

Being a night owl may be bad for your health

By Nicholas Bakalar, New York Times

A new study suggests that early to bed and early to rise makes a man healthy – although not necessarily wealthy or wise.

Korean researchers recruited 1,620 men and women, ages 47 to 59, and administered a questionnaire to establish whether they were morning people or night owls.

They found 480 morning types, 95 night owls, and 1,045 who fit into neither group.

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