

Let your teenager sleep, it's good for their heart!

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TEENAGERS who get a regular good night's kip are less likely to suffer heart trouble as they get older, research suggests.



US scientists found that youngsters with earlier, more efficient and less variable sleep patterns at 15 had better cardiovascular health aged 22.

The study showed how several healthy habits predicted a better heart health score. These included falling asleep and waking up earlier, spending a lower percentage of time in bed awake and having lower variability in total snoozing time and sleep onset.

Dr Gina Mathew, of Stony Brook Renaissance School of Medicine in New York, said: "Given the importance of sleep health for physical health and well-being in the short term, we were not surprised to see a lasting association between adolescent sleep timing, sleep maintenance efficiency, and sleep variability with cardiovascular health in young adulthood."

But average kip time did not predict future heart health.

Dr Mathew said: "These findings underscore the complexity of sleep health and the need to consider multiple sleep dimensions as potential targets for promoting and maintaining cardiovascular health."

Those aged 13-18 should get between eight and 10 hours of shut-eye on a regular basis to promote optimal health.

Dr Mathew noted the results highlighted the need for a more comprehensive approach to address the relationship between adolescent sleep and heart health.

Findings were shared in the journal *Sleep* and presented at the annual meeting of the Associated Professional Sleep Societies in Seattle.