

Why Do Men Fall Asleep After Sex?

**Things You'd Only Ask a Doctor
After Your Third Gin 'n' Tonic**



Mark Leyner and
Billy Goldberg, M.D.



• Chapter 1 •

Battle of the Sexes



It's 9 A.M. Leyner and I are sitting in our office, awaiting our first patients.

After finishing *Why Do Men Have Nipples?*, we decided to go into practice together. Leyner's BA in English and Masters in creative writing hardly qualified him to treat patients, and his adamant refusal to seek higher medical education didn't help matters. (Leyner was violently opposed to the idea of attending school again. During a rather heated discussion on the issue, he smashed a printer we'd just purchased for our new office, and scrawled an adolescent vulgarity on a print of van Gogh's *Sunflowers* hanging in the hallway.)

When Leyner regained his composure, we realized that the thing that made our partnership work was our fanatical mutual admiration, our boundless love of arcane medical matters and our capacity to talk endlessly

Why Do Men Fall Asleep After Sex?

about our own insecurities and desires, and the personal crises and dilemmas in which life occasionally ensnares us. For some bizarre reason, people other than the two of us seem to be interested in what we have to say ... We finally agreed that if Dr. Phil could do it on TV, why couldn't we offer our learned and empathic counseling services? This would preclude the need for advanced degrees, and I also figured it was a way to safely keep medical instruments and sharp surgical devices out of Leyner's emotionally unstable grasp.

Our office assistant, Wendy Thurston, who was recently fired from her position as senior editor at Half a Dozen Ponds Press after she was arrested for shoplifting lipstick from the local pharmacy, escorted our first patients of the day into our office. They were a young couple. The woman was attractive, conservatively dressed, and—at first glance—seemed somewhat despondent. Her husband, dragging behind, seemed more interested in the defaced painting in the hallway than in being here to address “issues” with his inexplicably unfulfilled wife.

“Who wrote ‘sniff my crotch’ on the van Gogh out there?” he asked as he took a seat next to his wife. “I love it!!!” he guffawed, slapping his thighs.

His wife grimaced with chagrin. “You see,” she said, “I married a philistine and a troglodyte.”

“Insult me in English, you pretentious bitch!” the husband replied.

Leyner assumed a fighting stance—the Drunken Crane pose of the Shaolin School.

Battle of the Sexes

I remembered the last time that Leyner assaulted a patient and, hoping to avoid more litigation, I interceded and suggested that Leyner's pose is the typical non-communicative and defensive position that spouses take and that this impedes further discussion. A disappointed Leyner shrugged in agreement and slouched into his leather armchair.

As I turned to the fuming couple, I asked them to role-play with us. I offered to play the husband to our female patient and Leyner enthusiastically embraced the opportunity to play wife to the man.

I began, "Sometimes patients feel more open and honest with a surrogate spouse, so I want you to tell me exactly what you need from me in this marriage."

Sheepishly, the woman responded, "I need a partner, a soul mate, someone to talk to. Sometimes I just want to be heard. I don't need someone to solve all my problems, I just need someone to hold me and listen." The husband jumped at the chance to answer his wife, but I stopped him.

"I want you to respond to Leyner as if he were your wife. This will keep the two of you from becoming defensive and allow you to see each other's point of view."

Confused, the husband looked at the beaming Leyner and said, "I listen, I hold you, but it's always the things that I don't do. I feel like you don't appreciate the things that I do. I barbecue, I walk the dog, I take out the garbage, I even put down the toilet seat. What do you want me to do? Lactate?"

Why Do Men Fall Asleep After Sex?

Leyner rose from his chair, red-faced, tears welling in his eyes, spittle flying from his mouth as he gesticulated with melodramatic hysteria.

“Bastard ... You stole my youth and now you’re drowning my soul in your vile bullshit. You make love to me as if I were some inflatable doll—pumping for a minute or two while you watch Sky Sports and then lose consciousness. You’re torturing me ... I hate you. I HATE YOU!!!”

Tears streamed down Leyner’s face as he wept uncontrollably. The couple sat silently, completely and utterly confused.

So much for the role-playing. Unfortunately, there is no easy solution to the Battle of the Sexes, but here are some answers ...

Battle of the Sexes

Why do women pee more than men?

Any man who has taken a long car trip with a woman truly believes that women need to pee more than men. As we speed down the highway and begrudgingly pull into another rest stop, we wonder whether this is the result of a genetic difference, obsessive water consumption, or a vicious plan to throw us off schedule.

