

Sperm counts are falling. Here are 5 ways to boost male fertility

The concentration of sperm in semen, also known as sperm count, has halved in the West since the 1970s. The finding that got less attention: Even the new low is still well within a normal range for sperm.

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Besides having regular sex, there are other important things men can do to improve their semen quality (and chances of fathering a child):

- Maintain a healthy weight: Being [significantly overweight and obese](#) can mess with hormones, like testosterone, that are important for reproductive health.
- Don't smoke, do drugs, or drink too much: [Smoking is heavily associated with infertility](#). There's more limited — but still concerning — evidence that [using marijuana](#) and [drinking heavily](#) hampers men's fertility, too.
- Stay away from hot tubs and saunas: Exposing the testicles to hot temperatures is [widely accepted](#) to [decrease sperm production](#). The fertility experts I spoke to suggested heated seats in cars, sitting for long periods of time, and holding laptops on the groin can have similar effects.
- Consider boxers: There's [some evidence](#) that men who wear boxers have higher sperm concentrations than brief-wearers.
- Exercise and eat a healthy diet: Exercise improves blood testosterone and sperm production.

Read full, original post: [Sperm counts are falling. This isn't the reproductive apocalypse – yet](#)