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Irregular sleep patterns cause 'social jet lag' – 7th August 2023

Level 4

Irregular sleeping patterns could affect our health. A study in The European Journal of Nutrition suggests sleeping at different times could increase the harmful of bacteria in our stomach. Different sleeping times change our internal body clock. Researchers call this "social jet lag". It leads to eating more sugary snacks, and a poorer diet. The study said social jet lag can encourage bacteria that are bad for our health.

The effects of social jet lag are like those of jet lag. After a long flight across different time zones, people often eat unhealthily. Social jet lag is more problematic, as it is part of our daily routines. It can increase the risk of heart problems and weight gain. A 90-minute difference between sleeping and waking times can upset the body's biological rhythms. Sleep patterns are easy to adjust. Changing them would be good for our health.

Level 5

Irregular sleeping patterns could adversely affect our health. So says a study in The European Journal of Nutrition. The study suggests sleeping at different times could increase the number of harmful species of bacteria in our stomach. Changing the times we sleep on workdays and at weekends changes our internal body clock. Researchers call this "social jet lag". It leads to eating more sugary snacks, less fruit and vegetables, and a poorer diet. The lead author of the study said social jet lag can encourage bacteria that are bad for our health.

The effects of social jet lag are like those of jet lag we get after long airplane flights. After a long flight across different time zones, people often eat unhealthy comfort foods. However, social jet lag can be more problematic, as it is part of our daily routines. It can increase the risk of heart problems and weight gain. The researchers say a 90-minute difference between sleeping and waking times can have a bad effect on the body's biological rhythms. A scientist said sleep patterns were easy to adjust. She said this would be good for our health.

Level 6

Not having a regular sleeping pattern could have an adverse effect on our health. So says a study published in The European Journal of Nutrition this week. The study suggests irregular sleeping patterns could increase the abundance of harmful species of bacteria in the gut. Altering the time we sleep on workdays and at weekends causes a shift in our internal body clock. Researchers call this "social jet lag". It leads to a poorer quality diet, with a higher consumption of sugary snacks, and lower intakes of fruit and vegetables. Study author and nutrition scientist Dr Kate Bermingham said: "Social jet lag can encourage [bacteria] species which have unfavourable associations with your health."

The effects of social jet lag are like those of jet lag we get after long airline flights. Jetlag is extreme tiredness and other physical effects caused by flying across different time zones. After a long flight, sufferers often opt for unhealthy comfort foods. Social jet lag can be more problematic, as it is ingrained in our daily routines. It can elevate the risk of diabetes, heart problems, and weight gain. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological rhythms into disarray. Another nutritionist said: "Maintaining regular sleep patterns...is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut...for the better."