



SAM YOCUM

Ask Dr. Belisa

BEDTIME WITH BONZO

DEAR DR. BELISA: I can't sleep with my boyfriend. All night long he thrashes, hogs the sheets, farts, gets up to drink water and pee, and then hurls himself back into the bed like a whale. I'm so sleep-deprived, I'm losing my mind. Help! *Janice, Battery Park*

DEAR JANICE: Ultimately, the only feasible solution might be separate mattresses, although it does resemble the sleeping arrangements in a 1960s sitcom. Not very sexy. When I first suggested this to my own writhing, jolting, gaseous significant other, he scowled, muttering something about our love somehow being lesser because we couldn't sleep side by side entwined in each other's arms.

But guess what, there are no studies that show a correlation between quality of couples' sleep and the depth or longevity of love between them. Who is to say that we light sleepers are by definition less relationship-worthy?

Your first task is to problem-solve aggressively. Figure out what you need to change for both of you to get to sleep. Would a king-size bed with separate linens help? Or two mattresses together with one quilt covering both? Try a white-noise maker. Try going to bed at varying times, either together or separately.

Finally, you might separate the beds, college dorm-style, which, if you have a sense of humor, lends itself to jokes about "visiting," but will let you get some good shuteye.

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.