

The 41st Wink

Better Sleep For Life

www.the41stwink.com

the41stwink@gmail.com

Sleep and Sex



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Obstructive sleep apnea (OSA), which involves recurring pauses in breathing that disrupt sleep, has been associated with a significantly higher risk of erectile dysfunction. Studies have also shown that OSA is tied to sexual dysfunction in women.

Working non-standard hours, known as shift work, also has been linked to erectile dysfunction.

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Poor sleep can also hinder sex because of its effect on mental health. Anxiety and depression, both side effects of insomnia and sleep deprivation cause sexual dysfunction for both physical and cognitive reasons.

When the body becomes stressed because of sleep difficulties, the brain suppresses the production of sex hormones like estrogen and testosterone in favor of stress hormones like cortisol.

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This shift in hormone levels can lead to decreased sex drive, infertility, or erectile dysfunction in men.

The sleep-sex connection may be more prevalent in women because of the effects of pregnancy, postpartum lifestyle, and menopause. Pregnancy, menopause, and of course new babies, can all cause sleep disorders or insomnia, lowering some women's interest in sex due to fatigue, stress, or depression.

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Being too tired for sex is the leading reason reported by individuals or couples who have lost interest in sex.

On the other hand, research has shown that sex before bed can help improve sleep quality.

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Orgasms, whether achieved with a partner or independently, relax the body and boost hormones that aid sleep in both men and women after sex.

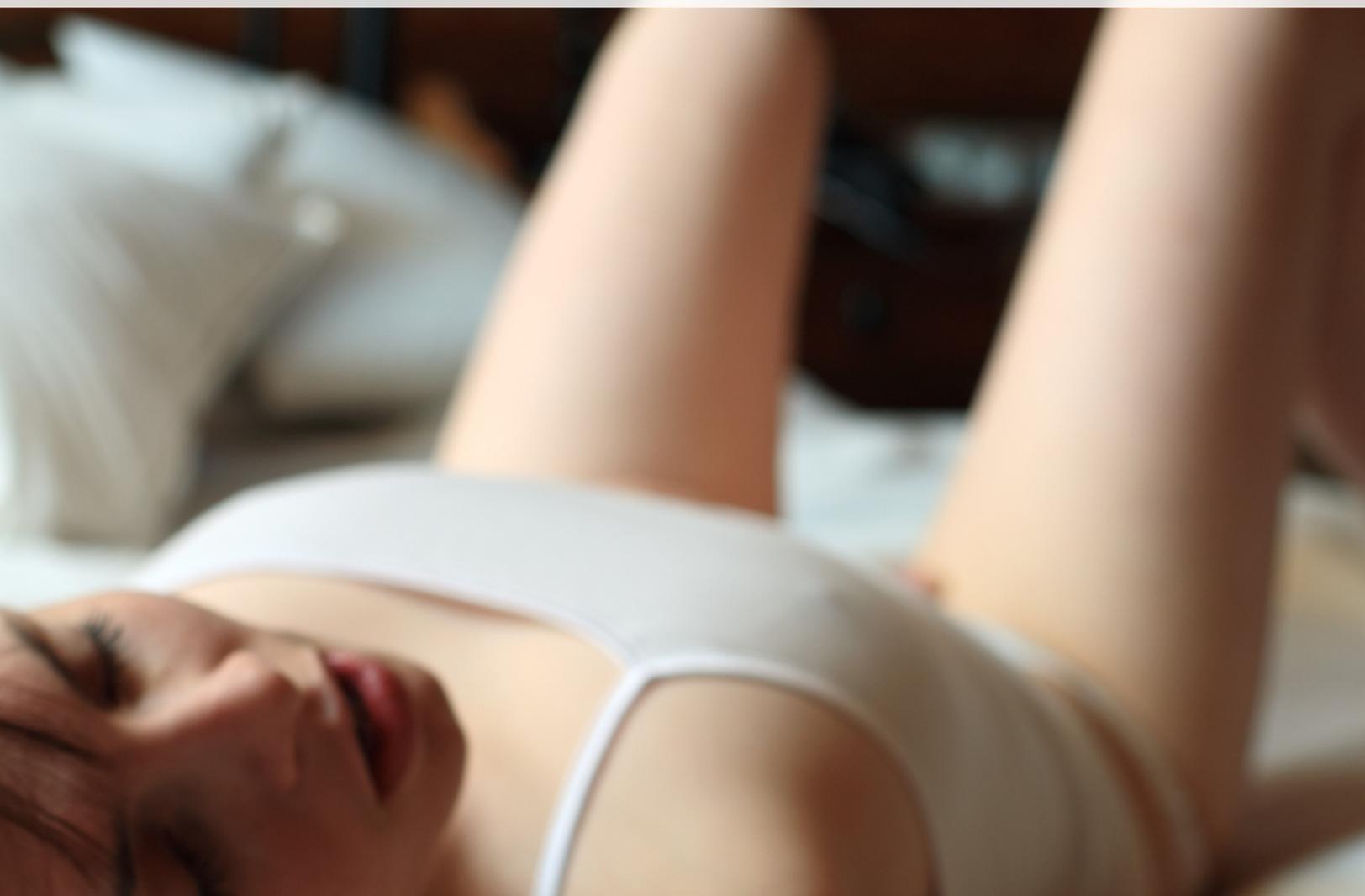
In women, estrogen levels increase after orgasm, enhancing REM cycles. In men, orgasm increases production of prolactin, promoting deep wave sleep (the sleep phase that the body needs to repair and restore itself).

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SEXSOMNIA

Sexsomnia or 'sleep sex', is a parasomnia (an abnormal activity that occurs while an individual is asleep), characterised by an individual engaging in sexual acts during non-rapid eye movement (NREM) sleep.



Although they may appear to be fully awake, people who have sexsomnia often have no recollection of the sexual behaviours they exhibited while asleep.

Sexsomnia affects individuals of all age groups and backgrounds but present as an increased risk for individuals who experience co-existing sleep disorders, sleep disruption secondary to obstructive sleep apnea, sleep related epilepsy and/or certain medications