

Daytime Naps Linked to 25% Higher Stroke Risk

Description

By PAT HAGAN

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While some swear by their rejuvenating powers, it appears that extended daytime naps—those stretching beyond an hour—could be more detrimental than previously thought, as a recent study reveals they may increase the risk of stroke by nearly 25%.

Although a brief doze lasting 30 to 40 minutes can sharpen focus, researchers have found that sleeping for over an hour could heighten the risk of type 2 diabetes and even lead to premature death.

A YouGov study indicates that one in five Britons indulges in regular daytime naps.

Scholars from the Institute of Nutrition at Fudan University in Shanghai scrutinized data concerning sleep habits and stroke risk among over 90,000 individuals older than 50. Their findings suggested that those who habitually napped for at least an hour during midday were 23% more likely to suffer a stroke.





Daytime naps of over an hour can boost the risk of stroke and type 2 diabetes, according to a study (file photo).

In the UK alone, approximately 100,000 individuals fall victim to a stroke annually, where a blockage in blood flow to the brain often results in partial paralysis, speech difficulties, or even mortality.

The recent study, published in the journal Sleep Medicine, highlighted that risks soared among those who slept less than seven hours at night.

Researchers posit that unhealthy sleep patterns may incite inflammation in the blood vessels supplying the brain, thereby exacerbating the likelihood of clot formation.

They remarked, "Daytime napping is a global phenomenon. These findings indicate that extended nap durations meant to make up for short nocturnal sleep can have adverse health effects."

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Vocabulary List:

1. **Rejuvenating** /rɪˈdʒuː.və.neɪ.tɪŋ/ (adjective): Having the ability to make someone feel or look young or energetic



again.

- 2. **Detrimental** / detrɪˈmɛntəl/ (adjective): Tending to cause harm or damage.
- 3. Indulges /ɪnˈdʌldʒɪz/ (verb): Allow oneself to enjoy the pleasure of something.
- 4. Habits /'hæbɪts/ (noun): Regular practices or routines that are difficult to give up.
- 5. **Incite** /ɪn'saɪt/ (verb): To stir up or provoke an action or emotion.
- 6. Adverse /'æd.v3:rs/ (adjective): Preventing success or development; harmful or unfavorable.

Comprehension Questions

Multiple Choice

1. According to the article, how much can extended daytime naps increase the risk of stroke by?

Option: 10% Option: 15% Option: 20% Option: 25%

2. What is the potential risk associated with sleeping for over an hour during the day?

Option: Obesity

Option: Type 2 Diabetes Option: Heart Disease

Option: High Blood Pressure

3. How many Britons reportedly indulge in regular daytime naps?

Option: One in three Option: One in four Option: One in five Option: One in six

4. What did the study by scholars from Fudan University suggest about midday napping and stroke risk?

Option: It decreases the risk Option: It has no impact Option: It increases the risk Option: It is inconclusive

5. How many individuals in the UK are mentioned to fall victim to a stroke annually?

Option: 50,000



Option: 75,000 Option: 100,000 Option: 125,000

6. Where was the recent study published?

Option: Journal of Medicine Option: Sleep Research Journal

Option: Sleep Medicine

Option: Journal of Neuroscience

True-False

- 7. Extended daytime naps can decrease the risk of type 2 diabetes.
- 8. Sleeping for over an hour during the day can lead to premature death.
- 9. The study suggested that unhealthy sleep patterns do not affect the likelihood of clot formation.
- 10. One in four Britons reported to indulge in regular daytime naps based on the article.
- 11. The study mentioned in the article was conducted by scholars from Harvard University.
- 12. The article implies that not getting enough sleep at night could increase health risks.

Gap-Fill

13. According to the article, those who habitually nap for a	it least an hour during midday were
% more likely to suffer a stroke.	
14. In the UK alone, approximately	individuals fall victim to a stroke annually.
15. The recent study mentioned in the article was publishe	ed in the journal
16. Researchers indicated that unhealthy sleep patterns m	nay incite inflammation in the
supplying the brain.	



17. According to the article, daytime napping is described as a global	
18. Researchers warned that extended nap durations could have adverse	_ effects.

