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Going to bed at 10pm linked to lower heart disease – 11th November, 2021

Level 0

We all know that going to bed early is healthy. Scientists say the healthiest time is between 10pm and 11pm. Six years ago, the scientists looked at the sleeping and waking times of 80,000 people. They then checked their health for six years. Many people who went to bed earlier than 10pm or later than 11pm got heart disease.

A scientist spoke about how our body clock affects our heart. He said going to bed early or late could change our body clock. This may be bad for our heart. He said our body liked to wake up to morning light. He said the riskiest sleeping time was after midnight because the body may not see the morning light.

Level 1

We all know that going to bed early is healthy. Scientists say the healthiest time to go to bed is between 10pm and 11pm. This is because it lowers the risk of heart disease. Six years ago, the scientists looked at the sleep patterns and sleeping and waking times of 80,000 people. They then monitored the people's health for six years. Around 3,000 people developed heart problems. They went to bed earlier than 10pm or later than 11pm.

One of the scientists commented on how sleeping times affect our heart. He said going to bed early or late, "may be more likely to disrupt the body clock" and be bad for our heart's health. He said our body liked to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock."

Level 2

We all know that going to bed early is good for us. Scientists may have found the healthiest time to go to bed. They say a bedtime of between 10pm and 11pm is best because it lowers the risk of heart disease. Six years ago, the scientists collected data on the sleep patterns of 80,000 volunteers. The researchers collected data on their sleeping and waking times. They then monitored the volunteers' health for six years. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm time.

One of the scientists commented on his research and the effects of sleeping times on our heart. He said the results of his research suggested that going to bed early or late, "may be more likely to disrupt the body clock" and be bad for cardiovascular health. He said it was healthier for our body to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock." He added that we risk heart disease if our body clock is not reset properly.

Level 3

Everyone knows that going to bed early is good for our health. Scientists say they have found the healthiest time to go to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is best. They say people who sleep between these times have a lower risk of heart disease. Six years ago, the researchers collected data on the sleep patterns of 80,000 volunteers. The volunteers had to wear a special watch for seven days so the researchers could collect data on their sleeping and waking times. The scientists then monitored the health of the volunteers. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm timeframe.

One of the authors of the study, Dr David Plans, commented on his research and the effects of sleeping times on the health of our heart. He said: "While we cannot conclude causation from our study, the results suggest that early or late bedtimes may be more likely to disrupt the body clock, with [negative] consequences for cardiovascular health." He said it was important for our body to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock." He added that we risk cardiovascular disease if our body clock is not reset properly.