This thesis explores partnered sleep in the context of late modern society, with a particular focus on the experiences of individuals dealing with sleep difficulties. The main aim is to understand how everyday sleep practices are organized, negotiated, and reflected within intimate relationships, and how these practices are shaped by embodiment, relationship dynamics, and broader social structures. The research is based on a qualitative methodology, specifically in-depth interviews with individuals in relationships where at least one partner experiences problematic sleep. Data interpretation followed the principles of constructivist grounded theory and was theoretically grounded in the concepts of embodiment (Csordas), habitus (Bourdieu), and reflexive identity (Giddens). The analysis revealed that partnered sleep is neither natural nor static, but rather a continually negotiated process reflecting relationship quality, work pressures, gendered expectations, and technological change. Sleep emerges as a key site of everyday bodily and relational practice, simultaneously fostering closeness and highlighting tension. Sleep problems were not found to be a primary source of relationship disruption but often made pre-existing issues more visible. The findings contribute to a deeper understanding of sleep as a socially mediated experience within intimate relationships.