

News & Comments

It is Better to Sleep with a Partner than to Sleep Alone

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Many people think that sleeping alone will leave one more refreshed in the morning, than the one who shared the bed and might toss, turn, or snore.

Yet, a new study suggests that sharing a bed with a partner lowers insomnia severity, reduces fatigue and increases sleep time. Further, they report feeling less stress, anxiety, and depression, as well as being more satisfied with their lives and relationships, based on survey responses and sleep scores from more than 1,000 working-age adults in the US

Michael Grandner, director of the Sleep and Health Research Program at the University of Arizona in Tucson, and key author of the study said shared that those study participants who slept with their kids reported more insomnia, tiredness, stress, and worse mental well-being, the day after. It might be because, the child is more of a responsibility and they toss, turn and kick more in the bed. This could explain why such people have more insomnia, sleep apnea, and less control oversleep.

But interestingly those who slept with an adult partner fell asleep faster, stayed asleep longer, and had less risk of sleep apnea.

Grandner believes that, in a study like this, it is difficult to disentangle those factors, but at least what this study shows is that there is a connection, so we can begin making predictions about which way it goes, and then we can start exploring them.

KEYWORDS

American academy of sleep medicine, anxiety, brain research, depression

