

Debby Herbenick, PhD and Grant Stoddard



Thrill the body...

GREAT IN BED

...blow the mind

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Introduction

~~**Most people aim to be good at the things they do.** A few select individuals aim their sights higher, seeking out knowledge from experts and practicing for hours to develop jaw-dropping skills. Fortunately for you and your present or future partners, becoming a highly pleasing bedmate appears to be important to you or else you wouldn't be reading this guide. After all, why be good in bed when you can be great?~~

There is, of course, a great deal at stake: the happiness and satisfaction of you and your partners, the vibrancy and harmony of a long-term relationship, not to mention your reputation as a guaranteed good time in the sack. (There's nothing more ego-plumping than a sex referral.) In *Great in Bed* we've striven to give you all the information you need to exceed your wildest expectations as well as those of anyone lucky enough to roll around with you.

No stone unturned In our attempts to impart the very best sex advice, we've taken a comprehensive approach. While there's oodles of scientific and anecdotal advice on the, ahem, nuts and bolts of sex, we've also delved into the peripheral and too-often overlooked aspects of getting it on. Here in the following sections you will find information on the importance of becoming intimate familiar with your own parts and in so doing discovering what works for you; exploring your deepest and most titillating fantasies and creating a mental checklist of your turn-ons and offs; being seductive while being yourself; tips for getting what you want without having to employ social dynamics, neurolinguistic programming, or pheromones; receiving feedback on your performance and appraising a partner's; and of course finding ways to marry safer sex and pleasure together in the most harmonious of ways.

You, me, and everyone we know *Great in Bed* holds the keys to better sex for singles, couples and threesomes, as well as those who are dating or trying their best at mating. It's written for both men and women, adults of all ages, and certainly an array of sexual orientations. It's also written for people of a variety of experience levels. Beginners will find clear instructions for how to get in the game and seasoned; experimental types will discover new ways to seduce, please, and be pleased.

“Being truly great in bed may require **hour upon hour** of practice. It's tough, of course, but we know you can do it”

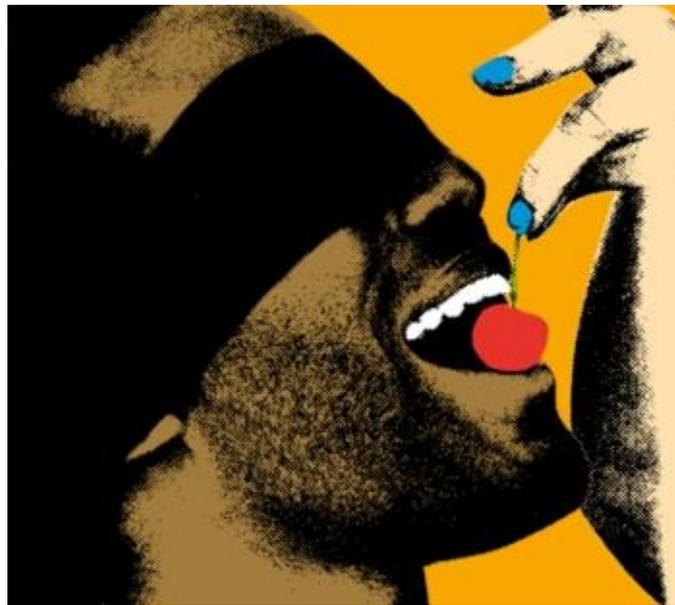
At your service One of your guides, **Dr. Debby Herbenick**, is a sexual research scientist and sex educator at Indiana University and the famed Kinsey Institute. Throughout *Great in Bed*, you'll find important information about the latest that sexual science has to offer, from how many people engage in certain sex acts to some of the greatest predictors of men's sexual satisfaction.

Your other guide on this journey, **Grant Stoddard**, has made a career out of reporting directly from the sexual trenches through his first-person accounts of things that would make you blush if you weren't so committed to becoming fantastic in bed yourself. Grant gleaned his know-how not through the rigors of the scientific method but via trial and error so you don't have to. At least, not quite as much.

