I read a science blog titled “New Study Finds Sleep Deprivation Can Literally Damage Your DNA,” by Rachel Baxter. In her post, she details a recent study from Hong Kong about how they found a lack of sleep in medical professionals working night shifts resulted in less “DNA repair gene expression,” which is a sign of greater damage to DNA. Thus, she says that the findings suggest that “sleep deprivation and frequent sleep cycle disruption can lead to DNA damage.” She goes on to detail the effects of DNA damage, which has been linked to many serious diseases such as cancer, diabetes, and heart attacks, but also provides a bit of nuance to the findings of the study. She outlines the small sample size of the study, the difference in age between the experimental and control groups, and the fact that all test subjects were Chinese as areas that show the evidence is weak. However, the data still suggest some sort of link between sleep deprivation and lower overall health.

URL: <https://www.iflscience.com/health-and-medicine/new-study-finds-sleep-deprivation-can-literally-damage-your-dna/>