

Making sex noises actually HELPS you orgasm, experts say

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Don't feel embarrassed - moaning might actually make sex feel even better.

If you tend to remain schtum in bed, you might want to consider letting your inner animal loose.

Because moaning during sex does actually make it more pleasurable.

Experts claim that by emitting noises, we let our partners know that we're having a good time.

NYU professor of Human Sexuality, Dr Zhana Vrangalova, told Refinery29 that we make sex noises "both because we want (our partner) to be happy, and because we want them to know we are doing something right to make them happy".

And moaning can be a tool for guiding our partners in what we want more or less of.

Moans are positive reinforcement

Apart from anything else, giving detailed instructions isn't always something we want to come out with mid-coitus - but sex noises act like positive reinforcement.

One study found that people of all genders who moan during sex are having better sex.

It found that sex noises helped bridge people feel more confident and satisfied in bed - unlike talking.

Giving instructions didn't necessarily mean that couples were more sexually satisfied in the end, but moans and screams did.

So, why do we moan?

Outside of the bedroom, moaning and screaming are both pretty negative reactions.

But according to Dr Aaron Ben-Zeev, any noise is better than no noise when it comes to sex.

"A major benefit of sexual noises is that - if genuine - they demonstrate that the partner is not indifferent; in this sense, any noise is better than complete silence," writes in Psychology Today.

He says that making sex sounds is part of something called "arousal transfer".

That happens where "one situation generates arousal in another".

For example: makeup sex happens after a fight, with the high arousal state associated with the fight is transferred to the high arousal state of the sex.

Moaning and screaming, similarly, can be associated with pain or suffering, and that arousal is then translated into sexual pleasure.

Not all moans are equal

But don't fool yourself into thinking all moans are genuine.

A 2011 study by scientists at the Universities of Central Lancashire and Leeds looked at the sex habits of 71 women.

They found that 66 per cent of them moaned just to speed up their partner's orgasm, while 87 per cent moaned to pretend they were reaching their own climax.

The study also showed that women moan whenever they're getting bored, tired or uncomfortable during sex - just so the guy gets turned on and finishes sooner.

Ouch.

But faking it till you make it ultimately means that you spend longer trying to make it.

All it does it teach someone to do what you don't enjoy.

So if you want better sex, you need to be more open about what genuinely does turn you on - and when you're in the zone, don't be shy about being loud.

It may well result in an altogether more satisfactory moment.

- The Sun