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## Snoring Can Wreck Sex

In a recent article in the NY Post "[Sexual Snore Losers](#)" (18 December 2005) by Cathy Burke the author reports that "[snoring](#) spoils sex for 81 percent of couples who are just too tired to get in the mood - or stay there" and "70 percent of the 1,000 men and women he surveyed resort to sleeping in [separate bedrooms](#)."

I have heard these stats before and they continue to NOT surprise me in the least. Snoring just isn't sexy. More importantly, snoring can be a hallmark sign of [sleep apnea](#) and that can make you tired. Sleepiness can go a long way in decreasing sexual arousal. There is also some good clinical data to suggest that [erectile dysfunction](#) (ED) can be caused by sleepiness and sleep apnea. So even if you happen to be in the mood or can be convinced to be in the mood, or use a pharmaceutical to help get you in the mood ([Viagra](#)) one may find there is difficulty in performance and satisfaction for your partner, based on sleepiness. What I mean by this is that sleepiness can reduce reaction time, create clumsiness, and increase the likelihood of [depression](#) and moodiness.

I can think of nothing less appealing than someone who is in a bad mood, fumbling around in bed, and ends up snoring before the end. Sleeping in separate bedrooms can have a direct effect on [marital satisfaction](#). What appears to happen is that a closeness or intimacy with your partner comes from sharing a bed. Studies have shown that we see couples who report more affection are those who sleep in the same bed.

A few quick tips on this very issue can be found in my article about [couples and sleep](#) here on WebMD.

**Related Topics:** [The Secret to Relationship Success](#), [Sexual Fitness for Men](#)

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Posted by: **Dr. Breus** at 12:01 AM