“We like to think that what goes around comes around—put **great sex** out there and great sex will fall in your path”

What the doctor ordered Implement the wisdom we impart in the various sections of this guide and get used to hearing things like “Wow!”, “Where did you learn to do that?”, and “Who the hell are you?” You’ll soon find that being great in bed has all kinds of positive ramifications beyond you and your partner(s) having fun in the sack. Having mind-blowing sex will probably make you feel less stressed, more relaxed, imbue you with a more positive outlook on life, and have you feeling more confident and comfortable in your own skin. Furthermore, fully satisfying sex can be an immune system booster, a pain reliever, and can improve your overall health and well-being. Seminal plasma contains zinc, calcium, and other minerals shown to hinder tooth decay. That’s right: A blow job a day may keep the dentist away (unless, of course, playing dentist is your thing... role playing is also a part of being great in the sack for some).

A greater quality of sex will almost certainly lead to a greater quantity of sex, and pretty soon you’ll find that all that calorie-burning bumping is making you both look and feel better than ever. Your bed may just be the best piece of exercise equipment ever invented!



Staying safe While there’s a long list of positive outcomes from having lots of great sex, sexually transmitted infections and unwanted pregnancies present some pretty significant bummers. Having safer sex absolutely doesn’t have to get in the way of all the fun you’ll be having. In fact, we stress that knowing that you’ve been responsible between the sheets (or in a hotel elevator) will enhance your enjoyment overall by reducing worries. Ultimately, having safer sex means having more and better sex.

How to become great in bed

First things first Well, to start with, you have to get into bed, ideally with someone else. As such, the first part of this guide features a wealth of information about catching a potential partner’s eye, flirting with them, planning a date, making your move, and getting them, if not into, at least into the vicinity of a bed. And when you’re there, we talk you through kissing like a pro.

Foreplay = more play Once you and the object of your affection are finally in bed together, your journey to greatness continues with our well-earned suggestions about using foreplay to arouse your partner and prepare for exciting and possibly orgasmic sex. We're talking kissing, caressing, breast play, touching your parts and their parts, and all those exciting moments of early sex exploration. We give you the ins and outs of her body, his body, and how all the bits and pieces fit together. Nipples? Check. Butts? Oh yes. We also share unique information with you on how important it is to embrace the awesomeness of penises and vulvas and the fantastic things they can do (being a memorable sex most certainly involves being decisive about the riveting nature of these parts). Nor have we left out the sensual ways that the best bedmates learn to explore touching, licking, sucking, or even nibbling each other's backs, thighs, chests, necks, and toes.

A custom-made sex life Learning to be great—even fantastic—in bed requires an education in asking for it in the nicest ways and the naughtiest ways. No matter your level of comfort when it comes to dirty talk, we have something for you. *Great in Bed* is nothing if it isn't about helping you to create a tailor-made sex life that works within your comfort zone while helping you step just enough outside of it that you raise the bar and have better sex than you previously thought was possible.

Getting it on Of course, we also have a plethora of sex positions. Some of them you may have tried before but a good number of them may be new to you—and we highly recommend that you try them again and again, and with gusto. Not to mention some water-based lubricant or one of the many sex toys (vibrators, dildos, whips, clamps, etc.) sprinkled throughout this sex guide. We hope that even if you're no slouch in the bedroom, you'll give this guide a read and still find oodles of tidbits to improve your game. The way we have sex is constantly changing, definitions of what sex is are ever expanding, and staying on top of its permutations is critical in keeping the sex you and your partners have fun, fresh, and exciting.

So, congratulations! You are only a few pages away from being great (or even greater) in bed. If you get lost along the way, use the book symbol 📖 to go back to the table of contents. Remember that with great power comes great responsibility. Use it wisely. Or not. Either way.



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From dating to mating

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Thrilling date venues

From candlelit meals to Ferris wheels You've expressed mutual interest, exchanged numbers, and arranged a rendezvous. What you've got yourself is a hot date. During this crucial window of opportunity, you'll want to signal that, in addition to being charming company in a social setting, you're also a veritable phenomenon in the sack, and you'll be looking for similar indicators in the other person, too.

Where you go and what you do on a first date is integral to effectively sizing each other up and making an informed, adult, and conscientious decision about getting nasty.

Here are three words to think about when selecting a date venue or activity: Excitation Transfer Theory. Any guy who's ever given a girl a ride on the back of a motorcycle can attest to its potency. The theory posits that if you share an exhilarating experience with somebody—a ride on a roller coaster or pulling a prank on a stranger—the other person will begin to transfer the rush of visceral excitement from the activity itself to you^[1]. You don't have to engage in something risky to benefit from ETT. Just exposing the other person to novel stimuli should be enough to prime them—and you—for naughtier fun. So with that in mind...



