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What does sleep position say about your relationship? Author Allan Pease says it's all in our body language I

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Does the way you sleep reveal how your relationship is going?

Body language expert and author Allan Pease says absolutely.

"Body language is an outer reflection of our emotions, and while we're in the 'awake' state we have control over it and can fake it to a certain degree," he said.

"But when we're asleep we unconsciously display our emotions and it's quite easy to piece together how someone is feeling, and with couples, the state of their relationship."

Mr Pease said for the first "hot and heavy" 10 months, couples commonly fell asleep cradling one another.

"After the honeymoon stage cools down, you just can't sleep with someone breathing in your face all night, plus it's pretty impractical because blood flow to the arms is restricted, so couples move to spooning," he said.

"The person who is more dominant or confident emotionally will be the one wrapping or 'spooning' their partner.

"Couples who sleep bottom to bottom are showing they are in a strong relationship, where both partners are independent but feel very safe with one another, it's very intimate."

And if you sense something is not quite right in the relationship, Mr Pease recommends taking a peak under the doona to see where your partner keeps their feet.

"If one person is thinking about leaving the relationship or has already left it emotionally, they'll often sleep with one foot on the floor, as if they're preparing for a getaway or escape."

All is not lost, however, for couples experiencing a lack of intimacy.

"If you've had an argument or you're going through a rough patch, give each other a cuddle, you'll both feel better for it."

Whatever your preferred sleeping position, Mr Pease said some things were programmed into our brains, including who sleeps closest to the door.

"In early hunter-gatherer societies, men would sleep next to the cave entrance to fend off predators and about 70 per cent of men these days still sleep closet to the door," he said.

"The same goes for men walking on the right side of women, which traditionally in England or Europe would be the side closest to the road, it's an in-built protection mechanism."
