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HEALTH

Waking up early reduces the risk of suffering from depression, says new study

A recent study published in the journal JAMA Psychiatry showed that waking up an hour before the normal time can reduce the risk of a person suffering from depression by 23 per cent.

ANI | , Washington

UPDATED ON MAY 29, 2021 09:30 AM IST



Waking just one hour earlier cuts depression risk by double digits(Unsplash)

Waking up just one hour earlier could reduce a person's risk of [major depression](#) by 23 per cent, suggests a sweeping new genetic study published in the journal JAMA Psychiatry.

The study of 840,000 people, by researchers at the University of Colorado Boulder and the Broad Institute of MIT and Harvard, represents some of the strongest evidence yet that chronotype- a person's propensity to sleep at a certain time- influences depression risk.

It's also among the first studies to quantify just how much, or little, change is required to influence mental health.

As people emerge, post-pandemic, from working and attending school remotely -- a trend that has led many to shift to a later sleep schedule -- the findings could have important implications.

"We have known for some time that there is a relationship between sleep timing and mood, but a

The screenshot shows a news website interface. At the top right, there is a 'FREE E-Paper' button. Below it is a horizontal navigation menu with links for 'Home', 'Latest', 'Most Read', 'Exclusive', 'India', 'Cities', 'Cricket', and 'Entert'. Underneath this is a secondary menu with category buttons: 'Coronavirus', 'World News', 'Sports', 'Trending', 'Videos', 'Lifestyle', and 'Education'. A carousel of article thumbnails is displayed below, with the following titles and descriptions:

- Covid broke me physically: Malaika Arora on how she recovered from coronavirus** (Image: Malaika Arora in workout gear)
- Bhagyashree suggests 4 exercises, thrice daily, for arthritis patients | Watch** (Image: Bhagyashree in a blue sari)
- Coronavirus | Vaccines boost natural immunity against Covid-19: Study** (Image: A person receiving a vaccine shot)
- Here's why you should not use your smartphone for more than 1 hour daily** (Image: A hand holding a smartphone)

An 'OPEN APP' button is located at the bottom right of the carousel area.

Previous observational studies have shown that night owls are as much as twice as likely to suffer from depression as early risers, regardless of how long they sleep. But because mood disorders themselves can disrupt sleep patterns, researchers have had a hard time deciphering what causes what.

Other studies have had small sample sizes, relied on questionnaires from a single time point, or didn't account for environmental factors which can influence both sleep timing and mood, potentially confounding results.

In 2018, Vetter published a large, long term study of 32,000 nurses showing that "early risers" were up to 27 per cent less likely to develop depression over the course of four years, but that begged the question: What does it mean to be an early riser?


To get a clearer sense of whether shifting sleep time earlier is truly protective, and how much shift is required, lead author Iyas Daghlas, M.D., turned to data from the DNA testing company 23 and Me and the biomedical database UK Biobank. Daghlas then used a method called "Mendelian randomization" that leverages genetic associations to help decipher cause and effect.

"Our genetics are set at birth so some of the biases that affect other kinds of epidemiological research tend not to affect genetic studies," said Daghlas, who graduated in May from Harvard Medical School.

More than 340 common genetic variants, including variants in the so-called "clock gene" PER2, are known to influence a person's chronotype, and genetics collectively explains 12-42 per cent of our sleep timing preference.

The researchers assessed de-identified genetic data on these variants from up to 850,000 individuals, including data from 85,000 who had worn wearable sleep trackers for 7 days and 250,000 who had filled out sleep-preference questionnaires. This gave them a more granular picture, down to the hour, of how variants in genes influence when we sleep and wake up.

In the largest of these samples, about a third of surveyed subjects self-identified as morning larks, 9% were night owls and the rest were in the middle. Overall, the average sleep mid-point was 3 a.m., meaning they went to bed at 11 p.m. and got up at 6 a.m.

With this information in hand, the researchers turned to a different sample which included information along with anonymized medical and prescription records and surveys about diagnosed major depressive disorder. 

Using novel statistical techniques, they asked: Do those with genetic variants which predispose them to be early risers also have a lower risk of depression?

The answer is a firm yes. Each one-hour earlier sleep midpoint (halfway between bedtime and wake time) corresponded with a 23 per cent lower risk of major depressive disorder.

