

## Nocturnal Emissions: Normal or Not?

A nocturnal emission is an automatic ejaculation of semen that occurs during sleep. While this is often an embarrassing subject and can leave one feeling like they are abnormal, night-time emissions are actually quite common. Studies show that approximately 83% of men have or will at some point, experience a nocturnal emission.

A more common term for nocturnal emission is “wet dream” or “involuntary orgasm”. The main cause of this act is not always related to but often includes erotic thoughts or dreams. Sometimes it is hard to pin point what exactly caused the automatic orgasm, or nocturnal emission. In some cases, the male will wake up once the orgasm has occurred but in other instances it is possible to sleep right through it.

Although nocturnal emissions are very common, the fact that this subject is rarely discussed makes many men question if they are normal because they experience these wet dreams. This topic is obviously very personal making it a hard one to bring up to your peers or a health care professional. Perhaps knowing just how common it is would allow men who are experiencing this and are questioning if it is normal to feel comfortable enough to have a discussion about it.

Usually men will start to experience nocturnal emissions when they reach teenage years however some men do not experience it until later in life, if ever. Some men do not start having dreams that are erotic in nature until their late teens and some men just do not dream!

The frequency of night-time emissions can be hard to compare, as they will vary considerably from male to male. There are many factors such as masturbation frequency, age or diet seem to have little bearing on how often a man will experience an automatic orgasm however some researchers have said that men who masturbate less seem to experience more regular nocturnal emissions than men who masturbate on a regular basis.

There are several “remedies” on the market today that suggest they can eliminate or reduce nocturnal emissions however studies show that none of these remedies can be backed up with any sort of medical proof that they will cure or even lessen this condition.

None of these remedies have gone as far as to be approved by the Food and Drug Administration (FDA). Individuals who opt to try any of these remedies should keep in mind that while they may reduce this condition, these remedies could be compared to common “home remedies” with no actual findings of medical help.

So, to answer the question “Am I normal?” regarding nocturnal emissions, the answer simply stated is “yes”. The act of “involuntary orgasm” during hours of sleeping is very common and there is nothing to be concerned about. Individuals who experience this often or ever should not be concerned with the frequency. Studies have not indicated any disease or abnormality in either situation. If you do have questions or concerns though you are encouraged to speak to a healthcare professional. This condition is definitely more common than you think!

## About the Author

Hi I am Jimmy Scott. I am an associated editor to the website [trustpharma.com](http://trustpharma.com) I am committed to provide visitors with complete information on men's sexual health, issues related to sex, I will also give you information about various generic drugs like Generic Viagra, kamagra, [Caverta](#), Zenegra, Penegra, Kamagra Oral Jelly etc.

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