



Daytime Naps Linked to 25% Higher Stroke Risk

Description

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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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CATEGORY

1. Health - LEVEL4

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