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CLINICAL RESEARCH - Prevention/epidemiology:

Francesco P. Cappuccio, Daniel Cooper, Lanfranco D'Elia, Pasquale Strazzullo, and Michelle A. Miller

Editor's Choice: Sleep duration predicts cardiovascular outcomes: a systematic review and meta-analysis of prospective studies

Eur Heart J (2011) 32(12): 1484-1492 first published online February 7, 2011 doi:10.1093/eurheartj/ehr007

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Sleep duration, sleep quality and cardiovascular risk

[Tomoyuki Kawada, Professor](#)

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Cappuccio et al conducted a systematic review and meta-analysis for the effect of sleep duration on cardiovascular diseases (1). They could not consider on the perception of sleep quality for the analysis because of lack of information. Appropriate sleep duration differs from person to person, and there is no standard or reference value for sleep duration to predict human health.

I do not think that physiological apparatus such as actigraphy has an advantage to monitor sleep duration

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Sleep duration, sleep quality and cardiovascular risk

[Francesco P Cappuccio, Academic doctor](#)[Michelle A Miller](#)

University of Warwick

Dear Sir, We welcome Dr Kawada's letter that gives us the opportunity for a brief update on the developments in the specific area of research. We agree that the impact of poor sleep quality on cardiovascular disease has been poorly studied. Since the completion of our study (1), however, there have been two population studies, one from the UK (2) and one from the Netherlands (3), both indicating that the prospective association between short duration of sleep and coronary heart disease, in

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