

HOT NEWS

Err-otic

While there are countless ways to make sex steamy, some moves are really missteps.

• Your go-to approach to love-making may be the opposite of what your guy actually wants. Yvonne Fulbright, Ph.D., author of *Sultry Sex: Talk to Seduce Any Lover*, gives us the scoop on the behaviors you should kick to the curb.

DON'T MAKE IT ALL ABOUT HIM

Ensuring he has a good time is one thing, but stop giving without receiving. Let him take care of you too—seeing your reaction and knowing he satisfied you is a huge ego boost and turn-on for a guy, making his night even more exciting.

DON'T FOCUS ONLY ON THE OBVIOUS

You think you know where he wants to be touched, but there's more than one erogenous zone. Give him a total-body



Don't just assume he loves your moves—ask him what feels good!

experience by paying attention to his neck, ears, and more—he won't know where you're going next, which will keep him guessing and prolong his pleasure.

DON'T GET TOO KINKY It may be tempting to try some crazy new position

or technique you hear about, but going too far out of your comfort zone can leave your guy wondering what on earth you're doing. Remember that the key to having satisfying sex is connecting with your partner; it's okay to keep things simple.



4.5

• Percent of airline passengers who have flirted with someone sitting near them on a flight. And it doesn't necessarily stop there: A third of those people have had a post-landing rendezvous as a result. So go ahead and chat up the guy in seat 17B—you never know! SOURCE: SKYSCANNER

Four Play

Skip the dinner for two and squeeze a few more chairs around the table.

• A study from Wayne State University found that couples who double date feel closer and more satisfied with their relationship than those who don't. "New people add a twist to your usual conversation and you end up learning new things about each other," says study author Rich Slatcher, Ph.D. In other words, the novelty of the company brings back that first-date excitement.



There's a crowd, but four's fab!

PICKING SIDES

Should You Sleep Solo?

• Lucy and Ricky Ricardo did it, but these days having separate beds seems an odd choice for couples. Or is it? We asked two experts to weigh in on the issue.



SPLIT UP! "If your guy snores, thrashes around, or does anything that keeps you awake, you should try sleeping apart," says Tracey Marks M.D., a psychiatrist and author of *Master Your Sleep*. "Fatigue can lead to depression, irritability, and a diminished libido—all things that can hurt your relationship. You can still have sex and cuddle, but then leave him to get a solid eight hours—you'll be in a better mood and have a stronger marriage as a result."

STAY TOGETHER! "Over the long term, separate beds can have negative consequences for your marriage," says Derek Ball, Ph.D., a licensed marriage and family therapist. "Most couples spend all day apart due to their jobs and kids, nighttime may be their only chance to be physically close—something that helps strengthen intimacy. Exhaust your other options, like trying earplugs or getting a larger bed, before you opt for the alternative."