

Curbing Nighttime Eating

Supports: Block — Curbing Nighttime Eating

Why It Matters

Eating at night is one of the most common patterns people want to change — the after-dinner grazing, the snack in front of the TV, the late reach into the pantry that is more about habit or stress than hunger. There is nothing shameful about it, and you do not fix it with willpower alone. You fix it by understanding what is driving it and setting up your evening so the pull is easier to resist.

What to Know

Why nighttime eating happens

- Under-eating during the day, so real hunger hits at night.
- Habit — food paired with the couch, a screen, or winding down.
- Stress, boredom, or tiredness looking for comfort.
- Being up late; more waking hours means more chances to eat.

What helps

- Eat enough, with protein and fiber, earlier in the day so you are not starving at night.
- Decide the kitchen is “closed” after a certain time, and brush your teeth as a signal.
- Swap the habit — tea, water, a short walk, or a hobby for your hands.
- Ask yourself: am I truly hungry, or tired, stressed, or bored?

Sleep first: Going to bed a little earlier removes the late-night window entirely — and better sleep lowers next-day cravings. Sometimes the best fix for nighttime eating is simply more sleep.

Try This

Plan a calmer evening.

? When and where does nighttime eating usually happen for you?

? What is one swap or boundary you could try this week?
