

Condition	How Condition Affects You	How Condition Affects Sexual Activity	Possible Solutions
Sleep Apnea	Interrupted sleep causes fatigue.	This may decrease your desire for sex.	Treatment of sleep apnea (usually using a continuous positive airway pressure, or CPAP, machine at night, which uses mild air pressure through a face mask to keep your airways open) will decrease fatigue.
Heart Failure	A less efficient heart is working harder, which causes fatigue. And medications you take for heart failure may be at high doses.	This may cause a lack of overall energy and a decreased desire and physical tolerance for sex.	It may not be possible to change the medications you take for heart failure. If your doctor says sex is too much physical activity for you, consider other ways to be intimate .
Psychological Issues	You may have fears of hurting your heart (or your partner's heart), or causing a heart event by having sex.	When you are afraid that sex may cause health problems, you are not likely to want to engage in sexual activity.	Counseling can provide reassurance of the low relative health risks of having sex.
	You may have frustrations, resentment or interpersonal relationship problems.	This may lead you to push your partner away emotionally and physically.	Counseling can help you work through your emotions and rebuild intimacy.
Depression	Depression is common in people with heart disease, and especially after a heart event. Depression can make a person withdraw from relationships and have a general lack of energy.	This may lead you to isolate yourself, sleep more often than usual, and have no interest in any pleasurable activities, including sex. Depression may also indirectly affect your sex life by causing weight gain and poor self-image. Further, when the intimacy in a relationship suffers, it may contribute to a cycle of feeling alone and depressed.	Counseling and antidepressants may help you manage depression. Although keep in mind some anti-depressants can cause decreased sex drive.
Smoking	Nicotine affects hormonal balance, including testosterone.	Nicotine can decrease sexual desire and cause impotence.	Smoking cessation is best for your heart and your sex life.