The dinner date Dinner is a solid date format because, a lot of the time, it does the trick. Eating at a restaurant gets you opposite one another for an hour or two, sharing a fairly intimate, sensory, and hopefully pleasurable experience. Foreshadowing! Precisely because going out for dinner is such a tried-and-tested date itinerary, you'll stand out from the crowd (and increase your chances of getting lucky) by playing with the concept and devising an evening that's more exhilarating and memorable. Instead of a sit-down dinner, seek out a private cheese-and-wine party. Not only are delicate little bites and sips more sexy and novel than a drawn out, rib-sticking dinner, you'll also be describing the bouquets, flavors, and textures to one another, surreptitiously getting yourselves thinking about other

pleasurable sensations. Another less-ordinary dining experience might be at a restaurant where you play a participatory role in the preparation of your meal. Korean barbecue, shabu-shabu, even fondue—if you have the cojones to add a little après-ski kitsch. Unstuffy, etiquette-be-damned activity dinners are great for dissipating first-date jitters and getting stuck into the matter at hand. Blind-dining, a relatively new restaurant concept, in which diners eat blindfolded or in a completely dark room, allows you to engage your taste buds in a different way and pre-excite the pleasure receptors. Definitely worth considering.

Introducing your date, or being introduced by them, to some esoteric, unassuming dive that's famous for a particular item (a sublime sandwich, a tasty taco, delectable dim sum, phenomenal pho) can be a lot of fun. Similarly, taking them on a street-food sampler that's part walking tour, part tasting menu is a great way of arousing his or her intrigue and simultaneously showcasing your impressive in-the-know credentials.

Day dates—brunch, picnics, and so on—can be fun but nighttime is sexier for many reasons, so keep any presex dates to after dark.

Other first-date venues Movies and concerts can be fun but aren't always ideal for early dates, as the main attraction diverts the attention away from one another and onto something else for extended periods of time. You'll be much better off finding some atmospheric, tucked-away cocktail lounge that speaks of your savoir faire, or even a bar where you can engage one another in a game of pool, darts, or shuffleboard.

Dancing, of course, has been the perfect preamble to sex for thousands of years. You can put a novel spin on this activity by forgoing the megaclub and finding something a little more unconventional. A steamy Brazilian samba club or a Jamaican dance hall night can be new and exciting places to get up close and personal with one another.

Ice skating, roller skating, bowling, canoeing, indoor rock climbing, or riding the bumper cars at a fairground are all great ways to get close to each other while sharing a few thrills and spills, but without having to get too wacky. Make sure that, whatever you end up doing, it is something you genuinely enjoy. Seeing you get all enthusiastic about an activity will be endearing as well as hint at how exuberant you might be later on...

COMPILE AN EXCITING-FIRST-DATE-VENUES LIST Even before there's a prospect of a date it pays to have a list of venue possibilities. If you **hear of something fun**, cool, or novel going on, **email or text it to yourself so you don't forget it**. Then, when you want to propose getting together, you won't have to scramble around trying to think of something interesting, draw a blank, and end up in an arbitrary, nondescript chain restaurant. It happens to the best of us.

What to say on a hot date

Witty anecdotes, conversation starters, sleek pick-up lines Forget canned lines, well-worn jokes, or amusing anecdotes that are designed to showcase what a fun person you are to be around. The single most important and effective thing you can do to have a winning date chat is to keep asking questions, and be genuinely interested in the responses you elicit.



Angle the spotlight By inquiring about the other person's life, you're demonstrating that you're not only fully present and engaged in the conversation, but also that you're intrigued by them. The quickest way to get in someone's good graces is to make them feel special, that they have something interesting to say.

Put aside your dastardly agenda and focus all your attention on the object of your desire, making them feel as if they are the center of the universe for a few hours. They'll respond favorably to the way you make them feel about themselves and be much more inclined to keep the good times rolling. And while you're listening intently to the things they have to say, you may even discover that the gorgeous person you are sitting opposite might just be the love of your life, or at least someone that you're really pleased to have had the chance to get to know.

If you're not dying to know where your date went to college, take the conversation in a direction that you find more tantalizing and can work with more easily. Try steering the conversation toward positive experiences they've had by asking questions such as "What's the best place you've ever traveled to?" or "What's the most amazing restaurant you've ever eaten at?". If you fear your crush might make you weak at the knees and unable to think of any good questions at the time, have a few prepared in advance to pull out of your sleeve. When you inspire people to recall positive, pleasurable experiences, you subtly encourage them to associate those feelings with you, making it more likely that you'll later have the chance to show them how accurate such an association is.

