

## Genes play meaningful role in sleep quality

Researchers have quantified the contribution genetics makes to sleep quality variation in a twin study of middle-aged men.

They found that additive genetic effects explained 34% of the variability in individual sleep quality, while 66% was attributed to individual-specific environmental factors.

Common environmental factors made no contribution, however, report the researchers, led by Brinda Rana (University of California, San Diego, USA).

**Read the full, original story here: [Genes play meaningful role in sleep quality](#)**