

# 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.

---

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

---

**Source URL:** <https://www.acsh.org/news/2018/04/13/night-owls-beware-late-rise-could-lead-early-death-12838>