

# Study: Sleeping in may be unhealthy

By Nicholas Bakalar, New York Times

Sleeping later on weekends may be bad for you.

Several studies have shown that there is an association between shift work and an increased risk for heart disease and diabetes. Now a new study, in the Journal of Clinical Endocrinology & Metabolism, has found a similar association in people whose sleeping schedules change on the weekend.

For seven days, 447 men and women ages 30 to 54 wore devices that measured movement and tracked when they fell asleep and woke.

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