

SLEEP WELL 2023



Creating new realities and expanding consciousness

Sleep Awareness Week SLEEP WELL Edition

March 12- 18, 2023



A Special Men's Health Issue

Sleep Apnea Syndrome, Libido and Sexual Health

Paradigm shifts occur when we change the questions we ask.

Sleep and Men's Health

While formal diagnoses of OSA and shift work sleep have been shown to impact erectile function, impaired overall sleep quality and insomnia can also cause a significant impact on erectile function.

A correlation between insomnia and erectile dysfunction has been confirmed by several studies.

The evidence linking sleep and erectile dysfunction are growing, and assessment of sleep during an erectile function workup can be easily performed with validated sleep questionnaires such as the [Pittsburgh Sleep Quality Index \(PSQI\)](#).

[The effect of sleep on men's health](#) Kohn TP, Kohn JR, Haney NM, Pastuszak AW, Lipshultz LI. The effect of sleep on men's health. *Transl Androl Urol.* 2020 Mar;9(Suppl 2):S178-S185. doi: 10.21037/tau.2019.11.07. PMID: 32257858; PMCID: PMC7108988.

Obstructive Sleep Apnea and Erectile Dysfunction

Obstructive sleep apnea (OSA) is considered one of the risk factors for erectile dysfunction. A growing lot of evidence show an association between OSA and ED.

Overall, the current evidence suggests that OSA may be a risk factor for ED, and basic research on the mechanisms of ED in OSA is limited.

[Erectile Dysfunction and Obstructive Sleep Apnea: A Review](#)

Gu Y, Wu C, Qin F, Yuan J. Erectile Dysfunction and Obstructive Sleep Apnea: A Review. *Front Psychiatry.* 2022 May 26;13:766639. doi: 10.3389/fpsy.2022.766639. PMID: 35693968; PMCID: PMC9178074.

Obstructive Sleep Apnea and Libido in Males

According to a study designed to investigate the relationship between low libido and objective sleep parameters, as well as mood disturbances, in patients with obstructive sleep apnea syndrome (OSA), men with untreated OSA suffer from a low libido. Older age and depressed mood were the most important factors of low libido in middle-aged men with OSA.

Low libido is a commonly reported symptom in men with OSA.

Middle-aged men with OSA and low libido have worse sleep quality.

Sleep fragmentation in OSA contributes to nocturia and anxiety in middle-aged men.

[Sleep and Libido in men with Obstructive Sleep Apnea Syndrome](#) Mun JK, Choi SJ, Kang MR, Hong SB, Joo EY. Sleep and libido in men with obstructive sleep apnea syndrome. *Sleep Med.* 2018 Dec;52:158-162. doi: 10.1016/j.sleep.2018.07.016. Epub 2018 Sep 20. PMID: 30340202.



Sleep Tip- One hour of extra sleep is associated with a 14% increase in the likelihood of a woman wanting to be sexually intimate with her partner. So sleep will certainly enhance sex, but it turns out that sex will also enhance your sleep. Sex before bed will improve the subsequent quality of sleep that you get that night, as long as that sex results in orgasm. Source: [The Matt Walker Podcast](#)

Snoring, Obstructive Sleep Apnea and Sleep Divorce?

Often times, a couple maybe sleeping in different bedrooms to avoid disrupted sleep due to the snoring of one or both of them.

25 % of couples admit to sleeping in separate bedrooms. The numbers are most likely higher as 45% of couples are 'too ashamed to admit' to not sleeping together.

If a '[sleep divorce](#)' is a mutually agreed upon choice, then it may help the relationship. But if your separate sleeping arrangement is because your partner feels they have no choice but to not sleep with you due to your loud snoring that disrupts their sleep, it maybe high time to seek a consultation with a board certified sleep specialist.

[Dr. Wendy Troxel](#), author of '[Sharing the Covers-Every Couple's Guide to Better Sleep](#)' uses the term New Sleep Alliance for when a couple chooses to sleep separately.

This can not only cause intimacy and relationship fractures but result in your partner to suffer from the same symptoms you do, even in the absence of OSA and snoring in their case. Commonly seen symptoms in bed partners of snorers and OSA sufferers are waking up unrefreshed, morning headaches, excessive day time sleepiness, irritability, mood fluctuations, depression and even hypertension. [Snoring and Obstructive Sleep Apnea Affects the Sleep Quality of Bed Partners](#)

Sleep and Testosterone

20 year old males who get insufficient (4-5 hours) of sleep a night have been shown to have testosterone levels of men who are 10 years older.

OSA and Testosterone

Although the relationship between testosterone and OSA are complex and not yet completely understood, OSA may contribute to low testosterone because hypoxia and sleep fragmentation. Furthermore, obesity and advanced age may account for lower testosterone secretion levels in middle-aged men with OSA. Although the effects of OSA treatment on testosterone levels remain unclear, OSA treatment may help improve sexual function, especially in men with severe OSA.

[Obstructive Sleep Apnea and Testosterone Deficiency](#) Kim SD, Cho KS. Obstructive Sleep Apnea and Testosterone Deficiency. World J Mens Health. 2019 Jan;37(1):12-18. doi: 10.5534/wjmh.180017. Epub 2018 May 16. PMID: 29774669; PMCID: PMC6305865.

Encouraging results- OSA treatment effects on Erectile Function

[Effects of obstructive sleep apnea and its treatment over the erectile function: a systematic review](#)

There is growing evidence of the risk of ED in OSA patients. Despite the lack of knowledge of the mechanisms of the sexual problems in these patients, there is a proven relationship between the severity of both entities. Though there is still need for more studies, it has been shown that treatments of sleep disordered breathing will improve the sexual results, in particular, CPAP therapy.

Campos-Juanatey F, Fernandez-Barriales M, Gonzalez M, Portillo-Martin JA. Effects of obstructive sleep apnea and its treatment over the erectile function: a systematic review. Asian J Androl. 2017 May-Jun;19(3):303-310. doi: 10.4103/1008-682X.170440. PMID: 26763546; PMCID: PMC5427785.



Take control of insomnia- A self empowering sleep resource

The logo for the REVERI app, featuring the word "REVERI" in white capital letters centered within a red square that has a circular gradient effect.

Instead of reaching for an over the counter sleep aide,
learn about self hypnosis.

Reveri app was developed by the highly respected researcher, [Dr. David Spiegel](#) of Stanford University and his team.

Hypnosis is a psychological tool that helps us bring our brains into optimal states for change-making. If you are struggling with sleep, you are usually struggling to fall asleep, or to stay asleep (or maybe both). This is when a lot of adults turn to substances to help them sleep, as the longer insomnia lasts, it can snowball into a bigger problem. The longer you stay awake, the longer you may stress about how little sleep you're getting — a thought which can keep you awake. This is a habit hypnosis can help you break.

[The science of hypnosis](#)

[Hypnosis for sleep](#)

You can also find information about [Reveri on our website resources page.](#)

Dr. Merriman's latest blog

[***Silently Suffering Men- Are You One of Them?***](#)

at [Self Love. Self Care. Inspiration.](#)



Our particular problem in America at this point in history is the widespread loss of the sense of individual significance, a loss which is sensed inwardly as impotence.

-[Rollo May](#)

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Through poetry, self love self care first™, and sleep

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