

10 Tips to Boost Male Fertility

As the saying goes, it takes two to tango. When you're trying to conceive, there are plenty of ways to boost your chances of falling pregnant. This goes for men as well as women.



A father's sperm not only results in pregnancy, but can also impact the health of the pregnancy. If you're a male and looking for ways to optimise your chances of conceiving, and producing healthy sperm, follow these top tips.

Sperm Health Factors

There are several factors that affect overall sperm health. These include:

- Sperm morphology - the percent of normal-appearing sperm
- Sperm count - although this can be a determining factor in male fertility, there are still many men with low sperm count who can have children naturally
- Sperm DNA
- Sperm motility - the amount of sperm with movement
- The total number of sperm that are moving

Female fertility issues can be complicated to treat. Luckily, many of the issues linked to male infertility are receptive to change along with healthy habits and lifestyle choices.

With just a few simple changes, you can help boost your sperm count as well as the quality of your sperm. Let's look at some ways you can increase your fertility.

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1. Quit Smoking

Research has shown that smoking can affect several factors of sperm health. These include a lower sperm count, decreased sperm motility, and the shape of the sperm. Studies have also shown that women exposed to secondhand smoke have a lower success rate with IVF and can increase the risks of pregnancy loss.

Improved sperm counts can be seen in as little as three months (the time it takes for new sperm to develop) once you kick your smoking habit.

2. Fill Up On Antioxidants

Antioxidant-rich foods can help boost male fertility. Studies have shown that men who took antioxidants in supplement form had less DNA-damaged sperm compared to men who didn't take them.

Such supplements can easily be added to your daily routine, as well as incorporating natural antioxidant-rich foods to your diet.

These particular antioxidants have been shown to potentially increase sperm health:

- Zinc - found in red meat, poultry, beans, oysters, and crabs
- Folic acid - found in leafy green vegetables, fruit, peas, beans, beef liver, and fortified grains
- Selenium - found in cod, beef, brazil nuts, turkey, and chicken
- Lycopene - found in apricots, watermelon, grapefruit, and tomatoes
- Vitamin C - found in lots of fruits and vegetables including kiwi, oranges, and red peppers
- Vitamin E - found in leafy greens, oils, nuts, and seeds

3. Maintain Your Optimum Weight

Being either underweight or overweight can have negative effects on your sperm.

If you're in any doubt, speak to your doctor to determine your optimum weight and ensure you stick to a healthy diet and squeeze in some physical activity.

4. Exercise Regularly

Research has shown that men who exercise regularly have higher testosterone levels and better quality semen than inactive men. It's important to note that too much exercise can have the opposite effect and potentially reduce testosterone levels, so getting the balance right is the key (at least 20-30 minutes three times a week).

5. Protect Your Sleep

Yup, sleep impacts the health of your sperm.

A recent study associated earlier bedtimes with improved sperm quality and a solid 7.5 to 8 hours of sleep with improved fertility. Being well-rested can also give you more energy to have regular sex and help to boost your libido.

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6. Cut Down On Alcohol

You certainly don't have to quit alcohol completely, but limiting your intake can increase your chances of conceiving.

Alcohol has been shown to reduce sperm production and can cause sperm abnormalities. If you can limit your consumption to one drink a day, you should be on the right path.

7. Keep Stress Levels Down

Easier said than done, but stress can reduce your libido (making you less interested in having regular sex) and can affect your fertility.

The hormone cortisol might be the cause of this, as prolonged stress raises levels of cortisol in the body, which has a negative effect on testosterone.

If you're stressed on a regular basis, try some simple relaxation methods to calm your nervous system. These can include going for walks, taking up a hobby, meditating, or just spending time with friends and loved ones.

8. Stay Cool

It's not been entirely proven yet, but increased scrotal temperature might have a negative impact on sperm production.

Try switching tight briefs to loose-fitting underwear or boxer shorts and wearing loose, breathable trousers. You can also reduce sitting, and avoid hot baths, saunas, steam rooms, and hot tubs to help ensure sperm quality.

9. Avoid Toxic Chemicals in the Workplace

Research has shown that certain jobs can affect male fertility. Pesticides used by agricultural workers, vibrations felt by engine drivers, and chemicals used by painters and varnishers (to name a few) could damage sperm. See what steps you can take to stay safe and protect your fertility where possible at work.

10. Enjoy Regular Sex

Did you know that frequent sex throughout the month (not just the ovulation phase) can also boost your fertility?

Male fertility research suggests having sex every day or every other day (if you have a normal sperm count), and every two days if you have a low sperm count. However, try to avoid having sex more than once a day to allow your body time to regenerate sperm.

It is normal to take several months to conceive, but if you have been trying to get pregnant for over a year (or 6 months if your partner is 35 or over) without success, then it might be a good idea to speak to your GP.

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