

# newsworthy trends

## Surprising News About Americans' Bedroom Habits

(NAPSA)—The stereotypes are wrong: snuggling in the sack is actually a pastime more beloved of men than women. That's one of the surprising findings from the new Sexual Well Being survey revealing the "naked truth about intimacy in America."

The "Sexual Well Being" survey, which questioned Americans about their attitudes and experiences, found that while it seems America is obsessed with sexuality, from movies and advertising to fashion runways, they rate themselves as only seven out of 10 in bed, merely a "C" grade.

Additionally, the results show that it's time to spice up the sex lives of married couples who are more likely to describe their partner's sexual style as "predictable and boring" (32 percent) rather than "wild and adventurous" (13 percent). Further supporting the need for more imagination under the covers, the majority of survey participants still feel that music (59 percent) and candles (55 percent) are the best ways to set the mood, while only 15 percent try more creative things, such as games and toys.

"Sexual well-being is an essential part of total well-being," says Dr. Sandra Scantling, clinical psychologist, sex therapist and author of *Extraordinary Sex Now, A Couple's Guide to Intimacy*.

"The drugstore.com's Sexual Well Being store is a resource that helps women and men make educated choices about their sexual health," Scantling says. "The site offers a wide-range of products and resources designed to enhance your sensual self."

### Some Hot Numbers

- Only 15 percent of those surveyed described themselves as "predictable and boring" in bed, but 27 percent said that about their partners.
- When men were asked to rate their sexual prowess, men rate themselves as better lovers than their partners, giving themselves a rating of seven out of 10 but their partners only six.
- Close to half of men (44 percent) say they want more sex than their partner, but 31 percent of women say they are perfectly matched. ®

Desires are mounting for improved intimacy, and the survey shows that the majority of Americans (68 percent of women and 71 percent of men) are having fantasies ranging from "swinging" with other couples to role playing while three out of 10 people surveyed said they are not fantasizing at all.

Perhaps most surprising, men may actually want to cuddle more than women do. Despite stereotypes, men are more likely (62 percent) than women (56 percent) to describe a "good" intimate encounter as one that ends in "lying in each others arms."

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For more information or products, visit the Web site at [drugstore.com/sexualwellbeing](http://drugstore.com/sexualwellbeing).