

Why is My Child Always Tired?

Nutritional and Therapeutic Strategies for Improving Mood, Energy, and Academics in Adolescents



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“I am always sore.”

“ I feel tired throughout the day.”

“I can’t concentrate well.”


“Everyone annoys me.”

“ I have no energy.”



Top Causes for Fatigue



- Sleep
- Nutrition
 - Insufficient/Erratic Diet
 - Missed breakfast
 - Low Nutrient Diet
- Exercise



Building Better Habits

Are you sleep deprived?


- Does a heavy meal, warm room, boring meeting or a lecture like this ever make you drowsy?

Are you sleep deprived?

- Do you fall asleep instantly at night?
- Do you need an alarm clock to wake up?
- Do you repeatedly hit the snooze button?
- Do you sleep extra hours on the weekends?

(yes to any 2 → sleep deprived)



< 6 hrs sleep, 4x more likely to get a cold

Sleep Protects Against The Common Cold

Chances of Catching a Cold When Exposed to the Virus (%)

Sleep Duration	Chances of Catching a Cold (%)
>7 HOURS	17.2%
6 to 7 HOURS	22.7%
5 to 6 HOURS	30%
<5 HOURS	45.2%

Source: Prather et al. 2015



Research from Stanford 2011

- Stanford's sleep clinic asked men's basketball to increase sleep to 10 hours, x 5-7 weeks.
- Players ran faster sprints, increased shooting percentage, and had statistically improved reaction time.

Research

- An "All Nighter," even just one, makes reaction time 3x slower
- Research confirms relationship between "hours missed" and "attention"
 - Ex) Something that takes "0.5 second" to respond "missing a tackle"

SLEEP EFFECTS:

- Motor skills and coordination
- Concentration
- Memory
- Handling of complex tasks
- Ability to think logically
- Decision-making skills
- Creativity
- Energy
- Overall health
- Mood
- Coping skills

Sleep Cycle

- Cut short: hormones don't replenish, muscles don't build or recover, and the consolidation of long term memory is cut short.
- Final hour of sleep, hour 8-9, sleep spindles created.
- Less than 8 hours, it's not becoming "automatic"

Sleep Disruptors: Technology

- Teens spend on ~ 9 hours per day on tech
- Teens check social media "100x/day"
- Light from devices disrupts melatonin
- Light reducers: blue lights, orange glasses
- Take electronics out of bedroom

Sleep disruptors: Caffeine

- 75% kids drink caffeine daily
- More caffeine → less sleep
- Even decaf has caffeine!
- Jitters, increases nervousness
- Diuretic → fluid loss → cramping
- Avoid after 2pm, ruins REM sleep



Ways to Improve Sleep

- Establish a regular sleep/wake schedule
- Get continuous sleep
- “The Power Nap” - no more than ~30 min
- Dark, cool, uncluttered room
- Electronics detox: move out of bedroom
- Headspace app
- Bedtime ritual: bath, stretching, reading
- Just 1 more hour, boost alertness x 25%



ABC's of Nutrition

- **A**DEQUATE
- **B**ALANCE
- **C**ONSISTENT



ADEQUATE:

Does your diet contain enough calories, fat, protein?



During adolescence, nutrition must be optimal to support growth and development.



Table 8.4. Estimated Calorie Needs per Day by Age, Gender, and Physical Activity Level

Females			
	Sedentary	Activity Level Moderately Active	Active
Age (y)			
12	1600	2000	2200
13	1600	2000	2200
14	1800	2000	2400
15	1800	2000	2400
16	1800	2000	2400
17	1800	2000	2400
19-20	2000	2200	2400

Adapted from the US Department of Agriculture and the US Department of Health and Human Services. *Dietary Guidelines for Americans, 2015-2020.*

Pediatric Nutrition, American Academy of Pediatrics, 2019.

