



Longevity With HIV

October 27, 2011 By [Oriol R. Gutierrez Jr.](#)

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>