

Working longer hours may mean drinking more

By Patti Neighmond, NPR

People who try to reduce the stress of a long work day with a drink or two, or three, may be causing more health problems for themselves.

Around the world, people working long hours are more likely to drink too much, according to a study that analyzed data from 61 studies involving 333,693 people in 14 countries.

They found that people who worked more than 48 hours a week were 13 percent more likely to engage in risky drinking than people working 35 to 40 hours a week.

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