

"Catastrophic" sleep is killing people, say scientists – 27th September, 2017

Level 4

Research shows that we are not sleeping enough and that is affecting our health. A sleep expert warned that a "catastrophic sleep-misfortune plague" is making us ill. He said a lack of sleep puts us at risk from deadly diseases. The expert said if we don't sleep eight hours a night, we will die earlier. He added that not sleeping enough affects every single part of our health and every part of our body.

The expert warned that a lack of sleep causes diseases like cancer, heart disease, obesity and diabetes. We do not understand the "catastrophic" consequences of not getting eight hours a night. He explained why we are sleeping less. He said we "electrified the night" and this hurts our sleep. He also blamed longer working hours, a desire to be with friends, mobile phones, alcohol and caffeine. He also blamed anxiety, loneliness and depression.

Level 5

Research shows that many people are not sleeping enough. This is having a serious impact on health. A sleep expert from the University of California warned that a "catastrophic sleep-misfortune plague" is putting us in danger of ill health. He said a lack of sleep puts us at risk from many possibly deadly diseases. The professor said we need eight hours sleep a night and if we don't get that, we will have a shorter life. He added that the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body.

The professor warned that a lack of sleep causes diseases like Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we do not totally understand the very serious, "catastrophic" consequences of not getting eight hours a night. He explained why we are sleeping less: "First, we electrified the night. Light is a profound degrader of our sleep." He blamed longer working hours and longer commuting times, a desire to be with friends rather than sleep, mobile devices, and alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more depressed society."

Level 6

New research shows that many people are not sleeping enough and that this is having a serious impact on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned that a "catastrophic sleep-misfortune plague" was putting people in danger of ill health. He said a continued lack of sleep was putting people at risk from a large number of possibly fatal diseases. Professor Walker said people need eight hours sleep a night to stay healthy. He continued that people who don't sleep enough will have a shorter life. Walker said the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body.

Professor Walker warned that a lack of sleep is linked to debilitating diseases such as Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we are in a dangerous situation whereby we do not fully understand the very serious, "catastrophic" consequences of not getting eight hours a night. He gave several reasons why we are sleeping less. He said: "First, we electrified the night. Light is a profound degrader of our sleep." He also blamed longer working hours and longer commuting times, a desire to be with friends more rather than sleep, mobile devices, and the increased availability of alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more depressed society."