



# ASN Publications

## The American Journal of Clinical Nutrition Media Alerts

The following articles have been published in the January 2018 issue of *The American Journal of Clinical Nutrition* (AJCN), a publication of the American Society for Nutrition. [Click here](#) for full summaries and analyses. Links to the articles are below. Articles published in AJCN are embargoed until the article appears online either as in press ([Articles in Press](#)) or as a final version. The embargoes for the following articles have expired (**Editor's Choice in bold**):

- Scientists verify their ability to successfully coach people to sleep longer and decrease daily sugar intake.
- Documenting nutrient intake: a task more difficult than you might imagine.
- **Researchers find no effect of Ramadan fasting on overall energy expenditure.**

### [Scientists verify their ability to successfully coach people to sleep longer and decrease daily sugar intake](#)

Not getting enough sleep is emerging as an important risk factor for a variety of conditions, including obesity, type 2 diabetes, and cardiovascular disease. In this study, researchers validate methods to better assess the mechanisms underpinning these associations and find that sleeping more might lower sugar consumption.

- Al Khatib HK, Hall WL, Creedon A, Ooi E, Masri T, McGowan L, Harding SV, Darzi J, Pot GK. [Sleep extension is a feasible lifestyle intervention in free-living adults who are habitually short sleepers: a potential strategy for decreasing intake of free sugars? A randomized controlled pilot study.](#) *American Journal of Clinical Nutrition* 2018;107:43–53.

### [Documenting nutrient intake: a task more difficult than you might imagine](#)

Scientists test validity of US National Cancer Institute's automated, self-administered, 24-hour recall method (ASA24) for estimating nutrient intake; find it somewhat adequately reflects diet, especially if used repeatedly.

- Park Y, Dodd KW, Kipnis V, Thompson FE, Potischman N, Schoeller DA, Baer DJ, Midthune D, Troiano RP, Bowles H, et al. [Comparison of self-reported dietary intakes from the Automated Self-Administered 24-h recall, 4-d food records, and food-frequency questionnaires against recovery biomarkers.](#) *American Journal of Clinical Nutrition* 2018;107:80–93.
- McCullough ML. [Dietary assessment in the digital age: the ongoing quest for better methods.](#) *American Journal of Clinical Nutrition* 2018;107:1–2.

### Important Dates

Mar 1-3. [International Conference on Nutrition & Growth](#) (Paris France)

May 3-6-2018. [Canadian Nutrition Society 2018 Annual Conference](#). Halifax, NS, Canada

June 9-12, 2018. [Nutrition 2018](#), ASN's conference in Boston.

### Journal Links

[The American Journal of Clinical Nutrition](#)

[The Journal of Nutrition](#)

[Advances in Nutrition](#)

[Current Developments in Nutrition](#)

[Nutrition Today](#) partner publication of ASN.

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