

zzzzZs *Before* Oohs



QUESTIONS? ANSWERS!

Sexual Health For Couples

Q: Can poor sleep or circadian health affect my sex life?

Absolutely, sleep and circadian problems can reduce energy, dampen mood, cause imbalance in sex-related hormones, and reduce desire, arousal, and orgasm. Sleep and sexual health are intimately related.

Q: Which sleep problems most affect sexual health?

Any chronic impairment of sleep quantity, quality, timing, or regularity carries a risk of contributing to reduced opportunity for sex, decreased desire, and consequences for sexual ability and function.

Q: My partner snores — could that cause sexual problems?

Yes. Whether or not you snore loudly, sleep apnea can significantly affect your sex life. Sleep apnea also causes cardiovascular effects, including compromised oxygen levels, reduced blood flow, and sleep fragmentation, which can lead to sexual organ dysfunction for men and women. Sleeping in separate beds can also lead to reduced opportunities for sex.

Q: I'm tired all day — does that explain low desire?

It can. Excessive daytime sleepiness (EDS) often lowers interest in intimacy. EDS also reduces opportunities for socialization and emotional connection that support a healthy sex life. Beyond sleepiness, there can also be other hormonal changes due to sleep & circadian disorders that impact sexual desire and function.

Q: Can treating a sleep disorder improve sex?

Although not an end-all and be-all, it is a critical part of restoring sexual health. Optimizing sleep and circadian health can lead to improved socialization, better hormonal balance, and greater energy to perform.

Q: Could my medications be causing both sleep and sexual side effects?

Yes — many medications (some antidepressants, antihypertensives, opioids) can worsen sleep and reduce sexual desire or performance. Always review medications with your health practitioner as a possible culprit.

Q: Is hormone dysfunction from sleep loss reversible?

Improving sleep and circadian health won't worsen the issue and, in some cases, can raise testosterone and improve sexual symptoms; this should be tested and treated per clinician guidance.

Q: When should I seek help?

When you need it! If you feel concerned about your sexual health, it is a problem worth discussing with your provider. There's no shame in wanting a healthy sex life!

Sleep & Sexual Dysfunction Stats



Circadian Rhythm Dysfunction

TESTOSTERONE DEFICIENCY:

>2.5× likelihood

ERECTILE DYSFUNCTION:

>1.5× likelihood



Women & Sleep Duration

EACH + HOUR SLEEP

+14% 
likelihood of sex



Insomnia & Sexual Dysfunction

♀ Woman

53.8%

INSOMNIA

31.8%

NO INSOMNIA

♂ Men

22.7%

INSOMNIA

12.5%

NO INSOMNIA

Don't snooze on your chance for a healthy sex life!

Learn more about sleep and circadian health at

sleephealth.org