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People are happiest in the mornings, says study – 10th February 2025

Level 4

A study says people are happiest in the mornings, and bluest at midnight. Researchers in London conducted a study on people's mental well-being at different times of the day. They asked people to rate their feelings of happiness, overall satisfaction with life, and how worthwhile they thought life was. The researchers said: "We repeatedly saw mornings align with better mental health...and midnight with the lowest."

The researchers also found that we felt happiest on Sunday mornings, when our anxiety is lower. This is because we have the chance to unwind on Saturdays. We are more likely to have fun and splash out on something nice while shopping. This has a positive impact on our happiness. The researchers said there were other "drivers" that affect our positive feelings. These include the seasons, weather, rain, humidity, and societal factors.

Level 5

A study says people feel happiest in the mornings, and that midnight is when we feel the bluest. Researchers in London conducted a study on mood, frame of mind, and mental well-being at varying times of the day. They asked participants to rate their feelings of happiness, overall satisfaction with life, and how worthwhile they thought life was. The researchers said: "Generally, things do seem better in the morning." They said: "We repeatedly saw mornings align with better mental health...and midnight with the lowest."

The researchers also looked at which days of the week we felt happiest. They found we felt happiest on Sunday mornings, when feelings of anxiety are fewer. This is perhaps because people have the chance to unwind on Saturdays, when they are more likely to have fun. They might splash out on something nice while shopping. This has a positive impact on making us feel happier. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, weather, rain, humidity, and societal factors.

Level 6

A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the bluest. Researchers from University College London conducted a comprehensive study on mood, frame of mind, and mental well-being at varying times of the day. They asked test participants to rate their feelings of happiness, overall satisfaction with life, and to what degree they thought life was worthwhile. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a...diverse sample, we repeatedly saw mornings align with better mental health...and midnight with the lowest." This was so even when accounting for differences in individual characteristics."

The researchers also investigated which days of the week we felt happiest. They suggested that we feel happiest on Sunday mornings, when feelings of anxiety are more subdued. This is perhaps attributable to people having the chance to unwind on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they splash out on something nice while shopping, or get together with friends. This has a positive impact on making us feel happier the following day. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, "weather (temperature, precipitation, humidity...) as well as various sociocultural cycles".