This suggests that if someone who normally goes to bed at 1 a.m. goes to bed at midnight instead and sleeps the same duration, they could cut their risk by 23 per cent; if they go to bed at 11 p.m., they could cut it by about 40 per cent.

It's unclear from the study whether those who are already early risers could benefit from getting up even earlier. But for those in the intermediate range or evening range, shifting to an earlier bedtime would likely be helpful.

Some research suggests that getting greater light exposure during the day, which early-risers tend to get, results in a cascade of hormonal impacts that can influence mood.

Others note that having a biological clock, or circadian rhythm, that trends differently than most peoples' can in itself be depressing.

"We live in a society that is designed for morning people, and evening people often feel as if they are in a constant state of misalignment with that societal clock," said Daghlas.

He stresses that a large randomized clinical trial is necessary to determine definitively whether going to bed early can reduce depression. "But this study definitely shifts the weight of evidence toward supporting a causal effect of sleep timing on depression."

For those wanting to shift themselves to an earlier sleep schedule, Vetter offers this advice:

"Keep your days bright and your nights dark," she says. "Have your morning coffee on the porch. Walk or ride your bike to work if you can, and dim those electronics in the evening."

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Centre cancels CBSE class 12 exams, CISCE announcement follows

By hindustantimes.com | , New Delhi
UPDATED ON JUN 01, 2021 09:28 PM IST

The decision has been taken in the interest of students, Prime Minister's Office (PMO) quoted Prime Minister Narendra Modi as saying. The decision to cancel class 12 exams was taken at a review meeting chaired by PM Modi on Tuesday evening.

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WORLD NEWS

WHO approves China's Sinovac Covid-19 vaccine for global use

PUBLISHED ON JUN 01, 2021 08:54 PM IST

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PUBLISHED ON JUN 01, 2021 08:42 PM IST

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UPDATED ON JUN 01, 2021 09:52 PM IST

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INDIA NEWS

CBSE Class 12 exam cancelled but there will be an option to take the exam later

PUBLISHED ON JUN 01, 2021 08:04 PM IST

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Maharashtra's daily Covid-19 tally falls to 14,123, fatalities rise to 477

PUBLISHED ON JUN 01, 2021 08:02 PM IST

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Netherlands lifts ban on passenger flights from India starting June 1

PUBLISHED ON JUN 01, 2021 08:48 PM IST

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TV

Nisha Rawal accuses Karan Mehra of having an affair, years of 'constant abuse'

UPDATED ON JUN 01, 2021 06:59 PM IST

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[COVID STATS]

Overall Statistics - India

Active Cases
1,895,520

Recovered
25,947,629

Deaths
331,895

Total Vaccination
21,60,46,638

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Source: [MOHFW](#)

Last Updated : 1 June 2021, 09:50 AM IST

Total Vaccinated
21,18,35,826

Vaccinated Today
13,979

Source: [COWIN](#)

UPDATED ON 1 June 2021, 09:50 AM IST

[DONT MISS]

BOLLYWOOD

Arjun says Malaika knows him the best, can know his mood by his expression

By HT Entertainment Desk |

PUBLISHED ON JUN 01, 2021 08:20 PM IST

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Arjun Kapoor opened up about his relationship with Malaika Arora. The actor said his girlfriend knows him the best.

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Ankita Lokhande says Sushant Singh Rajput taught her acting on Pavitra Rishta

PUBLISHED ON JUN 01, 2021 09:08 PM IST

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'Go to hell, we'll win': Kiran More recalls 1992 WC banter with Javed Miandad

PUBLISHED ON JUN 01, 2021 07:51 PM IST

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RECIPE

Recipe: Pretzel crusted chicken nuggets with honey mustard is our new jam

UPDATED ON JUN 01, 2021 06:58 PM IST

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Kohli replies to social media trolls on diet, says 'never claimed to be vegan'

UPDATED ON JUN 01, 2021 07:54 PM IST

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EXCLUSIVE

TENNIS

With eye on Tokyo, Bopanna, Sharan may pair up after French Open

By Rutvick Mehta |
UPDATED ON JUN 01, 2021 05:58 PM IST

The Indian doubles team plans to use the grass swing of the Tour to get ready for the Olympics.

