 * (\text{body weight in kilograms}))$$

$$\text{RMR (female)} = 795 + (7.18 * (\text{body weight in kilograms}))$$

Owen's equation(pounds):

$$\text{RMR (male)} = 879 + (4.64 * (\text{body weight in pounds}))$$

$$\text{RMR (female)} = 795 + (3.26 * (\text{body weight in pounds}))$$

One day has 1440 minutes. If we divide RMR by 1440, we will calculate how many calories per minute does a person burn at rest. Now, that we know this number, it is time to calculate how many calories a person will burn while sleeping. Sleeping has a MET value of 0.9, which means a calorie burn rate of $0.9 * (\text{RMR}/1440)$ calories per minute.

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Finally we have to multiply the calorie burn rate per minute by the number of minutes that a person sleeps. We arrive at the formula: $0.9 * (RMR/1440) * \text{number of minutes sleeping}$

We can further refine this formula because we haven't taken into consideration the Thermic Effect of Food. For most mixed meals, the body burns around 10% of the eaten calories to digest the food. To calculate the precise number of calories we need to eat to maintain zero calorie balance while sleeping, we will solve this equation:

$$\text{Calories Eaten(CE)} - \text{TEF} = 0.9 * (\text{RMR}/1440) * \text{number of minutes sleeping (noms)}$$

$$\text{TEF} = \text{Calories Eaten}/10$$

$$\text{CE} - \text{CE}/10 = 0.9 * (\text{RMR}/1440) * \text{noms}$$

$$9 * \text{CE}/10 = 0.9 * (\text{RMR}/1440) * \text{noms}$$

$$0.9 * \text{CE} = 0.9 * (\text{RMR}/1440) * \text{noms}$$

$$\text{CE} = (\text{RMR}/1440) * \text{noms}$$

The formula turned out to be simpler than we expected. Another simplification is to base the formula on hours, not minutes. In this case:

$$\text{Calories Eaten Before Bed} = (\text{RMR}/24) * \text{Hours Slept}$$

It is time for a real world example. Consider a 200 pound male bodybuilder, that sleeps 7 hours a night.

$$\text{Resting Metabolic Rate} = 879 + (4.64 * 200) = 1807$$

$$\text{Calories Eaten Before Bed} = (\text{RMR}/24) * 7 = 527 \text{ calories}$$

In this specific case, our case study bodybuilder can safely eat 527 calories before going to bed, and we are sure that he will maintain zero calorie balance.

What type of meal is best to eat before bed?

I suggest a protein and fat meal, providing complete slowly digested proteins. The best foods before bed are: all meats, eggs and low-carb cheeses.

Hristo Hristov owns X3MSoftware, a company specializing in developing diet and fitness tracking software. Hristo has a degree in Computer Science and passion for strength training. Hristo has designed and written Fitness Assistant, X3MSoftware's leading software product. Download your demo at

Bedroom Furniture Contemporary Choices: Beds

By Joel Walsh

Buying bedroom furniture? Here are some ideas for choosing a bed for a contemporary bedroom.

Contemporary Bedroom Furniture: Planning a Bed

Don't let your bed be an afterthought. Your bed will be the most prominent object in your room, so it has to go with your bedroom's theme, color-wise, size-wise, and style-wise. A huge bed in a small room will likely look out of place, as would a four-post bed in a room with sleek modern furnishings.

Bed Sizes

The most popular bed sizes are king, queen, twin and the increasingly popular California king. A California king is narrow and long, rather than the traditional king bed's square shape. Just make sure you have the exact dimensions of your bed before you go mattress shopping, since bed manufacturers sometimes don't follow the standard bed sizes exactly.

Bed Styles

Don't confuse bed sizes with bed styles. Bed styles refer to the headboard and footboard. The basis of any bed is still the mattress and frame, which only vary outwardly in terms of the sizes listed above.

- Daybed. Daybeds are twin beds. What makes them special is that they can double as couches if you position them against a wall. Being compact and versatile, daybeds are great for small spaces.
- Platform. Platform beds are elegantly simple, fitting in with just about any style of decor.
- Sleigh bed. Sleigh beds have curved headboards and foot boards that look like, well...a sleigh. There are simpler and more modern sleigh bed designs, so you can get one even if you are going for a more modern-looking room.
- Four post bed. You know this bed already: it's the one with a post sticking up out of each corner. The posts can support a canopy, but the canopy is optional.
- Pencil post bed. Pencil post beds are like four-post beds, only the posts are tall and tapered like...well, pencils. Harking back to their heyday in the 1700s, pencil-post beds fit a room with colonial furnishings especially well.

About the author: Joel Walsh is a freelance business writer. Check out more articles on buying contemporary bedroom furniture:

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