

Low quality of life and depression may contribute to erectile dysfunction in men with sleep apnea

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Burdens related to poor sleep may put men with sleep apnea at increased risk of erectile dysfunction.

In a study of 713 male patients who visited Seoul National University Hospital for snoring and/or daytime sleepiness from 2006 to 2014, depressive symptoms and a low quality of life due to sleep problems were clearly linked to erectile dysfunction.

The findings suggest that psychological interventions may improve the sexual health of men with [sleep apnea](#).

"It is important that physicians ask male [obstructive sleep apnea](#) patients if they have any [erectile dysfunction](#). If yes, any psychological problems including depression should be considered," said Dr. Hyun-Woo Shin, co-author of *The Journal of Sexual Medicine* study.

More information: Yung Jin Jeon et al. Low Quality of Life and Depressive Symptoms as an Independent Risk Factor for Erectile Dysfunction in Patients with Obstructive Sleep Apnea, *The Journal of Sexual Medicine* (2015). [DOI: 10.1111/jsm.13021](https://doi.org/10.1111/jsm.13021)

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