

## Sex through the ages

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**SEX may be passionate and crazy in your twenties, but the good news is it seems to keep getting better with age – especially for women, who will have more orgasms – and men will be much more interested in visual stimulation.**

Sexpert Tracey Cox has looked at sex at different stages of life, in her bestselling book, *Sextasy* and found that while the quantity of sex may drop with time, the quality improves dramatically.

Ms Cox found that in their 20s, eighty-five per cent of 20- to 30-year-old men think about sex every couple of hours. Women at the same age are having lesbian fantasies or have been bi-curious, [The Sun](#) reports.

There's plenty of incentive, according to Ms Cox: A 2006 study of nearly 2000 people discovered that 76 per cent of women who slept with women reached orgasm (for women with men, you are pushing it at 50 per cent).

Lesbians are also the least promiscuous group and consistently report the highest sexual satisfaction.

About one in 10 people have had a threesome And most people did it in your early twenties.

By your thirties, almost all people have had sex outside.

Under the cover of darkness in a park, on a beach, or in your own garden are the top choices. Around 20 per cent of thirty-year-olds spice up their sex life with bondage and spanking in their thirties.

During pregnancy, couples have sex four to five times a month.

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Most stop for seven weeks after the birth but four months later are back to four or five times a month.

The good news for women is that 90 per cent past 30 regularly experience orgasm, compared to just 23 per cent of younger women.

Up to 52 per cent of men between the age of 40 and 70 will find their penises suddenly have a mind of their own.

Even people who rated themselves 'pretty happy' in their marriage cheat.

They're twice as likely to have an affair as those who rated themselves as 'very happy'.

Eighteen to 29-year-olds have sex an average of 112 times a year, 30-39 year olds around 89 times a year.

Blow out that last candle on your 40th birthday cake (if you haven't passed out with the effort) and your average drops to 69.

No need to be depressed though. The frequency might drop, but the satisfaction levels rise. Men make up two-thirds of the users of sexually explicitly internet sites and account for 77 per cent of online time.

Most women will have checked out internet porn by their 40s too.

Source: <http://www.news.com.au/>