



Study Links Night Owls to Increased Heart Risk

Description

Research from Washington reveals that being a night owl might harm your heart. A large study shows that people who stay up late have worse heart health compared to those who sleep earlier.

Sina Kianersi from Brigham and Women's Hospital led the study, emphasising the mismatch between natural sleep patterns and typical daily schedules as a challenge for maintaining heart-healthy habits. This issue can be addressed, says Kianersi, who admits he functions better at night.

Heart disease is the leading cause of death in the US. The American Heart Association outlines eight key factors for good heart health: physical activity, avoiding tobacco, adequate sleep, healthy diet, and controlling blood pressure, cholesterol, blood sugar, and weight.

The circadian rhythm, or body clock, governs our sleep, alertness, and organ function. Night owls often face more health issues, including higher smoking rates and less exercise, according to previous research.

Kianersi's team studied over 300,000 adults in the UK Biobank, finding 8% identified as night owls. Over 14 years, night owls had a 16% higher risk of heart attack or stroke. Women night owls showed worse cardiovascular health in line with heart health guidelines.

Unhealthy habits such as smoking, poor sleep, and diet are the main reasons. Night owls may struggle with early work hours and find it challenging to follow a morning routine, affecting more than just sleep.

Kianersi advises focusing on simple, healthy habits like quitting smoking. A consistent bedtime can help improve heart health for everyone.

Vocabulary List:

1. **Cardiovascular** /ˌkɑːr.di.ʊˈvæs.kjə.lər/ (adjective): Relating to the heart and blood vessels.
2. **Circadian** /sɜːˈkeɪ.di.ən/ (adjective): Relating to the natural cycle of physical mental and behavioral changes in a 24-hour cycle.
3. **Habit** /ˈhæb.ɪt/ (noun): A regular practice or routine.
4. **Emphasising** /ˈɛm.fə.səɪ.zɪŋ/ (verb): To give special importance or prominence to something in speaking or writing.
5. **Mismatched** /ˈmɪs.mætʃt/ (adjective): Not suited to each other; incompatible.
6. **Guidelines** /ˈgaɪd.laɪnz/ (noun): A set of recommendations or instructions to follow.



Comprehension Questions

Multiple Choice

1. What did the research from Washington reveal about being a night owl?
Option: It could improve heart health
Option: It has no impact on heart health
Option: It might harm heart health
Option: It decreases the risk of heart attack
2. Who led the study on the impact of being a night owl on heart health?
Option: John Smith
Option: Sina Kianersi
Option: Mary Johnson
Option: David Williams
3. According to the American Heart Association, which of the following is NOT a key factor for good heart health?
Option: Physical activity
Option: Avoiding tobacco
Option: Healthy diet
Option: Excessive caffeine intake
4. How many adults were studied by Kianersi's team in the UK Biobank?
Option: 100,000
Option: 200,000
Option: 300,000
Option: 400,000
5. What percentage of adults in the study identified as night owls?
Option: 5%
Option: 8%
Option: 10%
Option: 15%
6. What did Kianersi recommend as a simple, healthy habit for improving heart health?



- Option: Eating more junk food
- Option: Exercising less
- Option: Quitting smoking
- Option: Staying up later

True-False

7. Night owls face fewer health issues than early risers.
8. Women night owls showed better cardiovascular health in the study.
9. The circadian rhythm governs sleep, alertness, and organ function.
10. Unhealthy habits such as smoking do not impact heart health.
11. Night owls may find it challenging to follow a morning routine.
12. Kianersi suggested that a consistent bedtime can help improve heart health.

Gap-Fill

13. Over _____ adults were studied in the UK Biobank by Kianersi's team.
14. Night owls had a _____ % higher risk of heart attack or stroke over 14 years.
15. Kianersi recommends focusing on simple, healthy habits like _____ smoking.
16. Women night owls showed worse cardiovascular health in line with heart health
_____.
17. Night owls might struggle with early work hours and find it challenging to follow a morning
_____.
18. Kianersi advises that a consistent bedtime can help improve heart health for _____.



