

## Sleeping too much, or not enough, increases genetic risk of depression

Two new studies published in the journal *Sleep* have found a link between sleep duration and depression.

“Healthy sleep is a necessity for physical, mental, and emotional well-being,” said American Academy of Sleep Medicine President Dr. M. Safwan Badr. “This new research emphasizes that we can make an investment in our health by prioritizing sleep.”

The first study of 1,788 adult twins discovered a gene by environment interaction between self-reported sleep duration and depressive symptoms.

According to researchers, the findings suggest that those who sleep shorter — or longer — than the normal eight or so hours a night increased the genetic risk for depressive symptoms.

**Read the full, original story: [Link Found Between Sleep Duration and Depression](#)**