FERTILITY & HORMONES

Your Sperm Count Has a Season

A meta-analysis of 21 studies spanning five decades found winter and spring semen consistently better than summer and fall. At Marbella·s latitude, unlike Scandinavia·s, the effect is measurable.

Swipe

THE EVIDENCE

641 Studies Screened, 21 Survived

Original research comparing human semen across seasons, with proper statistics: 21 studies, all high quality, participants recruited between 1970 and 2019, pooled with weighted mean differences.

WINTER VS SUMMER

Six Million More Per Milliliter in Winter

Winter semen carried about 6.07 million more sperm per mL, a total count higher by roughly 19 million, 1.3 points more normal forms, and about five points fewer slow-moving sperm.

THE SCALE

Nothing for a Healthy Man. Everything for a Borderline One.

The WHO reference for concentration sits at 16 million/mL. A six-million swing moves nobody healthy anywhere that matters, but it can move a borderline man across the reference line in either direction.

THE MECHANISMS

Day Length or Heat. The Data Points at Heat.

If day length drove it, the effect should peak near the poles. Instead, at 50 to 70 degrees north there were no seasonal differences at all, while lower, warmer latitudes showed them.

THIS COAST

Marbella Sits at 36 Degrees North

This coast is in the band where the seasons were visible in the data, and the local summer is precisely the kind the temperature hypothesis worries about.

THE HONEST LIMIT

Averages Across Very Different Settings

Heterogeneity between studies was enormous, laboratory methods changed across five decades of WHO manuals, and the design cannot separate innate biology from environment following the calendar.

THE BOTTOM LINE

14 Million in August Is Not 14 Million in February

Season does not change when to try for a child. It changes how a result gets read, and a repeat a season later is measurement done properly. This is general information, not a diagnosis; fertility care needs a physician·s individual assessment.