



Crystallise

World Book Day: The Health Benefits of Reading

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Recent peer-reviewed studies have provided compelling evidence that reading books offers numerous health benefits. In celebration of World Book Day, we explore these findings:

Enhanced Cognitive Function and Longevity

Regular reading activities are associated with a slower rate of cognitive decline in older adults. A 14-year longitudinal study demonstrated that individuals engaging in reading had a reduced risk of cognitive decline compared to non-readers.¹



Stress Reduction

Reading fiction has been shown to positively impact mental health and mood. A series of studies indicated that recalling, reading, and discussing fiction can lead to improved mental well-being.²

Incorporating reading into daily routines offers a simple yet powerful means to enhance overall health and well-being.

Improved Sleep Quality

Engaging in book reading before bedtime has been found to enhance sleep quality. A randomised trial reported that participants who read books in bed experienced better sleep compared to those who did not.³



Mental Health Benefits

Reading for pleasure has been linked to reduced symptoms of depression and improved well-being. A review of current research highlighted the positive effects of recreational reading on mental health.⁴



[1] Chang et al (2021) *International Psychogeriatric*. doi:10.1017/S1041610220000812

[2] Carney et al (2022) *PLOS One*. <https://doi.org/10.1371/journal.pone.0266323>

[3] Finucane et al (2021) *Trials*. doi:10.1186/s13063-021-05831-3

[4] Cepic et al (2024) *New Zealand Journal of Educational Studies*. <https://doi.org/10.1007/s40841-024-00313-x>