

It turned out that those who drink coffee in the morning have a 16% lower chance of dying from any cause and a 31% lower chance of dying from cardiovascular diseases compared to those who do not drink coffee. However, those who drank coffee throughout the day did not notice such benefits. The study showed that timing matters when it comes to coffee consumption, with the most significant health benefits observed in those who drink coffee in the first half of the day.

Researchers suggest that drinking coffee in the afternoon or evening may disrupt circadian rhythms, potentially leading to increased inflammation and blood pressure.

The lead researcher of the study, Lu Qi, emphasized that further research is needed to confirm these results and understand the underlying mechanisms.

News materials cannot be equated to a doctor's appointment. Consult a specialist before making a decision.