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Sleep deprivation and cardio-metabolic disease.

Sleep duration is affected by a variety of cultural, social, psychological, behavioural, pathophysiological, and environmental influences. Changes in modern society – like longer working hours, more shift-work, 24/7 availability of commodities and 24-h global connectivity – have been associated with a gradual reduction in sleep duration and sleeping patterns across westernized populations. Prolonged curtailment of sleep duration is a risk factor for the development of obesity, diabetes, hypertension, heart disease and stroke, and may contribute, in the long-term, to premature death. I shall review and discuss the epidemiological evidence suggesting a causal relationship between sleep duration and cardio-metabolic risk and outcomes in population. I shall also discuss the implications for causality of these associations.