

Feel sexier— all day long

Simple stuff you do with your clothes on will make things hotter than ever when you go skin-to-skin tonight.

By Robin Hilmantel



We always believe in a nice, hot breakfast.

Go on a breakfast date. Romantic dinners are overrated. For one, they're pricey; plus, you're usually too full to even think about hooking up when you get home. **Clocking some quality one-on-one time, anytime, is what really matters.** Couples who go out together at least once a week are three times more likely to have wowza sex, according to research from the National Marriage Project. Grab a table at Starbucks, buy a couple of muffins, and catch up while you caffeinate.

Chillax. How crazed are you at work, on a scale from zero to "I'm ready to jump out a 10th-story window"? We ask because **you're 76 percent less likely to have sex during weeks when you're super stressed**, the *Journal of Family Psychology* notes. Ease your nerves by spending 10 minutes outside. (Lie in the grass, and think of Channing Tatum.)

Shoot a random text. It doesn't even have to be a sext for you to get better action, a study from the *Journal of Sex Research* reports. **Opening up about something you wouldn't share with just anybody** ("SMH...just had the weirdest convo with my mom") creates a sense of intimacy between you and your honey.

Spoon. Whether you're the big spoon or the little one, get in 10 minutes of cuddle time after the main event. A study from the University of Michigan in Ann Arbor reveals that **if you both tend to zonk out immediately after sex, you are missing out on valuable bonding** that could make you feel closer *and* more receptive to repeat performances throughout the week. How does tomorrow morning sound to you?

Grab a six-pack. Pick up your guy's favorite beer on your way home—the tiny gesture has a major pleasure payoff. **Generosity is one of the top predictors of sexual satisfaction**, a University of Virginia study shows. It may spark a cycle of giving that encourages him to treat you to some extra loving later on.

Sweet-talk. Keep postwork ranting in check. **Trading complaints only makes both of you more anxious**, a study from Florida State University in Tallahassee suggests. Vent for five minutes, but then help each other come up with solutions. It can clear your brain of stress and free it to focus on sex.