## Case Study 3: Healthy Eating and Sleep Hygiene in a Student

**Background**

Max, a 17-year-old student, suffers from lack of energy and concentration difficulties at school. He frequently eats fast food, drinks a lot of caffeine, and uses his phone late into the night, leading to poor sleep.

**Problem Identification**

Max's eating habits and sleep hygiene contribute to his lack of energy and inability to concentrate at school. His diet is unbalanced, and his late bedtime affects his sleep quality.

**Initial Assessment**

* Max eats irregularly and often chooses unhealthy snacks and fast food.
* He drinks several cups of coffee daily, often in the evenings.
* His bedtime is inconsistent, and he often spends hours on his phone before sleeping.

**Solution**

* **Dietary Changes:** Max starts planning his meals more carefully. He incorporates more whole grains, fruits, and vegetables into his diet and reduces fast food and sugary snacks.
* **Reducing Caffeine Intake:** Max limits his coffee consumption to the morning and replaces evening coffee with caffeine-free alternatives like herbal tea.
* **Improving Sleep Hygiene:** Max sets a fixed bedtime and establishes a relaxing evening routine that includes turning off electronic devices an hour before sleep. He ensures his bedroom is dark and quiet.
* **Regular Sleep Times:** Max commits to a consistent sleep schedule, even on weekends, to stabilize his circadian rhythm.

**Implementation**

Max sticks to his new diet and sleep schedule for a month. He uses an app to track his eating habits and sleep patterns.

**Outcome**

After a month, Max reports:

* Increased energy and better concentration at school.
* Improved sleep quality, faster falling asleep, and fewer night awakenings.
* Enhanced overall well-being and increased performance.
* Increased awareness of the importance of nutrition and sleep hygiene.

**Conclusion**

This case study demonstrates how changes in diet and improvement in sleep hygiene can directly contribute to enhancing a student's quality of life. Through conscious changes in his daily habits, Max significantly improved his energy, school performance, and overall well-being.