

Moving into the red light district didn't spice things up for Sally and Steve.



HAS YOUR SEX DRIVE HIT THE SNOOZE BUTTON?

Why your libido gets low – and how to fix it

Mostly As: STRESS

If you're feeling more stressed out than sexy, "you need to ask yourself what's going on outside your relationship?" says Leanne Garcha, sexpert at Lovelustandlaughter.com. Work, friends and family stresses can be significant energy suckers on your libido.

Sex-cess: Getting back into the habit of regular loving will actually help reduce your stress levels. "Sex releases lust-loving endorphins, produces hormones that bond us to our partner, and relaxes us," explains sexologist Vanessa Gore.

Mostly Bs: SHYNESS

"Struggling with confidence in the bedroom is common," says Samantha Brett, relationships expert and author of *The Catch*. "Sex is about being comfortable, so tell him what you want."

Sex-cess: Try a "show and tell", where you each confess one thing that turns you on. Get your naked confidence up, too, says intimacy and sexuality coach Pauline Ryeland. "If you're home alone, do housework naked – it's liberating! And wear sexy lingerie. Don't just save it for special occasions."

Mostly Cs: SAME-SAME

Same foreplay, same positions and same locations ... OK, you're bored. "It's difficult to admit to yourself and your partner that it's all a bit, well ... groundhog sex!" says Garcha.

Sex-cess: Next time you're in the mood, don't tell him about it – "Show him," says Taylor. "Wear different perfume, be flirtatious, wear sexy clothes ... and go for it! Guys often say that they wish their girlfriend initiated more sex, so surprise him; 9.5 times out of 10, he'll come to the party!" 

* More interested in sleep than sexy time? Sometimes the reason for this can be medical, a result of fluctuating hormone levels, anti-depressants or the effects of the Pill. Alternatively your emotions could be responsible, says Elly Taylor, relationships counsellor and author of *Becoming Us*. This quiz will help you work out what's going wrong between your sheets, and find a solution.

Dude, where's my sex drive?

◆ **BF starts pulling the moves. You think...**

- a) Not now. I have a big day tomorrow and need sleep.
- b) Ugh, he's doing that thing I hate. What a turn-off.
- c) In two minutes I'll get on top. In five, he'll pull his signature move. In 10, we'll be asleep...

◆ **You go out to dinner together. You'll...**

- a) Spend the meal answering the day's texts and emails.
- b) Go to his choice of Chinese, even though you actually would have preferred a good pizza.
- c) Meet him at "your" table in the usual spot.

◆ **What stops you from reaching orgasm?**

- a) A to-do list running through your mind.
- b) The worry that you look/sound weird having sex.
- c) Nothing. You've been together so long that your orgasms are totally predictable.