Answer

Multiple Choice: 1. 25% 2. Type 2 Diabetes 3. One in five 4. It increases the risk 5. 100,000 6. Sleep Medicine

True-False: 7. False 8. True 9. False 10. False 11. False 12. True

Gap-Fill: 13. 23 14. 100,000 15. Sleep Medicine 16. blood vessels 17. phenomenon 18. health

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term refers to the height of an object or point in relation to a specified reference level usually ESL-NEWS.CO above sea level?

Option: Altitude Option: Hypoxia Option: Resilience Option: Adaptation

2. Which term relates to the heart or blood vessels?

Option: Distribution Option: Cardiac Option: Seizure Option: Revived

3. Which term means to make less severe serious or painful?

Option: Exhaustive Option: Burdened Option: Mitigate Option: Compounds

4. What are substances that can prevent or slow damage to cells caused by free radicals?

Option: Concoction Option: Antioxidants Option: Moderation Option: Efficacy



5. Which term refers to Option: Revived Option: Consultation Option: Oxidative Option: Detrimental	
6. Which term means to Option: Indulges Option: Habits Option: Incite Option: Adverse	to give in to a desire especially one that is considered excessive or unwise?
7. Which term refers to Option: Enchantmer Option: Saturation Option: Vitality Option: Resilience	o the state of being completely soaked with a liquid?
8. Which term refers to Option: Resilience Option: Efficacy Option: Compounds Option: Oxidative	the ability to produce a desired or intended result?
9. Which term means to Option: Rejuvenating Option: Detrimental Option: Exacerbated Option: Enchantmen	to make a problem bad situation or negative feeling worse? g
Option: Invigorate Option: Mitigate Option: Compounds Option: Resilience	to give strength or energy to? blanks with the correct word from the vocabulary list.)
	is the capacity to recover quickly from difficulties; toughness.
12	is a condition in which the body or a region of the body is deprived of



adequate oxygen supply at the tissue level.		
13. The spa offers a range of	treatments aimed at refreshing and revitalizing the	
body and mind.		
14. The company's products have a wide	across various regions of the country.	
15. Chemical are formed wh	en atoms of different elements are chemically bonded	
together.		
16. The medication may have	_ effects if not taken according to the prescribed	
dosage.		
17. The beauty of the landscape held a certain	that captivated all who beheld it.	
18. Regular exercise and a balanced diet contribute to maintaining good levels of		
and health.		
19. It is important to consume alcohol in	to avoid negative health impacts.	
20 stress occurs when there	e is an imbalance between free radicals and	
antioxidants in the body.		
Matching Sentences (Match each definition to the correct word from the vocabulary list.)		
21. After a long hike the hiker's clothes were completely wet as they reached a point of with sweat.		
22. The fresh mountain air can even the weariest of travelers providing them with renewed energy.		
23. Excessive consumption of sugary drinks can be to one's dental health over time.		
24. During the holidays it is easy to in rich calorie-laden foods without considering the consequences.		
25. The weight of unresolved issues can leave a person feeling emotionally and overwhelmed.		
26. The community showed great in rebuilding after the devastating tornado tore through the town.		



- 27. It is advisable to seek medical before starting any new exercise regimen especially for individuals with underlying health conditions.
- 28. Regular exercise is beneficial for maintaining a healthy system and reducing the risk of heart disease.
- 29. The chef's secret of herbs and spices gave the dish its unique and unforgettable flavor.
- 30. The clinical trial demonstrated the high of the new drug in treating the rare disease.

Answer

Multiple Choice: 1. Altitude 2. Cardiac 3. Mitigate 4. Antioxidants 5. Consultation 6. Indulges 7. Saturation 8. Efficacy 9. Exacerbated 10. Invigorate

Gap-Fill: 11. Resilience 12. Hypoxia 13. Rejuvenating 14. Distribution 15. Compounds 16. Adverse 17. Enchantment 18. Vitality 19. Moderation 20. Oxidative

ESL-NEWS.COM Matching sentence: 1. Saturation 2. Invigorate 3. Detrimental 4. Indulges 5. Burdened 6. Resilience 7. Consultation 8. Cardiac 9. Concoction 10. Efficacy

CATEGORY

1. Health - LEVEL4

Date Created 2025/02/01 **Author** aimeeyoung99