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TENNIS

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The underrated theatre that is Roger Federer on clay

PUBLISHED ON MAY 31, 2021 11:38 PM IST

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Pooja Rani: fast, furious and a big right hook

UPDATED ON JUN 01, 2021 01:24 PM IST

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Sustaining and scaling up the response to Covid is key to saving lives

UPDATED ON JUN 01, 2021 06:50 AM IST

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CRICKET

Mithali Raj explains why she never felt need to forgo press conference

By hindustantimes.com |
UPDATED ON JUN 01, 2021 07:54 PM IST

India women's Test and ODI skipper Mithali Raj said she never felt the need to forego press conferences as the women's cricket needs the support of the media.

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'We just don't look at champion performances': Ashwin defends Rahane, Pujara

UPDATED ON JUN 01, 2021 07:55 PM IST

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Former India captain Azharuddin's throwback to 1999 World Cup delights fans

UPDATED ON JUN 01, 2021 08:50 PM IST

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'This itinerary is weird': Vengsarkar on gap between WTC final & IND-ENG Tests

UPDATED ON JUN 01, 2021 07:55 PM IST

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Jasprit Bumrah could break Kapil Dev's long standing record on England tour

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Photos: Shattered homes show Gaza conflict's toll on children

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Treat your hunger pangs with these easy 3-ingredient recipes

8

Get rid of strawberry legs at home with these remedies

8

Photos: India's daily Covid-19 cases at 50 day low; states begin unlock process

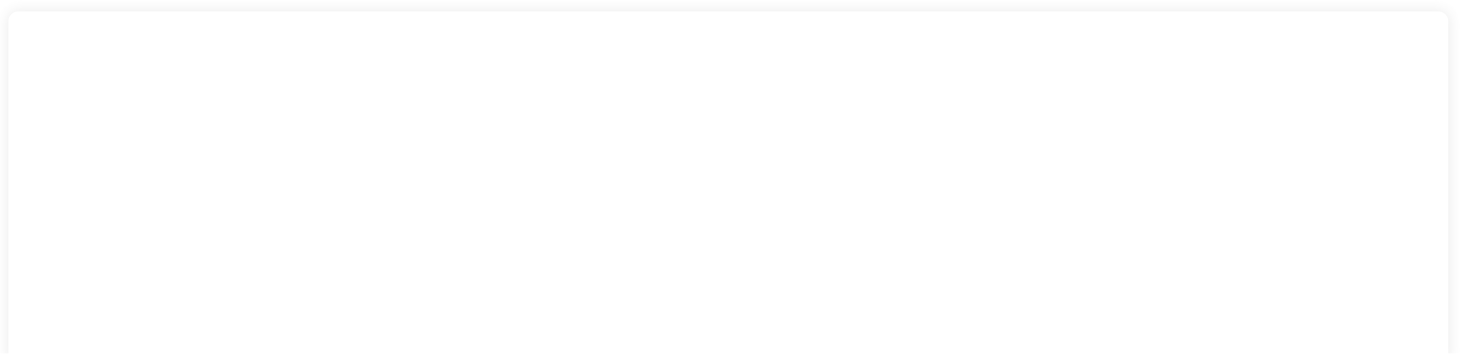
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Fight PMS symptoms with these natural remedies

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[ENTERTAINMENT]



BOLLYWOOD

Milind recalls smoking '20-30 cigarettes a day' on Captain Vyom sets

By HT Entertainment Desk |
PUBLISHED ON JUN 01, 2021 10:01 PM IST

Milind Soman said that he started smoking on the sets of Captain Vyom, a sci-fi TV series. Captain Vyom aired in 1998.

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BOLLYWOOD

Harshvardhan Rane: People said, 'We are Indians, nothing will happen to us'; all that fell flat

PUBLISHED ON JUN 01, 2021 09:50 PM IST

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Sonnalli Seygall: Many people have lost jobs, especially the daily wagers; it's a harsh reality

PUBLISHED ON JUN 01, 2021 09:48 PM IST

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Javed Akhtar on Covid-19 crisis: It's so bad that if you are safe, you feel guilty

PUBLISHED ON JUN 01, 2021 09:44 PM IST

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Ankita Lokhande says Sushant Singh Rajput taught her acting on Pavitra Rishta

PUBLISHED ON JUN 01, 2021 09:08 PM IST

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TRENDING

Doggo siblings team up for some mischief. Watch what happens

By Srimoyee Chowdhury |

PUBLISHED ON JUN 01, 2021 07:21 PM IST

When Xena was stuck behind a glass door, she looked at her brother Finn for some help. See what he did...

