

参考文献一覧

<第1章>

Keys, A., Brožek, J., Henschel, A., Mickelsen, O., & Taylor, H. L., *The Biology of Human Starvation* (2 volumes), University of Minnesota Press, 1950.

Idoia Labayen and others, Role of Baseline Leptin and Ghrelin Levels on Body Weight and Fat Mass Changes after an Energy-Restricted Diet Intervention in Obese Women: Effects on Energy Metabolism, *The Journal of Clinical Endocrinology & Metabolism*, Volume 96, Issue 6, 1 June 2011, Pages E996–E1000.

Wing, R.R. and Phelan, S. (2005) Long-Term Weight Loss Maintenance. *The American Journal of Clinical Nutrition*, 82, 222S-225S.

<第2章>

Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2009). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998–1009.

<第4章>

Relationships between eating quickly and weight gain in Japanese university students: A longitudinal study. Yamane M, Ekuni D, Mizutani S, Kataoka K, Sakumoto-Kataoka M, Kawabata Y, Omori C, Azuma T, Tomofuji T, Iwasaki Y, Morita M. *Obesity* (Silver Spring). (DOI: 2014 Jul 10. doi: 10.1002/oby.20842.) [Epub ahead of print]

Hamada, Y., Hayashi, N. Chewing increases postprandial diet-induced thermogenesis. *Sci Rep* 11, 23714 (2021).

Allison KC, Hopkins CM, Ruggieri M, Spaeth AM, Ahima RS, Zhang Z, Taylor DM, Goel N. Prolonged, Controlled Daytime versus Delayed Eating Impacts Weight and Metabolism. *Curr Biol*. 2021 Feb 8;31(3):650-657.e3. doi: 10.1016/j.cub.2020.10.092. Epub 2020 Nov 30. Erratum in: *Curr Biol*. 2021 Feb 22;31(4):908.

<第5章>

Noel C, Dando R. The effect of emotional state on taste perception. *Appetite*. 2015 Dec;95:89-95.

<第6章>

【出典】地方独立行政法人東京都健康長寿医療センター 運動科学研究室長 青柳幸利
※協力：株式会社健康長寿研究所 <http://kenju-jp.com/>"

Veerman J, Healy G, Cobiac L, et al. Television viewing time and reduced life expectancy: a life-table analysis. *Br J Sports Med* 2012; 46: 927-930.

Grøntved A, Hu FB. Television Viewing and Risk of Type 2 Diabetes, Cardiovascular Disease, and All-Cause Mortality: A Meta-analysis. *JAMA*. 2011;305(23):2448–2455.

貧乏ゆすり、実は健康にプラス エコノミークラス症候群予防にもNIKKEI STYLE(健康・医療)
2012年4月10日,
<https://www.nikkei.com/nstyle-article/DGXDZO40249640X00C12A4MZ4002/>

Taheri S, Lin L, Austin D, Young T, Mignot E. Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index. *PLoS Med*. 2004 Dec;1(3):e62.

Gangwisch JE, Malaspina D, Boden-Albala B, Heymsfield SB. Inadequate sleep as a risk factor for obesity: analyses of the NHANES I. *Sleep*. 2005 Oct;28(10):1289-96.

Shahram Nikbakhtian and others, Accelerometer-derived sleep onset timing and cardiovascular disease incidence: a UK Biobank cohort study, *European Heart Journal - Digital Health*, Volume 2, Issue 4, December 2021, Pages 658–666.

Park YM, White AJ, Jackson CL, Weinberg CR, Sandler DP. Association of Exposure to Artificial Light at Night While Sleeping With Risk of Obesity in Women. *JAMA Intern Med*. 2019 Aug 1;179(8):1061-1071.

The Philips 2021 global sleep survey,
<https://www.usa.philips.com/c-e/smartsleep/campaign/world-sleep-day.html>

厚生労働省(2014),「健康意識に関する調査」

Hassmén P, Koivula N, Uutela A. Physical exercise and psychological well-being: a population study in Finland. *Prev Med*. 2000 Jan;30(1):17-25.