

Study ties sleep duration, snoring to breast cancer outcomes

Researchers looked at more than 18,000 women with breast cancer and found that those who frequently snored and slept for 6 hours or less before diagnosis had more than double the odds of having poor outcomes compared with those who had neither of the factors. The findings in the journal *Sleep* were presented at the annual meeting of the Associated Professional Sleep Societies. [HealthDay News](#) (6/12)