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HEALTH 

Q **How can sleep help men perform better under the sheets?**

A

Sleep is one of the three pillars of good health—along with a balanced diet and regular exercise. Sleep deprivation causes a rise in the stress hormone, cortisol. In turn, cortisol can directly lower testosterone, an essential hormone that is responsible for sexual function and much more. Of course, sexual activity can often lead to a good night's sleep.


Q

What do sleep habits have to do with a man's prostate health?

A

Men usually don't think about their prostate until there is a problem. Any new symptom—such as waking to urinate more than once per night—should prompt a visit to the doctor. An enlarged prostate is the most

common cause of interrupted sleep for men as they enter their fifties and beyond. Sleep is also necessary to keep the immune system at its best to fight infections and cancer, both of which are common in this hidden organ. But men should not

wait for symptoms. Prostate cancer has no early warning signals. Therefore, men aged forty and above should ask their doctor when they should have a screening PSA blood test based on their individual needs and risks.

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