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TRENDING

This is how Elon Musk's brother used to help him to board school bus on time

PUBLISHED ON JUN 01, 2021 06:36 PM IST

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Cat can't stop showering dad with love as he plays piano, video is too adorable

PUBLISHED ON JUN 01, 2021 05:51 PM IST

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Video of incredibly rare 'dancing' lemurs is Internet's new love

PUBLISHED ON JUN 01, 2021 05:43 PM IST

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RECIPE

Recipe: Pretzel crusted chicken nuggets with honey mustard is our new jam

By Zarafshan Shiraz |

UPDATED ON JUN 01, 2021 06:58 PM IST

Do boys even understand how easy it is to make girls happy? You can surprise them with chicken nuggets and they might cry out of happiness and so, here's a recipe to fall back in love this Tuesday evening with Pretzel crusted chicken nuggets

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Covid broke me physically: Malaika Arora on how she recovered from coronavirus

UPDATED ON JUN 01, 2021 06:48 PM IST

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Bhagyashree suggests 4 exercises, thrice daily, for arthritis patients | Watch

UPDATED ON JUN 01, 2021 05:32 PM IST

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Men and women can exist in different range of relationships: Arjun Kapoor

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China: First human infection of H10N3 virus reported amid Covid; pandemic risk?

JUN 01, 2021 09:46 PM IST

'UP govt's target is to vaccinate 1 crore people in June': CM Yogi Adityanath

CBSE 12th Boards cancelled: PM Modi announces how marks will be decided

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'No single-dose Covishield or mixing of Covid vaccines yet': Centre

Watch: Why this village has blocked roads with felled trees in Karnataka | Covid

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[INDIA NEWS]

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INDIA NEWS

Vice Admiral Dinesh K Tripathi assumes charge as Chief of Personnel

By hindustantimes.com | , Hindustan Times, New Delhi
PUBLISHED ON JUN 01, 2021 10:00 PM IST

According to Indian Navy, Vice Admiral Dinesh K Tripathi was the director general of naval operations, from July 29, 2020 to May 31, 2021, a period that witnessed a very high tempo of naval/maritime operations.

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'Mehul Choksi's brother bribed Dominica's leader of opposition': Local media

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'Entire judgment focusses on...': Goa govt substantiates appeal against Tejpal's acquittal

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J&K caps duration of online classes after girl's 'why so much work' video

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WORLD NEWS

US President Biden says 14% of his 1,500 agency appointees identify as LGBTQ

Reuters

PUBLISHED ON JUN 01, 2021 09:53 PM IST

Among members of the Joe Biden administration, transportation secretary Pete Buttigieg is the first openly LGBTQ person to serve in the Cabinet. Also, assistant health secretary Rachel Levine is the first openly transgender person confirmed by the Senate.

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When Fauci likened Trump supporters to 'some crazy people in this world'

UPDATED ON JUN 01, 2021 09:51 PM IST

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WORLD NEWS

Emerging countries press for Covid-19 vaccine supply in poor nations

PUBLISHED ON JUN 01, 2021 09:44 PM IST

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11-year-old Indian-origin Yoga prodigy wins UK PM award

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[SPORTS]

FOOTBALL

Euro 2020: Alexander-Arnold, Maguire, Henderson picked in England squad

AP

UPDATED ON JUN 01, 2021 09:59 PM IST

Euro 2020: Trent Alexander-Arnold was one of four specialist right-backs selected in England's final 26-man squad for Euro 2020 on Tuesday, while Harry Maguire and Jordan Henderson were included after fitness concerns.

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FOOTBALL

Absent Ramos still attracting attention ahead of Euro 2020

PUBLISHED ON JUN 01, 2021 09:06 PM IST

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TENNIS

Top-ranked Barty advances at French Open, Rublev eliminated

UPDATED ON JUN 01, 2021 09:54 PM IST

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Euro 2020: Netherlands keeper left out after COVID-19 case

PUBLISHED ON JUN 01, 2021 08:33 PM IST

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Twitter testing ads on Fleets to catch up to Snap, Facebook

Reuters

PUBLISHED ON JUN 01, 2021 09:43 PM IST

The social media company previously said it set a goal of doubling its annual revenue by 2023 from last year's levels, which it plans to achieve in part by selling ads on more parts of its site and mobile app.

