

# Waking up often can cause bad moods

By Sumathi Reddy, Wall Street Journal

Good sleep isn't just about how long you sleep. Continuity may be equally important.

Getting up in middle of the night multiple times to soothe a crying baby or go to the bathroom impacts your mood and cognitive abilities the next day, research has found.

In a study published last month in the journal *Sleep*, researchers from Johns Hopkins University School of Medicine found that individuals forced to awaken multiple times during the night showed a greater decline in positive mood than those forced to go to bed later. They also had less slow-wave or deep sleep, the third stage of non-rapid eye (NREM) movement sleep.

Research from the University of Pittsburgh has shown that the cognitive performance of elderly individuals was impaired when their sleep was disrupted, but not when they slept a shorter amount of time straight through. And a study done in Israel published last year found that a fragmented night of sleep for a full eight-hours impacted mood and attention as much as sleeping just four hours a night.

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