Of course, they'll probably want to know a few things about you as well. Without being evasive, answer their questions in a way that's brief, impactful, and intriguing, and then seamlessly put the ball back in their court.

Maintain a balance It sounds counterintuitive, but a little dab of self-deprecating humor can actually help emphasize your attributes when having a flirty chat. The ability to laugh at one's foibles is a very attractive quality, showing that you have the confidence to allow yourself to be vulnerable. Separate studies have shown that while bragging about your own competence, resources, or education will generally have people believing that you're a person who knows what he's doing, there's a trade off between competence and likability. Throwing in a few self-directed digs, then, means you can have it both ways. You'll get the most mileage out of a self-effacing quip if it comes at the end of a bit of self-serving propaganda. Not only will it soften your boast; it will be an opportunity for you to be humorous and likable.

And relax Lastly, although it can be hard to do on a hot date, try to relax and be your most effervescent self. When people sense that you're nervous, they're more likely to clam up and your hot date will become indistinguishable from a job interview. Keeping a conversational volley going is the key to building a lively, fun, and flirtatious rapport.

GRANT'S SEXPLOITS For one of my assignments several years ago, I was asked to have a consultation with a dating coach in New York City. We had a mock date in a coffee shop. I thought I'd done fairly well, and was shocked when she gave me a low score. Apparently I'd shown only a perfunctory interest in her career and hobbies. What I took home from that is that you really ought to be genuinely intrigued by someone for the Q-and-A approach to work.

May I say how lovely...

Be seductive without being desperate or creepy. When we're getting laid good and often, we're confident, chilled, and concentrating (slightly) less on sniffing out sex elsewhere. People pick up on this contentedness and find it extremely alluring. The trick is, then, to project sated joie de vivre even if the only close human contact you've had lately was on a packed bus. These tips will help.



Ditch your expectations Don't put too much stock in a precoital or early date. Check any and all expectations at the door and, as new-agey as it sounds, try to live in the present. Luxuriate in the other person's company, the setting, the drinks, the activity, and your "best self" will shine through. Although a lengthy dry spell can have you believing that you've lost your mojo for good, have faith in the cyclical nature of things and commit to enjoying yourself whether sex is in the cards or not. "Easy come, easy go" is the name of the game here.

Flattery will get you everywhere There's usually a bit of truth to aphorisms that stand the test of time. If you can make someone feel good about themselves, they'll connect you to that addictive feeling of being appreciated and crave more of it (read: you). It's vitally important to keep compliments specific to them and, of course, genuine. Eyes are a go-to object of flattery, but if he or she has a lazy one, best go for something that's slightly less, um... unique. His or her clothing, sexy voice, or skill with a pool cue are all fair game. It's probably not best practice to compliment him or her on a shapely body part. Even if she's got the sort of bodacious butt you'd like to bury your face in, keep it to yourself until the opportunity to unleash it from her jeans arises.

Subtly gauge their interest You can be flirty without being overbearing. If you're not sure if he or she is receptive to your charms, try lowering your voice or saying something conspiratorial. If they aren't shy about leaning in to get their ear closer to your pie hole, there's a pretty good chance that they're open to a bit of flirtatious behavior. You can also change your body posture a few times to see if they mirror your movements—mirroring is an indicator of liking someone.

Once you're pretty sure they're open to it, begin testing the waters by gently touching a knee (if you're sitting) or an arm, to see how they respond. If they reveal something about themselves that you

find amusing, give them a gentle ribbing about it to see if your tease elicits a playful push or verbal volley (both good signs).