Table 8.4. Estimated Calorie Needs per Day by Age, Gender, and Physical Activity Level

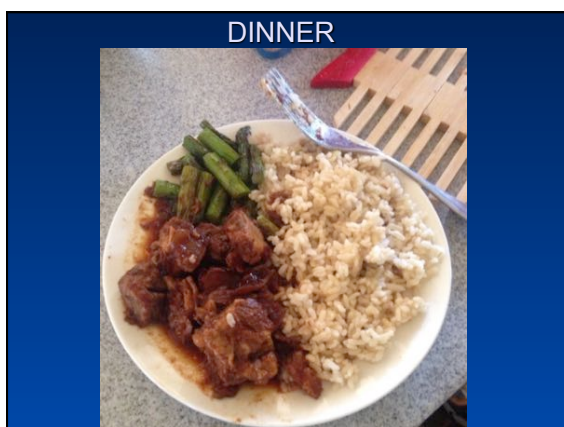
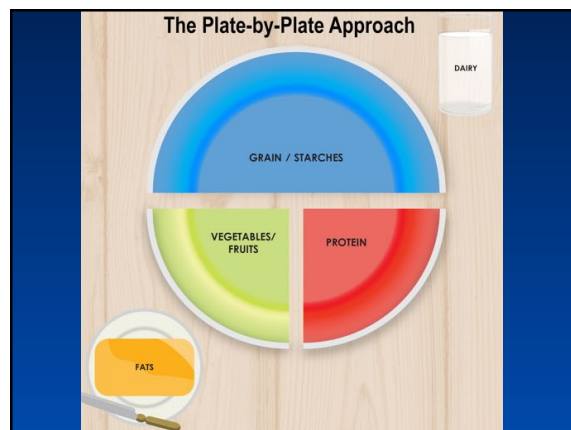
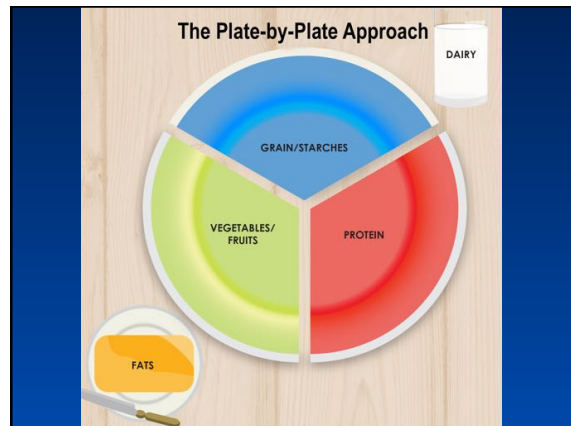

Males			
	Sedentary	Activity Level Moderately Active	Active
Age (y)			
12	1800	2200	2400
13	2000	2200	2600
14	2000	2400	2800
15	2200	2600	3000
16	2400	2800	3200
17	2400	2800	3200
19-20	2600	2800	3000


Pediatric Nutrition, American Academy of Pediatrics, 2019.


Balanced:


Are all food groups there when eating?

- Starch
- Protein
- Fruit/Veg
- Fats
- Dairy



Breakfast 

Lunch 

Dinner 

ARE ALL FOOD GROUPS HERE?

Consistent:

- Are you eating every 3-4 hours?
- Are you more or less following the same protocol regularly?



How Many Meals + Snacks?

3 + 2/3



3 Meals + 2/3 Snacks

Breakfast
Snack
Lunch
Snack
Dinner
Snack



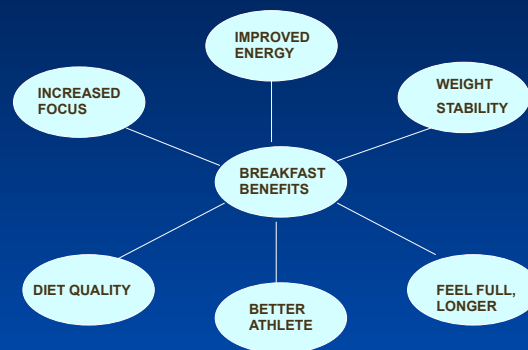
How's Your Diet?