Answer

Multiple Choice: 1. It might harm heart health 2. Sina Kianersi 3. Excessive caffeine intake 4. 300,000 5. 8%
6. Quitting smoking

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

Gap-Fill: 13. 300,000 14. 16 15. quitting 16. guidelines 17. routine 18. everyone

Vocabulary quizzes

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

1. Which body system is primarily responsible for the circulation of blood throughout the body?

Option: Digestive system

Option: Respiratory system

Option: Cardiovascular system

Option: Nervous system

2. Which eye condition is characterized by optic nerve damage often associated with increased intraocular pressure?

Option: Cataracts

Option: Myopia

Option: Glaucoma

Option: Astigmatism

3. What term is used to describe a disease that is regularly found and maintained at a certain level in a specific geographic area?

Option: Epidemic

Option: Endemic

Option: Pandemic

Option: Seasonal

4. Which type of treatment is intended to heal or relieve symptoms of a disease?

Option: Preventive

Option: Therapeutic

Option: Diagnostic

Option: Holistic

5. What term refers to biological processes that follow a daily cycle often influenced by light and darkness?

Option: Circadian

Option: Nocturnal



- Option: Diurnal
- Option: Biannual

6. What is the body's ability to resist or defend against a specific disease or infection?

- Option: Resistance
- Option: Adaptability
- Option: Immunity
- Option: Vulnerability

7. Which term describes a sudden and significant increase in something such as cases of a particular disease?

- Option: Declined
- Option: Stabilized
- Option: Fluctuated
- Option: Surged

8. Which term refers to individuals in the stage of development between childhood and adulthood?

- Option: Infants
- Option: Teenagers
- Option: Adolescents
- Option: Elderly

9. What term is used for drugs or other substances used to treat cure or prevent diseases or medical conditions?

- Option: Prescription
- Option: Medication
- Option: Supplement
- Option: Placebo

10. Which term refers to statistical data relating to the population and particular groups within it?

- Option: Geography
- Option: Demographics
- Option: History
- Option: Economics

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The researchers _____ a new gene associated with the rare disorder.

12. The patient underwent surgery and _____ recovered from the illness.



13. The doctor prescribed medication to help _____ the patient's pain.
14. The scientist will _____ a theory to explain the unusual results.
15. The heavy traffic _____ the progress of the emergency vehicles.
16. The disease is believed to be _____ inherited from parents.
17. The company takes a _____ approach to prevent accidents in the workplace.
18. Regular exercise can help boost the _____.
19. The medication may cause _____ side effects in some patients.
20. The lack of funding _____ the progress of the research project.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. This condition leads to the gradual deterioration of organs or tissues over time.
22. The study patterns causes and effects of health and disease conditions in defined populations.
23. The project came under intense from various regulatory bodies.
24. The new policy has a wide range of stakeholders.
25. The government introduced new to control pollution levels in urban areas.
26. The unexpected results of the study could completely existing theories.
27. The field of deals with the properties of light and vision.
28. The storm was by strong winds and heavy rain.
29. data can help businesses target specific consumer groups more effectively.
30. The teacher kept the importance of thorough research in the academic field.

Answer

Multiple Choice: 1. Cardiovascular system 2. Glaucoma 3. Endemic 4. Therapeutic 5. Circadian 6. Immunity 7. Surged



8. Adolescents 9. Medication 10. Demographics

Gap-Fill: 11. identified 12. subsequently 13. alleviate 14. postulate 15. impeded 16. genetically 17. proactive
18. immune system 19. adverse 20. hindered

Matching sentence: 1. degenerative 2. epidemiologist 3. scrutiny 4. impacted 5. regulation 6. upend 7. optics
8. preceded 9. Demographics 10. emphasizing

CATEGORY

1. Health - LEVEL4

POST TAG

1. B2
2. ESL learning
3. esl news
4. heart attack
5. L4
6. Level 4
7. Night Owl
8. Stroke Risk

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Date Created

2026/01/30

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