

Women at higher risk for insomnia, thanks to genetics

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Women are known to suffer more from sleep disturbances, partly [thanks to raising young children](#) and [hormonal fluctuations](#). But it turns out there's also a genetic reason for exhaustion in women.

A study of data on 7,500 male and female twins found that women have a higher genetic risk of developing insomnia than men. The research, [published in Sleep Research Society and the American Academy of Sleep Medicine](#), goes beyond earlier studies that found women suffer higher rates of insomnia.

"More women have disturbed sleep generally, but that alone would not necessarily mean that genes play more of a role," author Mackenzie Lind, a Ph.D. student in clinical and translational sciences at Virginia Commonwealth University [said in a statement](#). "This paper shows that genes may be playing more of a role for females."

Read full, original post: [One gender is more likely to suffer from insomnia because of genetics](#)