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SEX UNCENSORED

Your **10** Most Private Bedroom Questions Answered

Sure, you're experienced in the sack...but you may still have a few burning queries. Luckily, you can ask us anything, no matter how blush-worthy.

By **Ronnie Koenig**

■ As a sexually savvy Cosmo chick, you've mastered some mind-blowing sex moves and know your way around both your body and his. Still, that doesn't mean you don't have questions every now and then—probably many of the same ones that other readers ask us again and again. “Even experienced people have blind spots when it comes to understanding sex and how the body functions,” says Drew Pinsky, MD, host of *Strictly Dr. Drew* on the Discovery Health Channel. So we decided to fill you in on the tips and tricks that still elude our most devoted followers. Get ready to broaden your mind...and your repertoire.

Q: I can orgasm from oral sex, but I haven't had one during intercourse and I really want to. What are the best positions for me to try to reach the big O?

For the surest shot at reaching orgasm, you need direct clitoral contact, which is usually easiest with woman-on-top. “This posi-

tion optimizes contact between your clitoris and your partner's pubic bone,” says Susan Kellogg, PhD, director of sexual medicine at the Pelvic and Sexual Health Institute in Philadelphia. “Since you're in control of the thrusting, you can have as much clitoral stimulation as you want.” You are also in a position that will make it easy for him to stimulate you manually...or for you to stimulate yourself.

Q: Every few months, my boyfriend and I will hole up for a weekend and have sex nonstop. Is there such a thing as too much sex?

Though prolonged intercourse isn't bad for you, there are a few things you need to consider. First, ongoing sack sessions can contribute to “honeymoon cystitis,” or a urinary tract infection. When bacteria get pushed up the urethra from the in-and-out of thrusting, they cause irritation, burning, and a constant feeling of having to pee. “The best way to prevent cystitis is to flush out germs by drinking lots of water and urinating after intercourse,” says gynecologist Carol Livoti, coauthor of *Vaginas: An Owner's Manual*.

It's also smart to use water-based lube, since excessive intercourse can cause chafing. “Lubricant keeps your clitoris and the walls of your vagina from getting irritated, so you can literally have sex for hours,” says

PRIVATE-PART PET NAMES

Plenty of people are too embarrassed to use clinical terms for their sex organs. Even Dr. Bailey on Grey's *Anatomy* called her vagina her va-jay-jay.

sociologist Pepper Schwartz, PhD, author of *Everything You Know About Love and Sex Is Wrong*.

Another way to indulge in marathon sack sessions without causing any irritation is to declare an oral-only encounter, suggests Dr. Livoti. Instead of using mouth action as a prelude to actual intercourse, make it the main event. Not feeling rushed to get to the real deal lets you relax and enjoy every lingering lick, kiss, and tongue flick.

Q: Sometimes my guy is too tired to do it at night, but he's always raring to go in the morning. Is that normal?

There's a physiological reason your man is an early bird. "Testosterone levels cycle between highs and lows throughout the day, typically peaking between 8 and 10 a.m.," explains urologist Sheldon Marks, a men's health expert on WebMD. But morning wood can also be caused by the need to pee. "When the bladder fills, it stimulates the nerves in that area, creat-

Give a.m. sex a try. Since you're just waking up, your mind isn't cluttered...so you'll have an easier time focusing on sensations.

ing an erection," says Dr. Marks. "The full bladder also creates pressure that increases blood flow to the genitals."

If you've never been into getting it on in the a.m., give it a try. Since you're just waking up and are barely conscious, your mind isn't racing with thoughts yet, so you may have an easier time just focusing on the sensations.

Q: I don't always get lubricated enough during intercourse. Do you think there's something wrong with me?

When you become aroused, the lips and lining of your vagina swell and secrete a slippery substance—made up of

It's also possible that you're just not getting enough foreplay. To get well lubed, tell your guy that you need a little more time getting warmed up...and that it'll be fun for both of you.

If that doesn't do the trick, apply some water-based lube during preplay. Put a couple of drops in your palm, rub your



They've got all the erotic answers.

water, electrolytes, and proteins—designed to make penetration easier. Without adequate lubrication, sex is not only uncomfortable but potentially dangerous. The added friction can cause tiny tears in your vagina, leaving you more susceptible to STDs, and can make condoms more likely to rip.

Down-there dryness is actually common among women of all ages. "A lot of women expect to lubricate copiously all the time, but that's not how our bodies work," says Schwartz. She points out that several factors can reduce the amount of lubrication, including the use of antihistamines, birth-control pills, and certain medications and stress.

hands together to warm it, and smooth it onto his member before you apply the condom. Right before intercourse, put it on his condom or have him massage some onto your moan zone.

Q: What happens to semen once it's inside you?

