

《同床共枕可能有损健康、心情甚至长相！》

导读:冬天来了，有男/女朋友的小伙伴总爱和另一半相拥而眠，画面温馨感人（广撒狗粮）。但是！科学研究发现，同床共枕可能损害身体健康、提高离婚几率。



A third of adults find sharing a bed with their significant other does them more harm than good.

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Winter is coming, and for those with significant others, it'll be a case of snuggling up to them as the weather gets colder and more inhospitable outside.

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Supposedly.

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Of course, co-sleeping with a partner isn't always as effortless or pleasant as it look.

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In fact, not only can it be tricky what with all the snoring, duvet-hogging or that awkward moment when one of you is tipsy and late home and wholly fails to be quiet - but it can also be potentially damaging.

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The effects of a lack of sleep are widespread.

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These include causing an increase in the risk of depression, heart disease, stroke and respiratory failure.

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It can also increase the risk of divorce. This may all sound extreme, but when you consider 29 per cent of adults say their partner is at the root of their sleep woes , it seems for some people there is an issue.

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Sleep expert Dr Nerina Ramlakhan told the Mailonline , "Almost a third of Brits say they can't get a good night's sleep because they are disturbed by their partner."

????Nerina Ramlakhan????????“????????????????????????????”

"So for many people it's clear that sleeping in separate rooms might make for a better more restful sleep."

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It's rare that you find a partner with whom your totally 'sleep compatible.'

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A lack of 'sleep compatibility' can also hurt us on a cosmetic level. A study conducted by University Hospital Case Medical Centre in Ohio found poor quality sleepers lost 30 per cent more water 72 hours after a skin barrier disruption (for example exposure to UV light) than those who regularly get a good night's sleep.

??“?????”??72????????????????????????????????30%????

Poor sleepers were also found to show double the signs of aging - reduced suppleness, wrinkles and not recovering from sunburn in the same way.

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