Bump and Sleep: How Sexual Intercourse Can Improve Sleep of Women with Insomnia

Caroline Awada, Amy Khodor, Massoott Mohammed, Rebal Najar

Interdisciplinary School of Health Sciences, Faculty of Health Sciences, University of Ottawa

Abstract

Background: Insomnia is characterized by trouble initiating or maintaining sleep and can be experienced as a primary or secondary disorder. It affects up to one-fifth of adults, mostly women, making it the most prevalent disorder of sleep in society. In the health landscape, this disorder can be an underlying cause for many chronic diseases, for example, psychological distress, chronic pain, and anxiety. The medical condition significantly changes in lifestyle, cognitive-behavioral treatments, and pharmacological therapies. However, many of these interventions are proven to be inefficient. We aim to propose a new therapy strategy that is more patient-centered, which might be an improvement in the quality of sleep in insomnia.

Research Question: How can the effectiveness of sexual intercourse in insomnia patients be compared to the therapy? The present study explores the effects of sexual intercourse on women with insomnia and those without.

Methods: A structured literature review was conducted. The selected articles were analyzed using a predetermined set of criteria. A total of 50 studies were analyzed, focusing on the effects of sexual intercourse on the quality of sleep and its relationship with insomnia.

Results: The 12 chosen articles were analyzed using the PICO method. The results were based on the outcomes of studies where sexual intercourse increased the quality of sleep and its relationship with insomnia.

Table 1: Result of Literature Review

<table>
<thead>
<tr>
<th>Study</th>
<th>Population</th>
<th>Study Design</th>
<th>Outcome Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yi et al., 2013</td>
<td>Women reporting moderate or severe insomnia</td>
<td>Cross-sectional study</td>
<td>Improvement in sleep quality and overall sleep satisfaction</td>
</tr>
<tr>
<td>Li et al., 2015</td>
<td>Women with moderate to severe insomnia</td>
<td>Randomized controlled trial</td>
<td>Significant improvement in sleep efficiency and total sleep time</td>
</tr>
<tr>
<td>Shi et al., 2009</td>
<td>Women with insomnia</td>
<td>Case-control study</td>
<td>Improved sleep quality and reduced sleep latency</td>
</tr>
<tr>
<td>Wang et al., 2017</td>
<td>Women with insomnia</td>
<td>Prospective cohort study</td>
<td>Increased sleep duration and decreased sleep fragmentation</td>
</tr>
</tbody>
</table>

Discussion

Findings and Considerations

This literature review helps us to identify sexual activity as a treatment for insomnia. It is important to note that our study included only women with insomnia and those without. Further study is needed to explore the effects of sexual intercourse on both men and women. The results of this study suggest that sexual activity is a potential treatment for insomnia.

Implications

The findings of this study support the use of sexual activity as a treatment for insomnia. They provide evidence that sexual activity can improve sleep quality and reduce symptoms of insomnia. The results also suggest that sexual activity may be an effective treatment for insomnia, especially in women.

Conclusions

This study provides evidence that sexual activity can improve sleep quality in women with insomnia. The results of this study suggest that sexual activity may be an effective treatment for insomnia, especially in women. Future studies are needed to explore the effects of sexual activity on both men and women, and to determine the optimal frequency and duration of sexual activity.

Acknowledgments

We would like to thank the Ryan Foundation and the SSHR for giving us the opportunity to present our research. We would also like to thank the anonymous reviewers for their feedback.