

## News &amp; Comments

**Health Risks Associated with Frequent Napping***Zhiqin Zheng*

Sleeping frequently may be linked to higher blood pressure and stroke risks, according to Chinese researchers. An observational analysis of participants over a long period of time was used for the first time to investigate whether frequent naps are associated with high blood pressure and stroke. To test whether a risk factor can cause a particular disease, scientists used Mendelian randomization Trusted Source.

From 2006-2010, more than 500,000 British people ages 40-69 were enrolled in that study using UK Biobank to collect genetic and health data.

Participants who napped more frequently in the daytime were more likely to be male, older, non-European, less educated, have a lower income, have a higher body mass index, waist-hip ratio, and have a lower income, according to the prospective observational analysis. In addition, these frequent nappers reported poorer health overall, as well as sleeping for longer periods of time and having sleep problems such as snoring.

Compared to those who never nap, those who napped sometimes were more likely to suffer from hypertension and stroke. While frequent napping may result in essential hypertension, there was no correlation between daytime nap frequency and stroke in the study. A stroke and hypertension are both serious conditions: hypertension, characterized by persistently high blood pressure, can lead to early death, while hypertension is characterized by persistently high blood pressure. Perhaps both hypertension and naps are symptoms of the same underlying issue rather than causing each other.

Although napping is not harmful in itself, many people take naps due to insufficient sleep at night. But taking naps won't compensate for a lack of sleep at night, said clinical psychologist Michael, who wasn't involved in the research. Taking more naps seems to be associated with heart health problems and other issues, according to other studies. Even so, a causal link cannot be ruled out. A healthy sleep pattern, including daytime napping, and cardiovascular disease may be associated with a healthy sleep pattern, according to this and previous clinical studies.

**KEYWORDS**

Hypertension, Stroke, Sleep, Sleep Disorders, Insomnia, naps, ischemic stroke, research, latest, health, BMI, obesity, sleep apnea, prospective observational analysis, blood pressure, napping, frequent naps, health, Mendelian randomization Trusted, heart

