

# 6 habits of killing sperm, don't ask why your weak sperm is difficult to conceive

Men should immediately abandon the seemingly harmless daily routines if they do not want to have both weak and weak sperm.

1. 10 interesting facts about sperm to men do not know
2. For the healthiest sperm, men go to sleep at this "golden time"

Over the past few decades, the number of normal sperm in men is decreasing significantly. According to the statistics of the National Association of Infertility Resolve, one out of every eight couples today has trouble getting pregnant. And for every 3 pairs that have problems, there are 1 pair that discovered the main reason is from the husband, due to sperm problems.

The number of spermatozoa is declining and weak because the brides are suffering from the following habits, habits that seem harmless everyday.

## 1. Regularly stay up late



Men who sleep less than 6 hours a night, sperm are usually weaker and less likely to conceive than those who sleep 7 to 8 hours a night. This study is published by Fertility & Sterility magazine.

Less sleep does not simply make us feel tired the next morning, it also reduces the amount of testosterone production, which is essential for sperm production.

However, sleeping too much is not a good way for sperm to grow healthy. Men who sleep more than 9 hours per night are also at risk of facing sperm decline. Therefore, the ideal sleep time of a mature man should only be maintained at 7-8 hours / night.

## **2. Don't like fish**



Eating fish is also a major cause of declining sperm count in male bodies. According to research from Harvard University (USA), the diet has a significant impact on the quality of semen, they think that people who eat the most fish, especially those rich in omega-3 fish like Salmon or tuna have higher sperm count.

Not only that, the quality of sperm is also much healthier than in normal people who eat less fish.

On the contrary, those who like to eat meat-based foods such as bacon, sausages . often the number of sperms will be very low and their shape is also unusual compared to the lesser men Eat this food.

These prepared foods contain substances that negatively affect reproductive hormones such as testosterone, while fish omega-3 fatty acids promote sperm formation, making them healthy. than. So, gentlemen, intensify eating fish instead of meat-based foods.

## **3. Drink lots of soda**



Sperm can be greatly reduced if you drink a glass of soft drink daily. This study was published in the journal Human Reproduction.

In addition, people who like to eat or drink high sugar sugars may face the risk of infection and impede sperm's ability to move.

In addition, the habit of using soda makes you obese. When it is too fat, the body will pump less testosterone and estrogen, which is not good for fertility, Dr. Nangia said.

In addition, excess adipose tissue around your thighs and groin can also raise the temperature inside the scrotum. That can create an overheating environment and it's really not good for sperm.

## 4. Stress, stress



A study by Columbia University found that sperm quality of men is often less stressful than those with less stress.

When stress is prolonged, it can harm the sperm, causing reproductive hormones to disrupt, or lead to the creation of inflammatory proteins that damage the sperm.

Stress often comes from work pressure or certain problems in life that make you feel tired, think a lot. To relieve stress, it is best to keep your worries out of control, spend time with a trusted person, or travel somewhere to relieve your current bad mood.

## **5. Put the phone in the front pocket**



This is a very bad habit, affecting the soldiers a lot of men. Leaving the phone in the front pocket is the cause of a significant decrease in sperm count.

The radiation emitted from the phone can cause DNA damage to sperm. And the temperature from the phone can increase the temperature inside the scrotum and prevent sperm production.

## **6. Drink too much alcohol**



Alcohol can create a good social relationship, but it affects sperm very well. Testosterone levels drop significantly, fewer sperm count, and less healthy sperm after you drink a bottle of beer or a glass of wine.

Drinking more than 25 glasses of beer per week is related to significant sperm loss, a Danish study shows. And those who drank 40 cups a week had 33% less sperm and 51% healthier sperm than those who only drank 1-5 glasses a week.

Dr Nangia said: "Alcohol is a poison. The brain is not the only organ that is harmed - alcohol can also lower testosterone levels, affecting your sperm production. So be careful first. when drinking.

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