

Client: University of Warwick
Source: Times of India (Mumbai) (Main)
Date: 20 February 2011
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Lack of sleep can prove a killer

Malathy Iyer | The

Mumbai: 'Late to bed and early to rise' could well be the New Age recipe for heart disease.

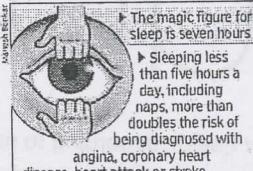
It is no longer only what you eat and drink that determines your ill-health, sleep deprivation is fast emerging as a key reason for heart ailments. Recent research from London, which shows

From diabetes to depression, P 2

that a person who sleeps less than six hours a night has a 48% higher risk of developing or dying from heart disease, could hold true for Mumbai's too, say doctors.

Cardiologist Brian Phiroo recalled the death of a friend's 43-year-old son who collapsed while jogging at 5.45 am. "Youngsters are cutting down on their sleep to accommodate more work hours and exercise as they feel they are

WAKE UP! SNOOZE



► The magic figure for sleep is seven hours.
► Sleeping less than five hours a day, including naps, more than doubles the risk of being diagnosed with angina, coronary heart disease, heart attack or stroke.

► Doctors say lack of sleep can lead to impaired glucose tolerance, reduced insulin sensitivity and elevated blood pressure. In other words, it leads to diabetes, hypertension and obesity.

overweight. But without at least seven hours of sleep a night, this can be a recipe for disaster," said Phiroo.

A B Mehta, a cardiologist, said, "More than 60% of patients who land up in a hospital's emergency room with a heart attack are first-timers who have never suspected they had heart disease. In many cases, strenuous exercising and sleeplessness would be common features before the episode."

Doctors believe that the link between sleep deprivation and heart disease is ignored by all. In fact, research says poor sleep could also lead to strokes. The University of Warwick studied 4.7 lakh people in eight countries, including the US, the UK and Japan, to establish this equation. "If you sleep less than six hours per night and have disturbed sleep, you stand a 48% greater chance of developing or dying from heart disease and a 15% greater chance of developing or dying of a stroke," the university team said. It added, "Late to bed and early to rise is a ticking time bomb for health."