

5 Ways to Make Sex Last Longer

Having sex for an extended period is a fantasy almost every couple dream of, yet, it manages to elude most. You must have heard a lot about lasting longer in bed, the following tips are important to help partners who complain about short duration in sex.

1. Relax, Take it Slowly When Having Sex

Quite the opposite of what is depicted in adult movies, great sex does not always have to be vigorous or physical. Adult movies are movies, they cut, re-do scenes before the final movies are released, so, trying to practice what you see in these movies will more often than not end in a disaster.

According to [Men's Fitness magazine](#), to get your guy to last longer during sex, have him start slow. In fact, sometimes it's even sexier to force yourselves to relax and enjoy one position, to hold it longer than you would normally enjoy. Great sex is relaxed, free from all the tension, and expectations.

Furthermore, you do not need to try out all the 16 or 24 styles you know or have seen Pornstars perform in one night, it just wouldn't work. If, however, you want to work the different style, try enjoying one before jumping to another, this will give you more time for your woman to reach orgasm.

For the woman, if you feel he feels like he's going to come, he should stop thrusting and wait a few seconds until he can control himself and start up again. This will not only significantly increase the amount of time you spend having

sex, but it will also give you more delight and pleasure anytime you have sex with your partner.

2. Try the Stop and Start Method

We all know that the rush of emotions, adrenaline, and other chemicals in our bodies during sex does not allow for much thinking, we just flow with it. While this is great, more often than not, it ends in five, maybe, eight minutes, and we know the average woman takes about 20 minutes to reach orgasm. Yes, you have left her hanging yet again.

The stop and start method is one of the best methods of significantly increasing your sex duration and yet it's one of the hardest to do. First things first, you and your partner need to be aware that this is going to happen during intercourse. Yes, it should be planned, a deliberate course of action.

So how do you increase your sex duration using the stop and start method?

- Withdraw as soon as you are about to ejaculate.
- Take some time off to let the sensation subside, some men subdue the sensation by biting their lips hard or getting distracted by something else.
- Once the sensation has passed, you can begin intercourse again.
- Ejaculate or continue the method until ejaculation.

The problem of this method is having the willpower to pull out when the emotions and chemicals are high – this is especially difficult for the men. If this is the problem, you can talk about it before intercourse, and have her help you out when you seem to lose control.

3. Try Something New Every Time

Never underestimate the power of the mind when it comes to foreplays and trying out new stuff. When you've been with the same partner for a while, your routine sex positions can make his body anticipate coming, and thus lead to a shorter sex time – normal can be boring for most of us.

Trying new positions and sensations can distract a couple, and thus make him last longer. Sex with your partner does not have to be a routine activity where both parties can predict exactly what happens next. 'New' does not have to be limited to only sex positions and sensations.

According to [Cosmopolitan Magazine](#), a round of vigorous foreplay before sex can work wonders. Not only can you orgasm, which might make you more likely to come again during sex, but getting him to ejaculate before the main event should delay the finish line. The previous tip can also be applied here to increase the time even further.

While foreplay is great, there can be other 'new' things you can also do. You can also have interplay (changing sex styles with your partner) during sex. You can take breaks from your one style, then try another immediately after the energy levels are back up.

Finally, you can also take up roles with your partner – role play sex. Seeing your partner take up a new personality every time before sex can spark up excitement – which should help the time you spend having sex. The takeaway from this point is spicing your sex life with new things.

4. Keep in Shape

Staying in shape, especially through exercising is an active treatment for a lot of medical conditions, and will greatly help your sex duration. Exercising improves blood flow and

pressure in the body by increasing nitric oxide in the blood, which is very important for men to get and maintain a strong erection. Learn Kegel exercises too, but don't stick to only them.

Kegels will help strengthen your pelvic floor muscles and improve your chances of orgasm. It turns out, these same exercises can help treat premature ejaculation in men. Research presented recently at the European Association of Urology in Stockholm found that simple pelvic floor exercises improved premature ejaculation rates after 12 weeks in most men.

5. Get to Know If It Is a Medical Condition – Find Solutions

Do you know the reason why you fail to get an erection, hold it for long, or max out too quickly? Your short sex duration could well be a medical problem. Erectile dissatisfaction, ejaculation disorders, and erectile dysfunction are some of the most common conditions that reduce the performance of men in bed.

Is it a medical condition? Then getting to know the source of the problem, and a finding solution will greatly help. The common drugs currently used to treat these conditions are Avanafil (Stendra), Sildenafil ([Viagra online](#)), Tadalafil (Cialis), and Vardenafil (Levitra, Staxyn).

Tadalafil and other drugs will relax the blood vessels in the penis and allow the blood to flow. Combined with sexual stimulation, tadalafil helps to achieve and maintain the erectile function.