



**Loneliness biggest cause of stress for singletons**  
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LONDON, May 31 (Reuters Life!) - Loneliness is the biggest cause of stress among Britain's singletons, a poll shows.

Being alone causes single people more sleepless nights than credit card debt, work pressures and global warming, according to the survey by dating Web site Parship.co.uk.

It found that six million people -- 51 percent of Britain's singletons -- regularly lose sleep over their solo status.

They lose an average 28 nights' sleep per year through worrying about the prospect of never meeting someone to share their lives with.

In comparison, only 18 percent of the 500 people surveyed cited financial problems as a cause of stress, and the same percentage blamed work pressures.

Some 7 percent said family problems caused them sleepless nights and 3 percent illnesses, while global warming failed to register as a cause for stress.

Dr Victoria Lukats, a psychiatrist and relationship expert at Parship, said: "Whilst many people see being single as a positive choice, statistics show that the majority -- 60 percent of UK singles -- would prefer to be in a relationship ..."

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