

'Social Jet Lag' may be causing Monday Blues

According to *Independent Online*, if you struggled to get out of bed this Monday, scientists have come up with a handy excuse - you may be suffering from social jet lag.

The immediate effects of which include poorer memory and reaction times, which would explain that familiar Monday morning feeling of sluggishness, says *Independent Online*. A study at Chicago's Rush University say sleeping in at the weekend can leave us too tired for the start of the working week, with many remaining groggy until Wednesday.

Lead researcher Helen Burgess said the problem arises when, having shifted their body clocks with a couple of lie-ins, many face a "rude awakening" with an earlier start for work on Monday morning, *Independent Online* reports.

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