If you happened to be leafing through the February 5, 2005, edition of *The Journal of Urology*, you could begin to find an answer. Doctors reviewed twenty-four-hour “urinary diaries” of both men and women and recorded fluid intake and urinary frequency. They found that women do pee more often than men but not because they drink more. In fact, men generally have higher fluid intake but don’t need to go as often. When men finally feel the urge, they tend to pee in higher volumes than women. This is because men have a larger bladder capacity. That means smaller bladders in the ladies. Women are also more likely to suffer from overactive bladder syndrome, which makes them go even more. No wonder the line is always longer at the ladies’ room.

Diaries and memoirs are a red-hot genre these days. There’s *The Diary of Anne Frank*, Che Guevara’s *Motorcycle Diaries*, *The Personal Memoirs of Ulysses S. Grant*, Karrine Steffans’s *Confessions of a Video Vixen*,

Why Do Men Fall Asleep After Sex?

and, of course, James Frey's *A Million Little Pieces*. But if you're inspired by literary ambition, and decide to keep and then publish your Urine Diary, be aware that it will most probably be classified as "nonfiction." You must account accurately for each and every drop, with absolutely no embellishment or hyperbole. Remember—if you fib in your Urine Diary, it could really piss off Oprah.

Why do women have smaller feet than men?

Overall, women are smaller than men. The "why" is an evolutionary question that is too complex for us to answer here. But the ways in which men and women differ anatomically is more approachable. Male and female feet differ in size relative to stature. Men of the same height as women tend to have longer and wider feet.

When you compare a male and female foot of the same size, the woman's foot will have a higher arch, a shallower first toe, a shorter ankle length, and a smaller instep. Women also have larger calf circumferences.

Women seem to have an incredible knack for disregarding the shape of their feet and forcing them into ever smaller and pointier high heels. This callous disregard makes the foot differences between the genders even greater by ultimately changing the

Battle of the Sexes

natural shape of female feet. In 1993, it was reported by the American Orthopedic Foot and Ankle Society that 88 percent of the women surveyed wore shoes smaller than their actual foot size. No wonder our wives are constantly patching their traumatized feet with plasters and tape.

Are men better than women at math?

Danger! Danger! Answering this question incorrectly may force us to sleep on the couch with our wives beating us with the infamous Teen Talk Barbie that was programmed to say, "Math is hard!"

Harvard University president Lawrence Summers stepped into this minefield in 2005, when he suggested that biological differences might be one of the reasons that fewer women are in the fields of science and engineering. His speech led many professors to protest his statement, and others threatened to withhold donations. Several days later, Summers was forced to apologize. And he has since resigned.

So here are some facts (though these are often debated) ...

The brains of men and women are definitely different. Women's brains are generally about 10 percent smaller than men's, but this is meaningless when it comes to intelligence. Men and women show no

Why Do Men Fall Asleep After Sex?

disparity in general intelligence. There are, however, some areas with slight variances. Women are better at visual memory, mathematical calculation, and get better school grades in mathematics. Men, however, are better at mentally rotating shapes, mathematical problem-solving, and score higher on mathematical word problems and on tests of mathematical reasoning.

Whether you agree or disagree on the interpretation of the available data, sociologists generally agree that social factors exaggerated any differences touted in the past. Women are clearly underrepresented in certain scientific fields such as math, engineering, and physics, but women now comprise more than 50 percent of medical students in the United States.

In the interest of gender harmony, let's create a new, politically correct, asexual Barbie who says something neutral like "Cognitively rotating abstract shapes can be a daunting task—I prefer mathematical calculation and more linguistically complex and empathy-centered forms of interpersonal communication." Fun!

Why don't men listen?

For this one, Dr. Billy exhaustively searched for an answer. How sweet would it be if there existed the perfect scientific comeback for the next time a woman screamed at you, "Why are you ignoring me!"

Battle of the Sexes

Well, here are the inklings of our anatomical answer ...

In the September 2005 issue of the journal *Neuroimage*, psychiatric researchers at the University of Sheffield reported that male and female voices activate distinct regions in the male brain. The scientists monitored the brain activity of twelve men as they listened to male and female voices. They found that in men, women's voices stimulate an area of the brain used for processing complex sounds, like music. Male voices, on the other hand, activate a region of the brain used for producing imagery. This may suggest that, at least for men, the female voice is more complex and more difficult to hear and understand.

But there's more ...

