

- Sleep**The ideal bedtime for a healthy heart**

The Week (US) · 26 Nov 2021 · 22

If you want a healthy heart, make sure you go to bed between 10 and 11 p.m. That's the conclusion of a new study which found that people who hit the hay during that narrow window have lower rates of cardiovascular disease than those with earlier or later bedtimes. The study looked at some 88,000 adults, with an average age of 61, who for a week wore devices that measured their falling-asleep and waking-up times, reports The Washington Post. Researchers then looked at how many of these people went on to suffer cardiovascular issues—such as a stroke, heart attack, or heart failure—over a follow-up period averaging about six years. Those who went to bed between 10 and 11 p.m. had the lowest rates of cardiovascular disease. Compared with that group, study participants who hit the sack between 11 and 12 p.m. had a 12 percent higher risk of developing cardiovascular disease, while those bedding down after midnight had a 25 percent higher risk. Dozing off before 10 p.m. was associated with a 24 percent increased risk. The researchers say the most likely explanation is that bedtimes affect the body's internal clock, or circadian rhythm, which helps regulate physical and mental functioning. "We've evolved to be daytime creatures that don't live at night," says co-author David Plans, head of research at the London health-tech company Huma. "The circadian clock has a much stronger influence on overall health than we thought."

