# Longevity With HIV

October 27, 2011 By Oriol R. Gutierrez Jr.

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Blogger extraordinaire and *POZ* cover boy Andrew Sullivan has posted another HIV-related video in his “Ask Me Anything” series on his blog, The Daily Dish. These videos give him an opportunity to personally respond to reader inquiries.

Click here to watch his previous HIV-related video, in which he was asked: “When did you find out you had HIV?”

In his current video, he’s asked: “Other than HIV drugs, what do you credit with your longevity with the virus?”

He credits sleep, exercise, prayer, testosterone--and Coconut M&M’s.

*Watch the video:*

I can most relate to sleep as a key ingredient to managing life with HIV. I don’t get enough sleep, but I always feel better when I do.

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http://beta.docker.poz.com/blog/longevity-with-hiv