“Some eye contact is good, but unblinkingly staring them down for seconds will, believe it or not, come off as creepy”

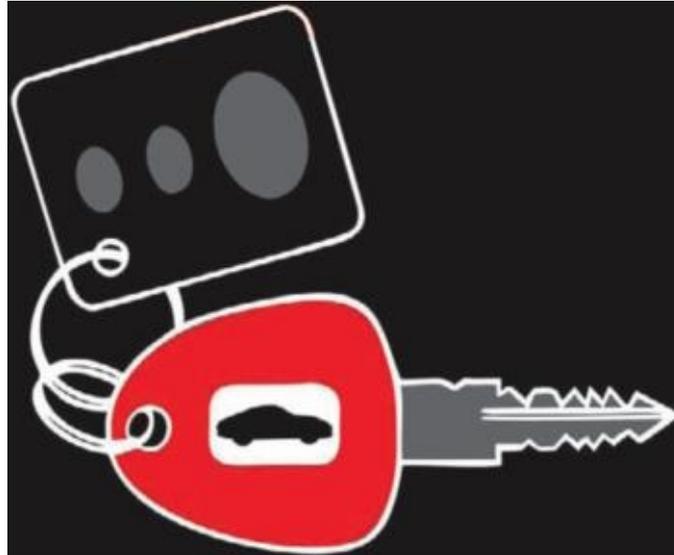
Confidence is sexy By displaying a genuine self-confidence you're letting your date know that, while you're thrilled to be in their company, you don't want or need any validation from them. You can broadcast confidence by taking up some physical space. For guys, this might be standing with the legs shoulder-width apart and adopting an open posture. Women could accentuate their gesticulations. Resist the urge to launch into a monologue about your meteoric rise at work or to drop a reference to your sexual prowess. Instead, whenever appropriate, turn the conversation back to them. They'll soon intuit that you've got nothing to prove and are quite comfortable in your own skin.

Know yourself and be yourself Anything other than an honest representation of you on a date is going to blow up in your face sooner or later, so don't fake it. If you can't bring yourself to make an actual list, at least think about your strengths and weaknesses from time to time. When you're with company, subtly emphasize the former and be self-deprecating about the latter. Self-awareness is a wonderful quality that shows that you've taken the time to come to terms with your nature.

GRANT'S SEXPLOITS If, like me, you're a bit of a dirty bird, don't try to hide it. Unashamedly run your freak flag up the pole (in a lighthearted nonthreatening way, of course) and see who salutes it. I've been pleasantly surprised at the doors (and legs) that open when you unapologetically put it out there. You will be, too.

Date sparklers

How to make heads turn, mouths water, loins stir While dressing to impress your date is important, being comfortable is key. When you're getting ready for your big date, think about an outfit that never fails to make you feel fabulous. Your hot date is the time to display the best version of you you've got up your sleeve. No time for self-doubt now. You're gorgeous. It's time to share it!



Guys ZZ Top had it right when they hypothesized that “every girl’s crazy about a sharp-dressed man.” You can’t go too far wrong with a classic, well-fitting blazer or sports coat.

That’s not just an opinion, it’s evolutionary psychology at work: Women are primed to react positively to a man with a V-shaped torso (wide shoulders, narrow waist) because it’s indicative of high levels of testosterone and upper-body strength. For most of our evolutionary history, being strongest and most aggressive meant being on top of the heap. Although alpha-status has (thankfully) become a bit more nuanced over the past 10,000 years or so, a well-cut jacket that emphasizes your shoulder-to-hip ratio will still appeal to her baser, lustier instincts^[1]. This is also a compelling reason for cutting down on beer and junk food and making push-ups part of your daily routine.

Women You can also benefit from the time we spent adapting on the African savannah by wearing clothes that accentuate a small waist in relation to your hip circumference. You might send him running for the door if you verbalize your suitability for child-bearing on the first date, but by emphasizing outward signs of your fertility with your clothing, you’re appealing to the vestigial part of his brain that’s subconsciously sizing you up for propagating his genes.

Guys Many studies have shown that women react favorably to high-status individuals. You don’t need to tell her how much you can bench or hand her last year’s tax return to get her interested. Instead, let your body do the talking.

When you walk into a room, take measured, confident steps and minimize superfluous movements.

You're giving the impression that you're confident and at ease in the environment. A straight back and a slightly elevated chin signal pride, which, according to a 2011 study from the University of British Columbia, is the expression that female test subjects reacted to most positively[2].

Take up some space by standing with your feet slightly apart and your arms open. If you're sitting down, place some personal effects on the table to mark out some territory. By doing so you're displaying that you're confident, competent, and assertive. She, the science suggests, is hard-wired to like that.

