

Impotence Link To Poor Sleep Confirmed Again

Written by Richard Simmons | Monday, 26 October 2009 | There are 0 comments

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The importance of good sleep in order to sustain good erectile function has been highlighted by a recent study which shows that men who suffer from [Obstructive sleep apnea syndrome](#) are significantly more likely to suffer from not only erectile dysfunction but are also likely to have a lower satisfaction with sexual intercourse.



The researchers collected data from 116 men who suffered from Obstructive sleep apnea syndrome and used another group of 42 men as a control group to compare results. The volunteers were asked to record levels of erectile function, sexual desire, the frequency for petting, the amount of times that they masturbated, the amount of time that they had sexual intercourse and their overall sexual satisfaction over the last three months.

While the research showed that Obstructive sleep apnea syndrome had an effect on erectile dysfunction unfortunately this survey did not look at other factors which could cause it too such as how old the men were and other health conditions which could be both causing the erectile problems and the Obstructive sleep apnea syndrome.

It could be for example that obesity which is known to be more prevalent in men suffering from erectile dysfunction was causing the Obstructive sleep apnea syndrome. Good sleep is so important for good health and a lack of it has been linked to higher rates of [obesity](#) even in children. If you are not getting a regular amount of sleep every night you are increasing the chances of becoming [stressed](#) which in itself is also a major cause of erectile dysfunction.

People who sleep well tend to eat healthily, are able to summon up the energy to get exercise at the end of the day and are generally more productive at work. Trying to cope with the demands of a busy hectic life without good sleep could end up making you seriously ill.

The research was done in Switzerland and published by the respected [Journal of Sexual Medicine](#).

[http://www.ukmedix.com/impotence/impotence_link_to_poor_sleep_confirmed_ag
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