An earlier study in the July 2001 issue of *Radiology* also showed that men and women listen differently. In this study, researchers at Indiana University had twenty men and twenty women listening to a passage from a novel. While listening, they underwent functional magnetic resonance imaging (fMRI) of the brain. A majority of the men showed exclusive activity on the left side of the brain, but a majority of women showed activity on both sides of the brain.

Now, there is certainly more research to be done, but we can put these two pieces together and start to make a leap toward excusing occasional male lapses in listening to their female partners.

So men out there, here is our suggested comeback when you are accused of not listening: "Honey, I

Why Do Men Fall Asleep After Sex?

try so hard to listen. It's just that my brain is incapable of doing what my heart desires." (Then go back to watching football.)

Why don't women have Adam's apples?

The Adam's apple is simply a bulge in the human larynx that is made of cartilage. This area is called the thyroid cartilage because it is located right on top of the thyroid gland. If you want to get technical, you can also call it the prominentia laryngea, but Adam's apple is much more quaint, don't you think? It also is not exclusively a guy thing. Both men and women have thyroid cartilage and therefore an Adam's apple. They are about the same size until puberty, when increased testosterone causes it to grow more prominent in men.

For some women, the Adam's apple may be larger than desired. But fear not, modern plastic surgery can fix almost anything. All you need is a tracheal shave to reduce the size of the Adam's apple. This sounds like it can be done down at the corner barbershop, but it actually involves making a small incision in the throat and cutting away some of the prominent cartilage. This is one of the most common plastic surgeries for male-to-female transsexuals, unsurprisingly.

So where does the name Adam's apple come from? Most people say that it is from the notion that

Battle of the Sexes

this bump was caused by the forbidden fruit getting stuck in the throat of Adam in the Garden of Eden. There is a problem with this theory because some Hebrew scholars believe that the forbidden fruit was the pomegranate. The Koran claims that the forbidden fruit was a banana. So take your pick—Adam’s apple, Adam’s pomegranate, Adam’s banana. Eve clearly chewed before swallowing.

12:35 p.m.

Gberg: Hey, what was that title that the Aussie radio guy suggested?

Leyner: *You Put WHAT, WHERE?!*

Gberg: I think we should use that.

Gberg: Rectal foreign bodies are the new iPods.

Leyner: You make me laugh ...

Gberg: WE NEED TO HIRE A TEAM OF OOMPA LOOMPAS TO HELP US RESEARCH.

12:40 p.m.

Leyner: That’s what I tried to tell you a long time ago, motherfucker. Why don’t we?

Leyner: Can’t we find some “young person” to do the raw research and then we’ll parse it and pickle it?

Gberg: Raw research?

Gberg: Sounds like a porn film.

Gberg: Subtle.

Leyner: Subtitle.

Why Do Men Fall Asleep After Sex?

Gberg: *Raw Research*—A Nipple Brothers Production starring Lance Boyle.

Leyner: *Raw Research* ... starring the Nipple Brothers. I like that.

Gberg: Maybe we should have a Bravo show where we pick a new Nipple Brother.

Leyner: The supernumerary nipple.

Gberg: You need a catchphrase.

12:45 p.m.

Leyner: It should take place in some fetid garage meth lab in Nipple Ridge ...

Gberg: Mammary Ridge.

Leyner: Sorry ... I knew something was wrong with my geography ...

Gberg: We can make it a combo of *Project Runway* and *Biggest Loser*.

Leyner: And we get gorgeous, desperately horny actresses and models to play crystal-meth-addicted skanky girls from the Ozarks ... and ... and ... and ... they fluff us all day long ... as we decide who's gonna be the 3rd Nip Bro.

Gberg: There aren't enough good crystal-meth-addicted skanky-girl parts for actors these days.

Gberg: That should be its own category at the Oscars.

Leyner: And the winner for ... crystal-meth-addicted skanky girl ... Ooooh, I'm so nervous I can't even get my trembling, tweaking fingers to open this fucking envelope ...

Battle of the Sexes

12:50 p.m.

Gberg: This IM thing is dangerous. I am supposed to be researching the new temporal artery thermometer and instead I am rambling on with you.

Leyner: It's ... LISA KUDROW!!!!!!!!!!!!!! Mazel tov, you drooling skanky girl!!

Gberg: You need some anger management.

Leyner: YEAH, BABY!!!!

Leyner: I'll call you later.

Gberg: Ciao.

Leyner: Ciao.

Can men lactate?

