Can Weekend Sleep Make Up for the Detriments of Sleep Deprivation During the Week?

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In a recent Journal of Sleep Research study, short, but not long, weekend sleep was associated with an increased risk of early death in individuals under 65 years of age. In the same age group, either short sleep or long sleep on both weekdays and weekends showed increased mortality when compared with consistently sleeping 6–7 hours per day.

The link between sleep duration and mortality seems to be easier to understand when considering the analysis of the joint effects of weekday and weekend sleep, the authors noted. “The results imply that short (weekday) sleep is not a risk factor for mortality if it is combined with a medium or long weekend sleep,” they wrote. “This suggests that short weekday sleep may be compensated for during the weekend, and that this has implications for mortality.”

Additional Information:


About Journal

The Journal of Sleep Research is dedicated to basic and clinical sleep research. The Journal publishes original research papers and invited reviews in all areas of sleep research (including biological rhythms). The Journal aims to promote the exchange of ideas between basic and clinical sleep researchers coming from a wide range of backgrounds and disciplines. The Journal will achieve this by publishing papers which use multidisciplinary and novel approaches to answer important questions about sleep, as well as its disorders and the treatment thereof.

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