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Less sleep for children may mean higher blood sugar

Ορθοδοξία και Ορθοπραξία / Θεολογία και Ζωή



Young children may be more apt to have high blood sugar, a precursor to diabetes, if they average 8 hours or less of sleep a night, report Chinese and American researchers.

This risk may be even greater among obese youngsters, Dr. Zhijie Yu, at the Chinese Academy of Sciences in Shanghai and colleagues note in Archives of Pediatric and Adolescent Medicine.

Moreover, Yu said in an email to Reuters Health, shorter sleep seemed to influence blood sugar “independently of a large variety of risk factors,” such as age, gender, birth-related influences, early life feeding or later diet, recent illness, physical activity, body mass, and waist girth. (περισσότερα…)