You can't write a book called *Why Do Men Have Nipples?* without getting a question about lactating men. This one came during a radio interview when an irate caller insisted that a man could nurse his own child. We argued with him, but there was no convincing this guy (Benson—are you reading this?) that it was not possible.

Here is the truth. The mammary glands of human males *can* produce milk but certainly not enough to feed a child. Usually, male milk production is from a pathological condition. The most common cause of man milk is a prolactin-secreting tumor (prolactinoma) in the pituitary gland. Prolactin is a hormone that

Why Do Men Fall Asleep After Sex?

stimulates milk production. Overproduction of prolactin may be caused by some drugs, including phenothiazines, certain drugs given for high blood pressure (especially methyldopa), opioids, and even licorice. Male lactation is also caused by the hormonal treatments used in men who are suffering from prostate cancer. Doctors use female hormones to decrease the growth of the prostate, but these can also cause milk production or galactorrhea.

Extreme starvation—by radically disrupting the equilibrium of hormone production—can also make men lactate. (This has been observed in prisoners of war.)

It is also possible for males to induce lactation through constant massage and stimulation of the nipple over a long period of time, but that sounds like a lot of work.

Then there is the fruit bat. Only one male mammal, the Dayak fruit bat, is known to produce milk.

So if you are a male fruit bat with prostate cancer who likes to massage his own nipples, and you happen to be a prisoner of war, let the nursing begin.

Why do men snore more than women?

In our last book, we dispelled the myth that men fart more than women. So what about snoring? In this case, the men are guilty as charged. We do snore

Battle of the Sexes

more for several reasons. To begin with, women have anatomically different airways than men. Women have a wider airway circumference so if there is any obstruction, there's a chance the air passing through will not be as likely to hit the oropharyngeal structures as it would in a man. Additionally, a woman's airway is less prone to collapse than a man's airway, and that works in her favor as far as snoring is concerned.

When men put on weight, they tend to put it on around the neck area, whereas women put on weight around the hips. The fatty tissue around the neck literally squeezes the airway closed so air can't pass through smoothly. Air then hits the structures within the throat and vibrates them, which causes the noise we know as snoring.

Smoking and drinking also lead to increased snoring. In general, women tend not to smoke and drink as much as men, and therefore don't suffer the snoring consequences.

Pregnant women do tend to snore more because the blood flow around the nasal area can increase, which causes the lining of the nose and throat to swell. This makes breathing more difficult, so there would be a tendency to sleep with the mouth open, giving rise to snoring.

Why Do Men Fall Asleep After Sex?

Why do men fall asleep after sex?

Leave it to a ninety-two-year-old woman to break down a complicated question into the simplest terms. When we told Billy's wife's grandmother the name of our new book, she answered in a second, "Because they work so damn hard!"

As much as we would have liked to settle on that answer, we knew more was needed to make our editor happy. So we scoured the medical literature to try to put this issue to rest. We found studies with fornicating rats, hamsters, and prairie voles, but there was very little direct information about the postcoital snooze. There are many hormonal changes that occur with orgasm and some of these changes may offer an explanation for why men fall asleep.

After orgasm, both men and women release the chemicals oxytocin, prolactin, gamma amino butyric acid (GABA), and endorphins. Each of these contributes to that roll-over-and-snore feeling. They seem to be secreted in equal amounts in men and women, but we all know who orgasms more frequently.

The hormone oxytocin is known to have several effects, including establishment of maternal behavior, stimulation of uterine smooth muscle contraction at birth, and stimulation of milk ejection (milk letdown). It is also referred to as the "cuddling hormone" since it tends to elicit the need to be close and bond but not in a sexual way. In one study, oxytocin was shown to

Battle of the Sexes

inhibit male sexual behavior in prairie voles. Maybe it's the oxytocin that makes us feel satiated and rested after a good romp.

Prolactin is another player in the sex/sleep conundrum. It is produced in the pituitary gland and its best known function is the stimulation of milk production. Prolactin is believed to relieve sexual arousal after orgasm and take your mind off sex. Levels of prolactin rise during sleep, and some patients with prolactin-secreting tumors report frequent sleepiness. So prolactin seems like it may be a culprit too.

Gamma amino butyric acid (GABA) and endorphins also have a calming effect and may make you pass out post-sex.

The tantric answer is that the male orgasm releases outward energy or jing, while the female orgasm is an inward explosion.

Last but not least, we have Grandma's reasoning. It is thought that exertion during sex and after climax depletes the muscles of energy-producing glycogen. This leaves men feeling sleepy. Since men have more muscle mass than women, men become more tired after sex. Also (believe it or not!) women don't always have an orgasm, and that keeps them from producing all those other hormones we just talked about.

