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Babies born with misshapen ears can have deformities corrected within weeks thanks to a simple splinting device.

About one in 20 babies are born with an ear deformity, such as protruding or misshaped ears, or ears with too much or too little tissue.

The new EarBuddies system sees a splint fitted just inside the rim of the baby's ear to mould the cartilage back into a normal shape over a few weeks.

The kit costs around £60 online and can be fitted by parents, but the new EarPerfect private clinic at The Portland Hospital, London, will provide the kit and a specialist fitting service for £425.



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Teenage boys are notorious for loving their sleep – but lying-in may have health benefits, according to a new study which has linked low levels of deep sleep to a risk of developing diabetes in later life.

The restorative effects of slow-wave or 'deep' sleep are well established and now neuroscientists at Penn State University in the US have found that boys who experience a greater decline in slow-wave sleep as adolescents have a significantly higher chance of developing insulin resistance than those who more closely maintained their slow-wave sleep as they got older.

There was no evidence of this health impact in teenage girls.

The study, involving 700 teenagers, found boys with reduced deep sleep are then also at greater risk of going on to develop type 2 diabetes, increased visceral fat and impaired attention.

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