Night Owls Beware: Late To Rise Could Lead To Early Death

By Ana-Marija Dolaskie — April 13, 2018

Being a night owl could literally kill you; that's according to the latest study from nearly half a million participants in the U.K. Experts say night owls are living in a world structured for early risers, or larks, and are at a higher risk for obesity, hypertension, cardiovascular disease, and early death.