Sleep, Stress and Sex:

Can sex improve sleep?
Yes! During consensual sex and orgasm oxytocin is released, which can improve the quality of your sleep. In female-bodied people estrogen levels also increase, which can enhance a person’s REM cycle for a deeper sleep.

Can sex reduce stress?
Yes! It can also help reduce stress because it releases endorphins. Endorphins are chemicals in the brain that lead to the feeling of happiness. Studies also suggest that it decreases the production of cortisol, which is thought to increase stress levels.

The flip side:

Why don’t I feel like having sex when I’m stressed?
While this can differ from person to person, it is not uncommon to feel less like having sex when you are stressed. Stress can have a variety of emotional and physical effects, which can lower a person’s desire for sex. While, I mentioned above that sex can help reduce stress, that is only the case if you’re feeling it. If you’ve reached a level of stress where sex is not appealing to you, it’s a good idea to take a step back, and try to address the root cause of your stress.

Why don’t I want to have sex when I’m tired?
Chronic sleep loss or feeling of fatigue can lead to decreased desire to have sex. While studies show that sex can improve sleep quality and regularity, being sleep deprived can lower your desire to have sex. Be honest with yourself, communicate with your partner, and try to adjust your daily schedule to allow for more sleep*.

Sex is a part of life that intersects with many other aspects of ourselves it has a unique interaction with sleep and stress.

*We recognize that not all sleep and stress related things are in your control. If you’re feeling overwhelmed please reach out: http://www.cuc.claremont.edu/monsour/

Sources:
http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/relationships