**How chronic sleep loss can increase the risk of heart disease
慢性睡眠不足如何增加患心脏病的风险**

Cutting sleep short on a regular basis may harm immune stem cells, potentially increasing the risk of inflammatory disorders and heart disease, a small new study suggests.
一项小型新研究表明，经常缺觉可能会损害免疫干细胞，可能会增加炎症性疾病和心脏病的风险。

An analysis of blood samples from 14 healthy volunteers who agreed to have their sleep shortened by 1½ hours each night for six weeks revealed long-term changes in the way these stem cells behaved, leading to a proliferation of the white blood cells that can spark inflammation, according to the report published in the Journal of Experimental Medicine.
发表在《实验医学杂志》上的报告指出，在对同意六周内每晚减少一个半小时睡眠的14名志愿者的血液样本进行分析后发现，这些干细胞的行为方式发生了长期变化，导致可能引发炎症的白血球增生。

“The key message from this study is that sleep lessens inflammation and loss of sleep increases inflammation,” said study co-author Filip Swirski, the director of the Cardiovascular Research Institute at Icahn Mount Sinai in New York.
“这项研究的关键信息是，睡眠减少炎症，而睡眠不足增加炎症，”该研究的合著者、纽约西奈山伊坎医学院心血管研究所所长菲利普•斯沃斯基说。

While a certain amount of inflammation is needed to fight infections and heal wounds, too much can be harmful, he explained.
他解释说，虽然需要一定量的炎症来对抗感染和愈合伤口，但过多的炎症可能是有害的。

Overabundant, persistent inflammation has been linked to heart disease and neurodegenerative diseases, like Alzheimer’s, he added.
他补充说，过度的、持续的炎症与心脏病和阿尔茨海默症等神经退行性疾病有关。

“The real key is there are things we can do through our lifestyles — getting enough sleep, managing stress, getting enough exercise, consuming a healthy diet — that can reduce the speed of biological aging,” Swirski said. “We may not live forever, but we may live well into old age maintaining the quality of our lives by paying attention to some of these lifestyle factors.”.
“真正的关键是我们可以通过生活方式做一些事情，比如充足的睡眠、管理压力、充足的锻炼、健康的饮食，这些都可以减少生物衰老的速度，”斯沃斯基说。"我们可能不会长生不老，但我们可以通过注意其中一些生活方式的因素，很好地活到老年，保持我们的生活质量。"