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**Top 4 best ways to help him last longer in Bed**

**Keywords – no keywords**

**Body**

Sex is one of the fundamental pleasures of this life. In fact some may argue that it is the only pleasure in this life! We as humans have evolved over all these years and so has our lovemaking style or capability.

We now have concrete studies that prove various things on the many different aspects of lovemaking! We thought to have a look at some of those studies to come up with suggestions for the ladies to help their men last longer in bed. Here are the 4 best ones –

1. **Let him masturbate beforehand** – Guys all over the world know this and so do girls – once a guy ejaculates, it becomes increasingly difficult to get a hard on and then engage in intercourse also. The process simply becomes longer and therefore more fun! Make sure your guy masturbates before you start getting dirty and worked up. This will enable the guy to simply last longer! Studies show that it is effective in helping both partners sync up and slowly build their arousal levels!
2. **Edging** – Edging in one of the most sensuous and erotic techniques that women can use to basically have complete control over the arousal levels of their man. It basically means that you need to stop your man a few minutes before he ejaculates. Wait for a few minutes before you start stroking or humping again. Edging trains the man to delay his ejaculation. Basically, whenever he is about to ejaculate, you stop him from doing exactly that! There are countless videos online if you really want to see how this works.
3. **Use thicker condoms** – Who thought that practicing safe intercourse could help your man last longer in bed? The next time you decide to make love, be sure to have your man use thicker condoms. They dull the sensations in the penis and therefore make arousal that much less intense which in turn will help him last longer and ejaculate later than usual. Keep in mind that it’s very important to make sure you find something that fits perfectly for him. You want him to feel pleasure and arousal too! And never double-up on condoms. Double-bagging can lead to issues, like say, losing two condoms in your vagina!
4. **Slow down** – Most people engage in a very mechanical version of lovemaking. Sex is supposed to be very poetic and out of this world. It isn’t like driving from one point to another in the most mundane manner possible. Take it slow and feel all the different sensations in your body. Be aware of all your senses and make sure that your man is with you throughout the whole experience. Meaning that you both should be aware of each other’s pleasure and arousal. Also, slowing down helps you concentrate on your breath which is the basis of all good lovemaking in the world.

All the above mentioned pointers are research backed and you will find them mentioned in all the important journals, blogs and articles online. There are even more beneficial tips available for perusal. Some of them are –

1. **Break routine** - Engaging in the same tried and tested positions as before will train the both of you to anticipate ejaculation. This will in effect be the very death of great and long lasting intercourse. Ensure that you spice things up regularly in the bed or else boredom will take over and routine will set in which will in turn, kill all your excitement about making love. Engage in different position all the time and try and not repeat a single position for a week at least. This simple trick will work wonders for both you and your man.
2. **More foreplay** – Foreplay is the prelude to the great symphony of lovemaking. Most couples who suffer from problems in the sheets, don’t spend enough time on the crucial and pleasurable art of foreplay. The more you indulge in foreplay, the more slow and intense your arousal will be. In this way, your man will be able to last longer than he usually does. Also, foreplay makes things very intense and therefore more pleasurable. It’s way more romantic than just getting down to it!
3. **Use toys** – Thanks to modern day research and development in the field of sex and technology, we have a very diverse range of sex toys available to us for purchase today. There are all sorts of different devices and entrapments that can be used to enhance your pleasure. There are quite a few devices whose job it is to help you and your partner last longer. Do check them out and see which is close to your comfort zone.
4. **Exercise** – No matter whether you go to the gym or practice yoga, as long as it’s regular and effective, you will reap its benefits. Regular exercise increases your stamina manifold which means that you will be able to sustain strenuous activity for longer without breaking a sweat. This means that if your man exercises, then he will definitely be able to control himself for longer. Ladies, get your man to march to the gym right now!

**Health is wealth**

The most important thing to remember about sexual pleasure is that your health is the most important factor in all of this. If you are healthy in terms of your body, mind and soul, and you can manage to accomplish anything you want, in the bed and outside it!

Start eating healthy and having regular sleep patterns. Do not pile up on junk food and sleep whenever you feel like. Keep things steady in your life and more importantly, develop a healthy relation with all those around you. Once all of these things become ingrained in your life and lifestyle, you will be able to enjoy the joys of sexual pleasure for longer and in a more intense fashion! Therefore keep in sync with each other and take care of your bodies!