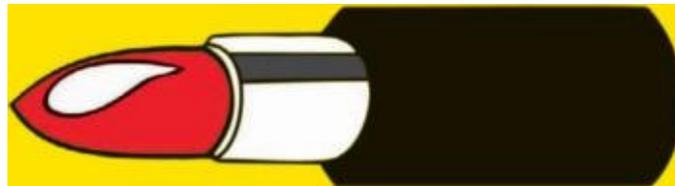
“Despite being a bit nervous I tried to be at ease and display confidence, which she seemed to like. That made me feel more confident”

Women While the UBC study showed that women react most positively to exhibitions of male pride, it also demonstrated that men find happiness the most appealing expression in women[3]. Smiling and laughing at some of his funnier witticisms, then, may play a role in whetting his appetite. Share some of your own amusing stories, too. Have fun!

You can also show confidence and radiant exuberance by employing more expansive gesticulations. Be your most vivacious self, enjoy flirting with him wholeheartedly, and advertise the fact that, above all else, you are fun to be around.

If you like, you can signal that he's barking up the right tree by straightening your clothing or touching your hair. Preening gestures indicate interest.

“To get him thinking about kissing you, look at his mouth occasionally, or subtly touch your tongue to your lips now and then”



Guys Be casually attentive to her needs. Keep an eye on whether her drink could use freshening up. If she's looking chilly as you head from stop to stop, don't be shy about offering her your jacket. Chivalry may be ailing but it's not quite dead yet and it will be appreciated, I (Grant) can guarantee it. At the risk of sounding like even more of a traditionalist, I do have to say that the onus is still on you to at least offer to pay for drinks, dinner, cab fare, etc. on an early date. If she insists on paying, splitting or picking up the next bill, however, honor her wishes and gracefully accept with a minimum of fuss. This is the 21st century, after all.

My place?

Making a smooth transition from bar to bedroom You're at a bar or party, engrossed in a sexually charged conversation with someone extremely alluring—perhaps it's a first or early date, or you've just met. At this point, exchanging numbers or planning another date is skirting the issue: You want sex expeditiously, and early indications are that the gorgeous specimen before you does, too.

There comes a time on every successful precoital date when you're wondering how to float the idea of sneaking off to your place without coming off as presumptuous, or—heaven forbid—creepy. The following tips will help ease the transition from bar to bedroom without too much hand-wringing.



Do your due diligence Through a series of seemingly casual and conversational questions, deduce whether the prospect of an X-rated sleepover is desirable, or even a practical possibility, for the object of your lust. Ask him or her something like “What are you up to for the rest of the weekend?” If they rattle off a laundry list of commitments, or mention having to get up bright and early (what are they—farmers?), an evening of carnal delight might not be in the cards. If they are, indeed, thinking about shucking you out of your jeans in the immediate future, they'll start hinting at their availability. They might offer a tidbit like “I'm meeting friends for brunch, but nothing before that.” No green light, of course, but a tantalizing bit of intel like that can help steel your nerves for the next step.

Establish the geography Over the course of this or previous chats, you've ascertained where this beautiful creature lives. You're in luck if your place is comparatively close to your present coordinates as you can use this proximity to your advantage. Don't explicitly say that you live “just around the corner, wink, wink” when you can more suavely mention how the area is changing or otherwise exhibit a local's knowledge of nearby places to eat or things to do. By hinting at how quick and simple it would be to get down to it, you're obliterating potential obstacles to fun in his or her

mind.

Give it to them straight There's a lot of cockamamie advice spewed out by so-called pick-up artists (or PUAs) on the Internet suggesting that it's okay to lure people back to your place for some supposedly practical purpose. These canned lines include gems such as "I'm redecorating my apartment and I'd love to get your opinion on what to do in there" or "You should come back and see my... [insert thing that relates to something that piqued their interest earlier in the conversation]." FAIL! Treat the other person like an adult and your forthrightness will pay dividends. If you've been having a great, flirty chat, there's absolutely nothing wrong with saying simply, "Do you want to get out of here?" Not only will this get things rolling, but by being a man or woman with a plan you'll also signal your assertiveness, which, as it happens, is sexy (see [Call the sexual shots](#)).

Don't dillydally Nothing will diffuse the sexual tension more than waiting for a bus in a persistent drizzle. Unless your place is a very short walk away, go the extra mile and jump in a cab pronto. You'll be speeding toward sexual nirvana in a semiprivate environment in which you can get a jump start on the kissing and maybe even get your hands on their unmentionables. Have a few denominations of bills at the ready so you don't have to mess around with change and can seamlessly segue into getting him or her inside.

