

Short sleep duration ups odds of metabolic syndrome

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Imran H. Iftikhar, M.D., from The Ohio State University Wexner Medical Center in Columbus, and colleagues conducted a [meta-analysis](#) to examine the magnitude of the correlation between different sleep durations and metabolic syndrome. Data were included from 18 studies involving 75,657 participants.

The researchers found that, compared to the reference group with daily

[sleep duration](#) of seven to eight hours, the odds ratio of having metabolic syndrome for short sleep duration (less than seven hours) was 1.23 (P

"Considering the high prevalence of the adult population in the United States who report habitual short sleep duration, our meta-analysis supports the idea that increasing sleep hours may represent a simple modification that may prevent the development of [metabolic syndrome](#)," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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