Natural Short Sleepers
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Ying He et al. Sci 325, 2009.

Subsequent NSS’s Recruited
NSS = 53 / Cntrls = 57
< Sleepiness  (P= .0015)
< Depression  (P= .012)
> Behav Actv  (P= .0001)
Hi Pain Tol  (# 31 / 53)
< Jet Lag  (# 39 / 53)
< BMI  (P= .21)

< Wake-Time in WT vs DEC2 Trnsgnc Mice

Conclusion: “Circadian” Genes may have Pleiotropic Influences