Hmmm ... maybe Grandma was right.

Why Do Men Fall Asleep After Sex?

9:53 a.m.

Gberg: Good morning.

Leyner: Good morning ... won't you light my candle????

Gberg: We need to figure out the new title.

Gberg: You didn't like *Why Do Women Have Voiding Dysfunction and De Novo Detrusor Instability After Colposuspension?*

Leyner: I e-mailed you asking how you could have kept that pithy, memorable, ultra-catchy piece of pop heroin to yourself all this time.

Leyner: Did you see any of the whole Oprah drama/debacle?

9:55 a.m.

Gberg: Yeah, who cares if Frey duped his readers. Are you worried that we are next? Afraid she is going to confront us on the veracity of our books?

Leyner: I can't wait to be confronted on the veracity of anything and everything I've ever written. That guy is such a pathetic abject pussy ...

Gberg: James Frey? Yeah, but he is a very rich pussy now!

Leyner: I've NEVER told the truth in my life. EVER. It's my badge of honor. As a thief and a renegade.

Battle of the Sexes

Gberg: I can hear “Born to Be Wild” playing in the background.

Gberg: That or some Debbie Gibson song.

Leyner: Someone was complaining that even after (or because) of that telehumiliation, he’s numero uno on Amazon this morning ... And this indignant commentator went on to say ...

Leyner: We live in a time when even the endorsement of Osama bin Laden can make a book a bestseller!

Leyner: I want some Chechen mafioso to endorse our new book.

Gberg: It doesn’t matter what they say. If the book is mentioned on TV, there is a Pavlovian response to buy.

Gberg: We need endorsements from labor unions and gay rights groups.

Leyner: Did you read about that new prion disease in deer ... Some sort of “wasting” disease ... but they think its etiology is similar to mad COW ...

10:00 a.m.

Gberg: Sounds like the beginning of a bad science joke.

Leyner: We need endorsement from Hamas.

Leyner: If you can’t go out with your crossbow and impale Bambi’s dad and then go home and butcher and gorge on it with a bunch of inbred

Why Do Men Fall Asleep After Sex?

Appalachian hydrocephalic morons and NOT have the expectation of safety and healthy good eatin' ... then this country is going to fucking hell in a handbasket, my friend.

Gberg: That sounds like an ad campaign for Appalachian travel.

Leyner: Hey ... if we mention Appalachian travel in the new book ... maybe we'll all get free travel and accommodations to ... APPALACHIA!!!! You, me, and the girls!!!!!!

Gberg: Yeah, baby.

Gberg: Back to the title. I am not a big fan of the new one.

Leyner: We can hunt and drink ... kinda *Brokeback*, dude ... catchin' the vibe?

Gberg: Back off.

Leyner: Just testing the waters ...

10:05 a.m.

Leyner: *Why Do Men Pass Out After Sex?*

Leyner: I could live with it. But ... tell me what other people said about it.

Gberg: I researched the sleep and sex thing and there isn't any good answer. We can talk about different hormones and tantric sex but no clear science.

Leyner: Let's look into it a little more before we toss it ... there's something appealing about it to me ... and this is after I was VERY skeptical about it ... but it sort of "grew on me."

Battle of the Sexes

Gberg: Like a fungus.

Gberg: Hey, give me a call at home, let's talk, and then I have to go to work.

Leyner: We don't talk enough about fungal infections.

Leyner: I mean our society as a whole.

Gberg: Onychomycosis.

10:10 a.m.

Gberg: Mycotic aneurysms.

Leyner: Es-plain that to me. What sort of infection is that?

Gberg: *My Cousin Vinny*.

Leyner: Ooooh, Doctor ... talk dirty to me ...

Gberg: Onychomycosis=nail fungus.

Leyner: Oh ... right ... nail fungus!!

Leyner: Good!

Gberg: Beware the manicure/pedicure with dirty tools.

Leyner: Is this in the book?

Gberg: There is one question about pedicures, I think.

Gberg: I will check.

Gberg: Give me a call so I can start my day.

Leyner: You're not implying that all those cute adorable luscious, lusting Korean manicurists are in this country at the behest of the evil Kim Jong-il in order to spread onychomycosis to all Americans, are you?

Gberg: Exactly.

Why Do Men Fall Asleep After Sex?

Leyner: OK, I'll call you in a moment or two. Bye-bye, birdie.

