



GLAUCOMA RESEARCH SOCIETY of CANADA

We Support New Ideas

Sleep Patterns Found to Affect Glaucoma



Photo courtesy of Pixabay of pexels.com

A long-term study that followed 409,053 participants in the UK from 2006 until 2021 looked at how one's sleep patterns might affect glaucoma. It has concluded that snoring, daytime sleepiness, insomnia, and short/long sleep duration (less than 7 hours a night or more than 9), were all associated with the risk of glaucoma. These findings suggest that individuals with a higher probability of developing glaucoma should pursue a healthy sleep pattern. Likewise, individuals with chronic sleep problems should consider ophthalmologic screening for glaucoma prevention.

[BMJ Open](#), November 2022