

Sleep length may affect risk of falls and fractures

November 21 2018



Credit: CC0 Public Domain

Compared with women in a recent study who slept seven to eight hours each night, women who slept for >5 hours or



Citation: Sleep length may affect risk of falls and fractures (2018, November 21) retrieved 30 June 2024 from https://medicalxpress.com/news/2018-11-length-affect-falls-fractures.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.