

Regular exercise could reduce the risk of insomnia

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WE'RE not all equal when it comes to insomnia. However, there are a few healthy lifestyle habits that can help minimise the risk of sleep difficulties. One of these is exercise, according to a study published in the 'BMJ Open' journal.

The findings of this study are the result of 10 years' work by an international research team.

The researchers assessed the frequency, duration and intensity of weekly physical activity in 4,339 middle-aged adults from nine European countries. They also took into account their insomnia symptoms, the duration of their nighttime sleep and their level of daytime sleepiness.

After taking into account factors that could increase the risk of insomnia (smoking, age and body mass index), the researchers deduced that people who were persistently active were 42 per cent less likely than others to have difficulty falling asleep. They were also less likely to suffer from insomnia symptoms.

The researchers conclude that regular physical activity appears to reduce the risk of insomnia. "Our results are in line with previous studies that have shown the beneficial effect of physical activities on symptoms of insomnia, but the current study additionally shows the importance of consistency in exercising over time, because the association was lost for initially active subjects who became inactive," the study authors write.

Although this research has certain methodological limitations, it demonstrates the importance of regular exercise, whether it's swimming, running or dancing, for example. The important thing is to get moving to reduce the harmful effects of a sedentary lifestyle.

Researchers have found that consistently exercising two to three times a week over a long term is linked to lower current insomnia risk.

Heal
By ETX Daily Up

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