

## 5 Tips for Better Sleep

No matter how well you may get along with your spouse, your sleeping habits, mattress preferences, and whether you snore can all make it difficult to sleep comfortably together. There may also be medical reasons it may be hard to sleep together, like if one of you has REM disorder or sleep apnea. Here are a few ideas on how to keep the peace when you both go to sleep at night.

### Snoring

Perhaps the biggest complaint couples have about one another is snoring. If it's excessively loud, it may be a sign of [sleep apnea](http://sleep.org/articles/snoring-and-sleep-apnea). This is especially true of overweight people. If you can't afford a CPAP machine, or if your insurance won't cover it for some reason, try sleeping on your side. When you sleep in any other position, it can inadvertently close or block a particular airway; sleeping on your side will help this airway stay open.

### Sleeping Habits

If you sleep with a different daily routine from yours, it can be quite distracting when bedtime approaches. This is especially bothersome for couples who work different shifts – consider, for instance, if you work the night shift but your partner works the day shift. Make it clear to one another – politely -when you need to sleep and when you need to be awake. Eventually, the two of you will adapt to one another's habits.

### Insomnia

If you live with someone who suffers from insomnia, chances are neither of you sleep well. You may want to talk to a doctor to determine whether the insomnia is biological or psychological. Once you figure that part out, it can get easier from there. Unfortunately, insomnia can go untreated because people do not often seek treatment for sleeplessness alone. If you think one of you has insomnia, try to learn more about it and what you can do to alleviate it.

### Bad Mattresses

If neither of you like the mattress you're sleeping on, getting a good night's sleep can be slim at best. Get different mattresses for each of you if you must but try to make that the last thing you try. You can try to find a mattress you both like by going to a mattress store and trying out mattresses you're interested in. You can also look up different types and brands of mattresses to find one that works for you both.



**REM Sleep Disorder**

Although this condition is uncommon, some people are known to act out their dreams. This condition is called [REM Sleep Disorder](https://sleepfoundation.org/sleep-disorders-problems/rem-behavior-disorder) and it can be quite intrusive when trying to get a night's sleep. It can be treated with melatonin and similar medications. If you or your partner does this, try and remove anything breakable or sharp from the room, to be safe.

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