

# Separate His-and-Her Bedrooms??

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According to a recent article in the *New York Times*, architects and custom builders are receiving more and more orders for separate "master" bedrooms, separate sleeping nooks, or "his-and-her" wings.



In interviews, couples and sociologists say that often it has nothing to do with sex.....more likely, it has to do with snoring, children crying, getting up and heading for the gym at 5:30 in the morning, or sending e-mail messages until well after midnight.



In a February 2007 survey by the National Association of Home Builders, builders and architects predict that more than 60 percent of custom houses would have dual master bedrooms by 2015!

What could be called the home-sleeping-alone syndrome is not limited to the wealthy. For middle-income homeowners, it may be a matter of moving into a spare bedroom or the den.

According to the National Sleep Foundation in Washington, 75 percent of adults frequently either wake in the night or snore — and many have taken to separate beds just for those reasons. (We still recommend heading to your nearest sleep clinic for further advice!)