CONCOURS D'ADJOINT ADMINISTRATIF TERRITORIAL
SESSION 2005

Epreuve facultative

VERSION D'ANGLAIS

Durée : 1 heure

Coefficient 1

Sleep less, live longer
By Shankar Vedantam: The Washington Post

Contrary to popular belief, people who sleep six to seven hours a night live longer, and those who sleep eight hours or more die younger, according to the largest study ever conducted on the subject.

The controversial study, which tracked the sleeping habits of 1 million Americans for six years, undermines the advice of many doctors who have long recommended that people get eight or nine hours of sleep every night.

The study was not designed to answer why sleeping longer may be deleterious or whether people could extend lifespan by sleeping less. But Kriple, a professor of psychiatry at the University of California at San Diego who led the study said it was possible that people who slept longer tended to suffer from sleep apnea, a condition where impaired breathing puts stress on the heart and brain. He also speculated that the need for sleep was akin to food, where getting less than people want may be better for them.

By contrast, sleeping five hours a night increased the risk for women by only 5 percent, and for men by 11 percent. Among people who slept just three hours a night, women had a 33 percent increase in death and men had a 19 percent increase, compared with those who slept seven hours.

Besides, taking a sleeping pill every day increases the risk of death by 25%, while there is no mortality risk of having insomnia.

VOCABULARY: Deleterious= nocif; akin to= analogue à