7:15 am Banana
12:50pm: Greek salad, dressing
Apple
3:20pm: Grapes
3:30 - 5:30pm: PRACTICE
7:30pm: Chicken
Rice
Spinach and garlic



Excuses for Breakfast

- "I'm not hungry"
- "I get nauseous"
- "No time"



Snacks:

Are you remembering to eating
in between meals?



Increased Dieting

- Dieting predicts “more” weight gain
- Dieting predicts binge eating
- Dieting is the most important predictor of new eating disorders

Citation:
-Neumark-Sztainer D, et al 2006 JADA
-G C Patton et al 1999



Review

How dieting makes the lean fatter: from a perspective of body composition autoregulation through adipostats and proteinstats awaiting discovery

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Summary

Whether dieting makes people fatter has been a subject of considerable controversy over the past 30 years. More recent analysis of several prospective studies suggest, however, that it is dieting to lose weight in people who are in the healthy normal range of body weight, rather than in those who are overweight or obese, that most strongly and consistently predicts future weight gain. This report analyzes the evidence

Feb 2015: Dieting increased body fat percentage and predicts “more” weight gain



Exercise

- “Choose a job you love and never work a day in your life.”
- Similar with exercise..find something you love to stay happy.
- Endorphins create a “all natural high.”

Benefits of Exercise

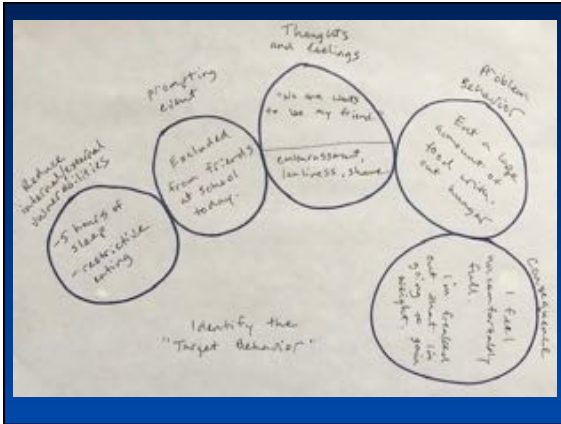
- Improves mood
- Emotions stable
- Reduces stress /cortisol
- Concentration
- Strength
- Sleep
- Helps with hunger
- Coordination
- Self-mastery
- Socialization



Reference: No Weigh

Other Causes of Fatigue

- Iron deficiency
- Sleep apnea
- Medications
- Medical Conditions
- Stress, anxiety



Foodless Fulfillment

Identify things you can do when you want food but you are not hungry

"You don't need a pint of ice cream to satisfy a craving; if a few spoonfuls or a dish doesn't do the trick, then ice cream isn't what you were craving to begin with. Remember, with a craving you're going for a peak experience that should result in a natural diminishment of the original desire." Karen Koenig

Self Report Habit Index

- Behavior X is something . . .
- I do frequently.
- I do automatically.
- I do without having to consciously remember.
- That makes me feel weird if I do not do it.
- I do without thinking.
- That would require effort not to do it.
- That belongs to my (daily, weekly, monthly) routine.
- I start doing before I realize I'm doing it.
- I would find hard not to do.
- I have no need to think about doing.
- That's typically "me."
- I have been doing for a long time

Habits can be incredibly useful. They allow the mind to multitask and in so doing enable efficiency. Behaviors get linked together into a routine, and once the chain of action is initiated, the rest follows with little mental effort.

Dr. Timothy Walsh, and his team at Columbia Center for Eating Disorders, have been using the habit model to treat disordered eating as well as eating disorders. He states that the current thinking is that habits are not forgotten, even if they have not been engaged in for a long time. The key is to substitute the old habit with a new one. In other words, don't just grit your teeth. Help people develop a competing response that makes it impossible to engage in their habit.

NO WEIGH!!
A TEEN'S GUIDE TO POSITIVE BODY IMAGE, FOOD, AND EMOTIONAL WISDOM
SIKHE DARPINIAN
SANDY STERLING
SHEILLY AGGARWAL

Questions?

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