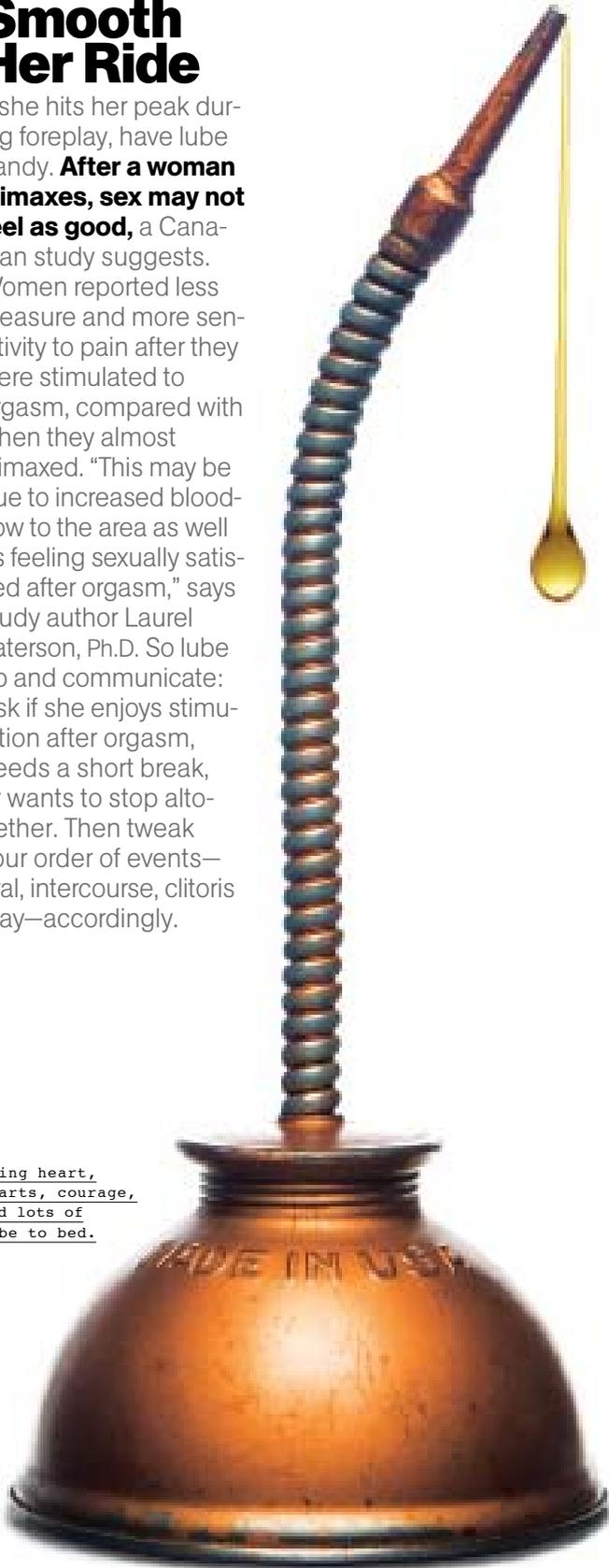


Smooth Her Ride

If she hits her peak during foreplay, have lube handy. **After a woman climaxes, sex may not feel as good**, a Canadian study suggests. Women reported less pleasure and more sensitivity to pain after they were stimulated to orgasm, compared with when they almost climaxed. "This may be due to increased blood-flow to the area as well as feeling sexually satisfied after orgasm," says study author Laurel Paterson, Ph.D. So lube up and communicate: Ask if she enjoys stimulation after orgasm, needs a short break, or wants to stop altogether. Then tweak your order of events—oral, intercourse, clitoris play—accordingly.

Bring heart, smarts, courage, and lots of lube to bed.



LOVE EVERY PART OF HER

If you think your girlfriend looks great naked, bare your feelings and tell her. **Her satisfaction strongly depends on your perception of her body**, a new University of Missouri study reveals. When a woman thought her partner was dissatisfied with her body—but confident about his own—she reported strong negative feelings during sex. "In Western culture, women's sexual appeal is heavily dependent on their role as a visual stimulus," says study author Ruixue Zhaoyang, Ph.D.(c). "Men's appeal may be more about their sexual skills." The fix: "Give sincere praise emphasizing your satisfaction with her body," she says.



A HARD TEST

Can't get it up for your fantasy woman? It may be a matter of the heart: **Erectile difficulties during masturbation may be a sign of cardiac trouble**, according to researchers in Italy. Young men who went soft during solo sex had triple the heart attack risk of those who stayed hard, even if the limp guys were able to perform for intercourse. Falling flat during masturbation or simply not becoming as stiff as you do during sex could be an early indication of arterial damage, says study author Giulia Rastrelli, M.D.

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Average duration, in minutes, of a woman's masturbation session

Source: *Journal of Sexual Medicine*



ON OUR RADAR

Trouble Between the Sheets

Fight dirty and you'll pay all night long. In a new study from Auburn University, the more aggressively a person behaved—stomping out of the room, cursing, slinging insults—during a romantic dispute, the worse both partners' shut-eye tended to be. For men, lovers' spats often lead to depression and difficulty dozing off. Heated arguments can make you ruminate, the scientists speculate, interfering with your ability to wind down.



For up-to-the-minute sex news and tips, go to news.MensHealth.com.