

# Napping really affects longevity!

New studies show that napping is linked to shortened life expectancy. Taking a nap for too long will also be harmful to your health

New studies show that napping is linked to shortened life expectancy.

## Napping for too long will also be harmful to your health

### 1. Risk of dementia increases by 40%

A 14-year study by scientists at the University of California showed that there is a two-way relationship between the occurrence of Alzheimer's disease and nap time.

Specifically, people who nap for > 1 hour have a 40% increased risk of Alzheimer's disease compared to people who nap.

### 2. The risk of stroke is 1.88 times higher

Research by the National University of Ireland shows that napping > 1 hour a day is associated with a 1.88-fold increased risk of stroke compared to people who do not nap. The study was published in the journal Neurology.



### 3. Increased risk of death by 30%.

Meta-analyzing data from more than 313,000 subjects in more than 20 studies, researchers evaluated the relationship between napping and the risk of all-cause mortality and cardiovascular disease.

Experts say napping > 1 hour is associated with a 35% increased risk of cardiovascular disease and a 30% increased risk of death.

## **What is the best time to nap?**

Some studies show that different nap times will bring different recovery effects to the body.

Research in the American magazine "Sleep" shows that the best nap time to help the body stay awake is about 10 minutes and the effect is still evident 2 to 2.5 hours after waking up.

According to the findings of NASA scientists, taking a 24-minute nap can improve work performance by 24% and improve mental sensitivity by 54%, while also helping to slow down heart rate and heart rate. protect the heart.

For most people, nap time should stay at 15 to 30 minutes.

## **"4 don'ts" for a healthy nap after age 50**



1. Do not take a nap right after a meal to avoid affecting the blood supply to the brain and affecting the normal digestive process;
2. Do not lie on your stomach when napping.
3. Don't sleep too long.
4. Don't sleep too late, don't nap after 3 hours to avoid affecting your sleep at night.

## **Who should not take a nap?**

Napping properly can have health benefits, but it's not right for everyone.

## **1. People often suffer from insomnia**

People who are prone to insomnia at night should not nap during the day to avoid aggravating the symptoms of insomnia at night.

## **2. People with low blood pressure**

Napping will reduce blood pressure and cause symptoms such as difficulty breathing, headaches, dizziness. for people with low blood pressure.

## **3. People with blood circulation disorders**

A large amount of blood will gather in the stomach for digestion after lunch. At that time, the amount of oxygen supplied to the brain will decrease, easily causing dizziness.

## **4. People over 65 years old and obese**

For these people, napping will increase blood viscosity and increase the risk of cardiovascular and cerebrovascular accidents.

You finished reading the article "**Napping really affects longevity!**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.