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Going to bed late shortens our life, says study – 16th April, 2018

## Level 0

Going to bed late could shorten our life. A study looked at 430,000 adults aged from 38 to 73. Researchers said people who went to bed late were 10 per cent more likely to die earlier. People who sleep late might also have more health problems. People who sleep early and wake up early had fewer health problems.

A researcher said working times should change. People should start and finish work later so they can sleep more. Late sleepers have a higher risk of mental and health problems. They also smoke more, drink more alcohol and take more drugs. Different sleeping patterns at weekends also cause more health problems.

## Level 1

Going to bed late may be bad for us. It could shorten our life. A study in the UK looked at 430,000 adults between the ages of 38 and 73. Researchers compared the deaths of people who went to bed early to those who went to bed late. People who go to bed late were 10 per cent more likely to die earlier. People who sleep late were at a higher risk of health problems or an early death compared to people who sleep early and wake up early.

A researcher said working hours should change. He said this was a public health issue that we need to look at. He said people should start and finish work later in the day so they can sleep more. Late sleepers have a higher risk of mental problems, diabetes, and breathing problems. They also smoke, drink alcohol and take drugs more. Different sleeping patterns at weekends could also cause health problems for late sleepers.

## Level 2

A study says that going to bed late may be bad for us. It could shorten our life. The study was done in the UK. Researchers spent six-and-a-half years looking at 430,000 adults between the ages of 38 and 73. The researchers compared the deaths of people who went to bed early to those who went to bed late. Night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers said that night owls were at a higher risk of poor health or an early death compared to early birds (people who sleep and wake up early).

The researchers said working hours should change to reduce the risks for night owls. A researcher said: "This is a public health issue that can no longer be ignored." He said night owls should start and finish work later in the day so they could sleep longer in the morning. He said night owls were more likely to suffer from mental problems, diabetes, and breathing problems. They were also more likely to smoke, drink alcohol and take drugs. Researchers also said different sleeping patterns at weekends could increase the chances of health problems for night owls.

## Level 3

A new study says that going to bed late may be bad for our health. It may even shorten our life. The study was carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults between the ages of 38 and 73. At the end of the study, the researchers compared the deaths of people who went to bed early to those who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers concluded that night owls were at higher risk of an early death than early birds (people who slept early). Night owls were also at a greater risk of poor health compared to early birds.

The researchers said society and working patterns needed to change to reduce the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer be ignored." He suggested that night owls should be allowed to start and finish work later in the day so they could sleep longer in the morning. The researchers said that night owls were more likely to suffer from mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink alcohol and coffee, and take drugs. Researchers also said different sleeping patterns during the week and at weekends could increase the chances of health problems for night owls.