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Dispatches

Sleep deprivation can affect your heart

Prolonged sleep deprivation increases the risk of a stroke or heart disease, according to a study based on the experiences of hundreds of thousands of people. Researchers at the University of Warwick found that chronic short sleep produces hormones and chemicals that increase the risk of developing heart disease, strokes and other conditions, according to Warwick's Dr Michelle Miller. Her report, co-authored by Professor Francesco Cappuccio, was published in the European Heart Journal. Cappuccio said: "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 from a stroke. The trend for late nights and early mornings is actually a ticking time bomb for our health."