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Meme stock cash out: AMC Entertainment selling 8.5 mn shares, raises \$230.5 mn

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Hong Kong's Cathay Pacific resumes hiring local pilots despite travel slump

PUBLISHED ON JUN 01, 2021 06:01 PM IST

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Paytm shares, in demand after IPO news, go past ₹21,000 in grey market: Report

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BOARD EXAMS

Haryana Class 12 Board Exam 2021 cancelled

PTI

PUBLISHED ON JUN 01, 2021 09:28 PM IST

The Haryana government has decided to cancel the Class 12 exams conducted by the state board, Education Minister Kanwar Pal said on Tuesday.

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BOARD EXAMS

CISCE cancels Class 12 board exams

PUBLISHED ON JUN 01, 2021 09:15 PM IST

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CBSE 12th Exam 2021: CBSE Class 12 board exams cancelled

PUBLISHED ON JUN 01, 2021 07:50 PM IST

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BOARD EXAMS

CBSE Class 12 Boards: PM Modi chairs meeting on Class 12 board exams

PUBLISHED ON JUN 01, 2021 07:00 PM IST

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[DELHI NEWS]

DELHI NEWS

Delhi hospitals ramping up paediatric care infra for a possible third wave

PTI , New Delhi

UPDATED ON JUN 01, 2021 08:41 PM IST

Delhi government has set up a task force to suggest measures to protect children from the third wave. Most of the hospitals are focussing on ramping up their ICU beds and facilities for children, amid fears that the third wave might be fatal for them.

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DELHI NEWS

Hospitals in Delhi record lowest Covid admissions in nearly two months

PUBLISHED ON JUN 01, 2021 06:21 PM IST

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DELHI NEWS

Delhi's Ganga Ram hospital begins monoclonal antibody cocktail therapy for Covid-19

PUBLISHED ON JUN 01, 2021 06:18 PM IST

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DELHI NEWS

Covid-19: Antibody cocktail treatment begins at Delhi's Sir Ganga Ram Hospital

PUBLISHED ON JUN 01, 2021 05:06 PM IST

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MUMBAI NEWS

Mumbai Police arrest 3 for ₹4.95cr fraud in the name of Covid immunity powder

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By Megha Sood |

PUBLISHED ON JUN 01, 2021 05:31 PM IST

The Mumbai police arrested the three accused from various locations after tracking their mobile phones and following clues from the bank transactions they had made.

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Covid curbs eased, Mumbai shopkeepers confused about left, right side

PUBLISHED ON JUN 01, 2021 03:19 PM IST

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Mumbai hotelier faked robbery to avoid paying salaries,arrested

PUBLISHED ON JUN 01, 2021 03:18 PM IST

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Mumbai weather: Partly cloudy skies, little chance of rain rest of this week

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TV

Ankita Lokhande says Sushant Singh Rajput taught her acting on Pavitra Rishta

By HT Entertainment Desk |
PUBLISHED ON JUN 01, 2021 09:08 PM IST

Ankita Lokhande hosted an Instagram live to mark 12 years of Pavitra Rishta. During the conversation, she spoke about late actor Sushant Singh Rajput.

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Nisha Rawal accuses Karan Mehra of having an affair, years of 'constant abuse'

UPDATED ON JUN 01, 2021 06:59 PM IST

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Ankita Lokhande is heartbroken as June begins, marks 12 years of Pavitra Rishta

UPDATED ON JUN 01, 2021 04:15 PM IST

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TV

After Tandav row, Sunil Grover says he has '20 filters' in his brain

PUBLISHED ON JUN 01, 2021 02:52 PM IST

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OPINION

Lakshadweep cannot be Maldives. Respect its uniqueness

By Omesh Saigal |

UPDATED ON JUN 01, 2021 05:22 PM IST

In his first five months, the administrator took a number of drastic steps which have disturbed the normally placid waters of the territory

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Strengthening India's district hospitals

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Assessing the quality of Indian democracy

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Sustaining and scaling up the response to Covid is key to saving lives

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