

On How to Land a Kiss

Find a comfortable position, on a couch or a bed. Lean back. Ask and receive consent. Tilt your head ever so slightly, and come close. Be sure to close your eyes. Mind your speed. Don't overthink it, instead fall in naturally. Relax your tongue. During sleep, gravity and muscle relaxation cause the tongue and soft tissue of those with sleep apnea to fall back into the throat and obstruct air flow. They start and stop breathing throughout the night—sleep flirting with death in the sheets. In the silence before suffocation, I bet they've mastered the art of the kiss.