

Characteristics of Night Eating Syndrome and Related Eating Disorders

Characteristic	Binge Eating Disorder	Night Eating Syndrome	Sleep-Related Eating Disorder
Consume $\geq 25\%$ of energy after dinner and/or wake to eat \geq twice per week		X	
Feel loss of control, guilt, and shame over episodes	X	X	
Belief that one must eat to sleep		X	
Zolpidem use is a contraindication			X
Loss of memory of behavior during episodes			X
Disruption of circadian rhythms		X	
Frequently co-occur in one individual	X	X	
Increased comorbidity of depression and anxiety symptoms	X	X	X
Listed in <i>Diagnostic and Statistical Manual of Mental Disorders, 5th edition</i> , as a stand-alone eating disorder	X		
Morning anorexia		X	X
May resume after bariatric surgery	X	X	X
Consumption of peculiar food(s)/combinations of foods and/or inedible/toxic substances			X
Adverse health consequences (eg, obesity, diabetes, dyslipidemia)	X	X	X