

## REMARKABLE BENEFIT OF GOOD SLEEP

The Chronicle · 3 Oct 2023 · 31 · Jane Herz – New York Post

---

A new study has found that having a consistent and steady sleep schedule can help slow down the biological ageing process. The research, published in the journal *Sleep Health*, concluded that those who had inconsistent sleeping patterns had a higher biological age compared to those with a regular sleep schedule.

While biological age tests can be controversial, one expert said they were an astute indication of the amount of “damage” that had gone on inside your body, the New York Post reported.

The test aims to measure the rate at which your body is ageing by examining how old your cells are.

In this study, researchers from Augusta University, in the US state of Georgia, looked at the sleep patterns of more than 6000 participants from the US National Health and Nutrition Examination Survey taken during the years 2011 to 2014.

Participants wore a sleep tracker for four to seven days. About 65 per cent of the study’s participants slept for seven to nine hours per night, while 16 per cent slept under seven hours. A small amount, 19 per cent, slept over nine hours.

While being observed, they noticed that, on average, participants got an extra 78 minutes of sleep on the weekend, and their bedtimes only varied by 60 minutes each night.

They found that people who had the biggest differences in their bedtimes and amount of sleep they got during the week compared to the weekend had the highest biological age.

They specifically discovered that people who were the most flexible and loose in their sleep schedules had a biological age that was nine months older than those who had a consistent schedule.