

Napping Regularly Increases Risk of Stroke

VOCABULARY WORDS

1. Stroke /straʊk/ a health condition caused by a sudden loss of blood flow to the brain
Example: The stroke patient is undergoing physical therapy.
2. blood pressure /'blʌd prefə/ (noun) the force of blood against the walls of blood vessels
Example: The doctor advised him to monitor his blood pressure.
3. Database /'deɪtəbeɪs/ (noun) an organized set of information stored by a computer
Example: Everything is being inputted in their database every time that they receive an application.
4. Track /træk/ (verb) to follow the progress, development, or movement of something
Example: You should track you progress every month.
5. Frequency /'fri:kwənsi:/ (noun) how often something happens over a particular period of time
Example: The frequency of errors have been recorded by the system.
6. Associate /ə'souʃi:et/ (verb) to connect two things in one's mind; to be connected with something
Example: I always associate red as the color of love.



Research has found that people who usually nap during the day are 24% more likely to have a stroke than those who rarely or never do. The research published by the American Heart Association (AHA) also found that people who take regular naps are also 12% more likely to develop high blood pressure. The study was done by researchers at Central South University in China. They used data from almost 360,000 people aged 40 to 69 who lived in the UK between 2006 and 2010.

The data came from the UK Biobank — a database with health information for about half a million people. None of the people included in the research had high blood pressure or had

had a stroke before the study began. They were put into groups based on whether they had reported napping "usually," "sometimes," or "never or rarely."

Their data was tracked for an average of 11 years, with researchers comparing nap frequency with participants' reports of high blood pressure or strokes. The length of their naps wasn't recorded. People under 60 who usually napped during the day were found to be 20% more likely to develop high blood pressure.

The study also found that men who smoke, drank alcohol daily and had lower education and income levels were more likely to report usually napping. It may not be that naps cause health problems themselves. Sleep expert Michael Grandner — who wasn't a researcher but who works with the AHA — said, "Many people who take naps may do so because of poor sleep at night. Poor sleep at night is associated with poorer health."

DISCUSSION

1. Do you find it surprising that people who usually nap during the day are 24% more likely to have a stroke?
2. Do you know anyone who loves napping?
3. Do you find it easy or difficult to nap?
4. Do you know anyone who often complains about being tired?
5. What time do you usually go to bed? How long does it usually take you to fall asleep?
6. Do you use an alarm to wake yourself up?