Prepare the lair Tips for preparing your bedroom for sex are covered in [Love shack](#), but there are things you can do elsewhere at home to grease the wheels of passion. If someone's coming over ostensibly for sex, they're probably not going to don white gloves and run their fingers over the tops of your picture frames. That said, you'd do well to incorporate a bit of tidying up into your getting-ready routine. Don't have dirty dishes in the sink or gym socks on the floor. And, of course, clean the toilet. It's considerate to have fresh towels handy, should they want to take a shower. Have [music](#) ready to go and a couple of beers and a bottle of white wine in the fridge. Red can stain the lips—a nitpicky point, perhaps, but it's this sort of attention to detail that will pay off in the end.

Or yours?

Secure yourself a sexy invitation A home advantage is of vital importance if you're, say, a football team—but you're not, so there's no reason to let the prospect of unfamiliar surroundings throw you off your game. An away game frees you up from fretting about whether you remembered to take out the trash or clean the toilet, so you can just relax and enjoy...

Playing away can be very exciting. Beyond the thrill of having sex with a new person in a new venue, there's the added exhilaration of negotiating a strange neighborhood the following morning, enjoying an Americano in a previously unvisited outlet of your preferred coffee chain, replaying last night's events in your head, trying to be inconspicuous about grinning to yourself as you try to figure out how to get home. Ah, life is good! So how do you prepare for a tour of booty?



Be prepared Even though you shouldn't have expectations of being invited to someone's inner sanctum, it's good practice to be prepared if you do get an invite. This could be as simple as ensuring you have a few condoms in your pocket or purse when you head out for the night, or as involved as keeping a change of clothes and a toothbrush at your workplace, should you need to clock in the next morning. A little forethought will mean that your fun, sexual health, or work status won't have to be compromised because you've had an X-rated sleepover.

Point in their direction If your place is too far away, or your housemate is hosting a poker night, use these as reasons why you're not already dragging him or her home. You could say something like "I'd suggest we go back for a drink at my place but it's like a disaster area right now." Now that you've floated the idea of moving on to a private setting, it's not such a big deal for them to suggest their place as an alternative venue.

Be open-minded Being on home turf means that you're more likely to set the sexual agenda. Conversely, if you're playing away, you're more subject to what they like. Their music, their handcuffs, their toys, etc. Playing away, then, can mean exercising some open-mindedness and relinquishing a bit of control. That's a good thing. Going with their flow can be a great way to discover things that you incorporate into your own sex menu going forward. I (Grant) once hooked up with a girl who, after sex, cleaned me up with a hot towel (like the ones you're handed when you sit down at a sushi restaurant). It was a relatively simple touch that left a great impression and led me to adopt it myself. (It goes over fantastically well, incidentally.)

Don't impose After you've had sex, gauge the mood at this stage—there's nothing worse than a guest who overstays their welcome. Ask your host if they'd prefer you to leave. You could offer something like “If you need to get up early, I'm totally fine with jumping in a cab.” They'll appreciate this courtesy and, more often than not, will invite you to stay—at least until the rooster crows. If, however, they would prefer to sleep alone, don't take it to heart. For a lot of people, a sleepover can be even more intimate than the sex preceding it. I (Grant) can be a sore-headed, foul-breathed beast in the morning, so cutting out early before the scene is fully illuminated by glaring sunlight can be a good thing. Either way, as their guest, it's up to you to gracefully give them an opportunity to call it a night.

Be a good guest Just because you've been up all night, engaged in activities that are deemed illegal in many states, you are not excused from the responsibility of being a good houseguest. In fact, how considerate you are should be directly proportional to how filthy you got the night before, in our opinion. With that in mind, offer to go and fetch some coffee and doughnuts when you've sated yourselves after a morning session. Don't leave a mess, and offer to help tidy up after you both. Even if this liaison is destined to be a one-night engagement only, there's absolutely no need to smash a hole in the door in your attempt to flee. By showing that you're a considerate grown-up, you're mitigating any awkward moments in the future when you almost inevitably run into one another again. Leave a good impression.

GRANT'S SEXPLOITS I once hooked up with a girl who was aghast that I wasn't putting on my pants shortly after we were done. I didn't pick up on it at the time and heard second-hand that she was hoping I'd hit the road promptly after the act. Similarly, I've hosted people and, as they snored away blissfully, found myself thinking that I really should have dropped stronger hints about quitting while we were ahead.

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