When your man has an orgasm inside you, he releases less than a teaspoon of ejaculate. "Sperm—about 200 to 500 million of them—are carried in the seminal fluid," says Dr. Livoti. "A small amount of fluid travels through the cervix, but at least half is absorbed through the vaginal walls or dribbles out."



THE PERFECT FIT

Your pleasure doesn't have to suffer if your man was shortchanged below the belt...or given a surplus.

IF HE'S ON THE SMALL SIDE...

IF HE'S ON THE LARGE SIDE...

For deeper penetration, get in rear-entry position, where you are standing up, bent over.

Focus on foreplay—the vagina lubricates and elongates when you are aroused.

With him on top, put a pillow under your hips and raise your legs so he can hit your G-spot.

In girl-on-top, don't straddle him with both knees; put one foot down flat on the bed for depth control.

In rear entry, lie on your stomach with your legs close together for a tighter-fitting feel.

When you're spooning, have him stay still so you're in charge of movement and depth.

When you're on top, instead of gyrating up and down, move in circles so he won't slip out.

In the missionary position, have him experiment with rapid but shallow thrusts.

—BETHANY HEITMAN

SOURCES: AVA CADELL, PH.D., AUTHOR OF THE POCKET IDIOT'S GUIDE TO ORAL SEX; PEPPER SCHWARTZ, PH.D.

Semen starts out as a thick gel and then becomes a runny liquid within 20 minutes of ejaculation. "The semen, along with your own natural vaginal secretions, equals about a couple of teaspoons worth of fluid," says Dr. Livoti. "Due to gravity or the squeezing of the vaginal muscles, it usually comes out when you use the bathroom. If you just go to sleep, it'll stay inside and get absorbed." But if you get up, avoid post-sex leakage by simply going to the bathroom after the deed is done.

Q: My guy occasionally has trouble having an orgasm. Is he not really attracted to me?

If your guy doesn't peak now and then, it has nothing to do with how hot he finds you. "Believe me, if he's having sex with you, it's because he's attracted to you," says Dr. Pinsky. "All guys have their own rhythms—some are quick; others are slow." His orgasmic difficulty could be because he is stressed, fatigued, distracted, has had a lot to drink, or is still feeling anxiety if it's a new relationship. Certain drugs, prescription or otherwise, could also affect his ability to climax.

Just as some positions work better for you, the same is true for your guy. "Woman-on-top may not provide him with enough stimulation," says certified sex educator Lou Paget, author of *The Great Lover Playbook*. Doggie-style is often a better bet, since it puts him in control and allows superdeep penetration. It might also help if you let him know you want him to climax. "He may simply be enjoying the ride and trying to prolong the lovemaking for your benefit!" says Paget. Just be sure you don't make him feel pressured to hit the big O—that's a definite mood wrecker.

If your dude's problem is a regular thing though, take heed. "It's highly unusual for a young, sober guy to have trouble peaking, so if that's the case, there's something else going on," says Dr. Pinsky. It could be a medical condition (erectile trouble can even be a sign of major health issues like heart disease)

or a serious psychological block, so encourage your guy to get checked out by an expert. Of course, in some cases, a man's ejaculatory issues stem from tension or a lack of interest in the relationship, so you may want to discuss the current state of your union with him.

Q: What is the right way to get into 69?

This head-to-pelvis position allows you and your man to give and receive pleasure in sync, which can be seriously hot. However, "some people have trouble concentrating on what they're doing and feeling at the same time," says Paget. "So you may not both be able to climax in this position." But, hey, it'll still rock foreplay.

There are countless ways to pull off this numbered nooky pose, but there's one variation that's particularly satisfying for both parties. Start by kissing your way down your man's bod. As you near his package, slide around so your head is facing his feet and you're lying on your side. Then have him lie on his side as well. Your bodies should be super-close, your mouths inches away from each other's hot spots. This side-by-side position gives you equal control over the action, minus the effort.

Q: When I drink alcohol, I feel more turned on, but I don't orgasm. Is there some way to balance the two?

Having a couple of drinks seems like a no-brainer when you're with a guy: Alcohol loosens you up, makes you more flirtatious, and gets you thinking about sex a whole lot more. But because alcohol is a depressant, it also numbs your nerve endings and restricts blood flow to your genitals, the very process that causes orgasm, explains Dr. Pinsky. The upshot: Although you're pushing your sexual boundaries, your down-there region is damn near numb.

Despite what you think, you don't need a buzz to relax during your sack sessions. The less you drink, the better

the sex, because you'll be more aware of every thrilling sensation. If you tend to get hung up on how you look naked (your guy thinks you look great, by the way), slip into hot lingerie for an instant confidence boost. And instead of worrying if you're doing something right, tune your thoughts in to how good each touch feels. Once your brain catches up to your body, you'll forget all about those so-called inhibitions. ■