Gberg: Adios.

Gberg: Wish I could say goodbye in Korean.

Leyner: Wait, I was just reading Carrie's e-mail.

Gberg: And?

Leyner: I'm going to write her back that I much prefer "pass out."

Gberg: I think fall asleep is fine. I prefer it to pass out.

Leyner: I know you do. Tell her. Let her sort it all out.

Gberg: She is interested in seeing the intros we wrote. Should we send them, or should we make her suffer and wait to the last minute to see everything?

Gberg: I know how you like to torture her.

Leyner: I don't have a problem with her reading what we wrote the other day. Let's send them. You agree?

Gberg: Yes. What was that thing you read in the paper that you wanted me to look at?

Leyner: It was in yesterday's *New York Times* ...

Leyner: "Scientists Find Gene That Controls Type of Earwax in People."

Gberg: You should have been an earwax geneticist!

Leyner: I also want to add a castration/voice-change question.

Gberg: We should have a whole eunuch chapter.

Battle of the Sexes

Leyner: Earwax geneticist? It's never too late ... but I don't want to go back to school, remember?

Gberg: Maybe even write a whole eunuch book and a sitcom.

Gberg: You can get any degree online.

Leyner: Maybe we should have a patient see us who just wants them cut off ... y'know can't deal with the desire and futile search for a mate, etc., etc.

Gberg: Don't joke. Remember the story of the schizophrenic guy who cut his off.

Leyner: Self-orchi-something or other ...

Gberg: No, a guy who I saw at the hospital who cut off his penis and flushed it down the toilet.

Leyner: What's the fancy-shmancy word for removal of the testicle ...? It's orch-something.

Gberg: Orchiectomy.

Gberg: Sounds like a pasta.

Leyner: Thanks, Chief.

Gberg: Chef.

Do men sleep more than women?

Are those men who conked out after sex *still* asleep?

Actually, some authorities believe that women are biologically programmed to sleep better than men. Estrogen tends to decrease the number of awakenings after you finally fall asleep and also increases

Why Do Men Fall Asleep After Sex?

total sleep time. Unfortunately, menopause and pregnancy throw off this advantage.

In the Bruskin Research survey of 1,000 Americans aged eighteen and older, one in five men aged eighteen to thirty-four conceded they take longer than an hour to fall asleep. Also, more than 30 percent of men in that age group admitted to falling asleep at work, clearly making up for time lost during their primary nocturnal sleep.

As we discussed earlier, snoring and sleep-disordered breathing is more common in men than women and this also adds to the dozing dysfunction of men.

Researching this one's made me a little sleepy. I think it's time for a nap ...

Do men have shorter attention spans than women?

We've been trying to answer this question for weeks now, but we can't seem to concentrate long enough to write anything.

One thing that we do know for certain is that attention-deficit hyperactivity disorder (ADHD) occurs primarily in males. The male-to-female ratio has been reported to be as high as nine to one.

Did you ever notice that ... squirrels never fall out of trees ... and where do all the dead pigeons go? ... Uh ... wait ... weren't we supposed to be answering

Battle of the Sexes

a question about ... what was it ... ?

Actually, there's no more information about gender differences in attention spans, so you'll have to ponder this one on your own.

Why do women live longer than men?

Life expectancy varies from country to country and people definitely live longer in developed nations than in the Third World. But one of the constants in almost all countries is that women outlive men. In the United States, the average life expectancy for men is 74.5 years, while women can expect to be around for 79.9 years.

There are many theories about the reason for female longevity, and since a complete answer would require an entire book, we will try to summarize. There really are two separate questions:

1. Why do men die so young?
2. Why do women live so long?

The available evidence points toward evolution, behavior, and biology. In terms of evolution, women are helped by the need to live long enough to raise their children, while men wear themselves out competing for the right to procreate. Behavioralists point out that around the time of puberty through the

Why Do Men Fall Asleep After Sex?

twenties, men are three times more likely to die than women. Most of the male fatalities are caused by reckless behavior or violence. In the older age group, behavior-related fatalities are still more common among men. Illnesses related to smoking and alcohol consumption also kill more men than women. Lastly, there are some strong biological factors that favor women. Heart disease targets men more readily, and is the main cause of the gender gap in this arena.

The gender discrepancy is most pronounced in the very old. Among centenarians worldwide, women outnumber men nine to one. The good news for the men out there is that if you make it past a hundred, you will definitely have your pick of the litter at the nursing home.