

What?

A recent meta-analysis by Ungvari et al.¹ reported that **sleeping for too long** can be associated with a greater risk of **all-cause mortality** than sleeping for too short a duration.

Why?

It has long been known that there is a link between sleep quality and **life expectancy**. When discussing sleep health, the conversation usually centers on **not getting enough sleep**, which may lead people to believe that the answer is to sleep as long as possible. However, this may not be the ideal solution.

The researchers analysed 46 studies of adults and reported:



Short sleep duration (<6-7 hours)
= **14% increased** risk of mortality



Prolonged sleep duration (>8-9 hours)
= **34% greater** risk of mortality



However, it is possible that people who are already in worse health have **disturbed patterns of sleep**, and the observed increases in mortality risk may be due to pre-existing health conditions, rather than the effects of disturbed sleep itself.

As with most things in life, moderation is key. Practicing good sleep hygiene and making time for healthy sleep patterns is optimal, but we shouldn't be afraid to have the occasional late night.

References

1. <https://link.springer.com/article/10.1007/s11357-025-01592-y>
2. <https://www.msn.com/en-gb/health/other/too-much-sleep-is-more-dangerous-than-not-enough/ar-AA1H2WBa?ocid=entnewsntp&pc=DCTS&cvid=0e81fcb1e6d461cbe2a6ec72eb25c65&ei=57>