

Editorial In Journal SLEEP Cites Evidence Of Longer Life With 6 To 7 Hours Sleep

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Sue Pondrom

The best survival rate is experienced by people who sleep 7 hours, rather than 8 or more, or less than 4.5 hours, according to an editorial in the February 2004 issue of the journal *SLEEP* by Daniel F. Kripke, M.D., professor of psychiatry, University of California, San Diego (UCSD) School of Medicine.*

The editorial, titled "Do We Sleep Too Much?" comments on a study by A. Tamakoshi and Y. Ohno in the same issue of the journal**, as well as the results of two other studies: the Nurses' Health Study (NHS) in the Archives of Internal Medicine (2003;163:205-209), and the Cancer Prevention Study II by Kripke, that was reported in the Archives of General Psychiatry (2002; 59: 131-136).***

See the web sites below for a synopsis of current articles in *SLEEP* and a news release about the 2002 Kripke study that surveyed more than one million adults. * <http://www.journalsleep.org/Editorials2004/SleepTooMuch.pdf> ** <http://www.journalsleep.org/citation/sleepdata.asp?citationid=2317> *** http://health.ucsd.edu/news/2002/02_08_Kripke.html

Media Contacts: Sue Pondrom, (619) 534-6163

