

Health And Bonding

Benefits Of Cuddling



Reduces stress levels, especially in women who embrace their partner before a stressful event.

Improves relational satisfaction and commitment levels in many cohabiting couples.



Increases levels of oxytocin, which further enhances one's sleep quality.

Snuggling can also boost one's immunity to a certain level by lowering cortisol.



Hugging makes one happier and reduces the risk of depression by increasing the "feel good" hormone (serotonin).

Reduces blood pressure to ensure good heart health to a certain extent.



References:

1. Can You Kiss and Hug Your Way to Better Health? Research Says Yes; Penn Medicine
2. Romantic partner embraces reduce cortisol release after acute stress induction in women but not in men; PLOS
3. Embrace Hugs For Your Health; Golden Valley Health Center