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## 10 things you never knew about climaxing

Aug 2, 2015, 12.00AM IST

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10 things you never knew about climaxing (Thinkstock Photos/ Getty Images)

*World Orgasm Day is being celebrated in some countries around this time. While UK had its National Orgasm Day on July 31, Brazil will celebrate International Female Orgasm Day on August 8. Here are a few facts about climaxing that may not have crossed your mind...*

### **1. People who orgasm more times look younger**

Dr David Weeks, a consultant clinical psychologist, surveyed 3,500 people and found those who had more orgasms looked younger. A vigorous sex life was the second-most important determinant of how young a person looked. Only physical activity proved more important than sex in keeping ageing at bay.

### **2. It helps tackle insomnia**

While (anecdotally) sleepiness after orgasm is more associated with [men](#) than women, it can actually similarly affect both sexes. Our brains release a cocktail of chemicals upon climax, which include oxytocin and vasopressin. These chemicals are associated with releases of melatonin, which helps regulate your sleep.

### **3. It has antidepressant properties**

Reports say semen contains a hefty cocktail of molecules including mood-elevating estrogen and oxytocin, cortisol, melatonin, antidepressant prolactin, thyrotropin releasing hormone and serotonin.

#### **4. Climaxing is a natural stress reliever**

When we orgasm, the hormone oxytocin is released from nerve cells in the hypothalamus into the bloodstream and this molecule, affectionately known as the 'love molecule'. It helps people feel warm and fuzzy and induces feelings of optimism, increased self-esteem and trust. Studies have also shown that a rise in oxytocin levels can relieve pain caused by headaches, cramps and overall body aches.

#### **5. Boosts the immune system**

According to the British Medical Journal, there's a strong correlation between orgasms and mortality rates. Those who orgasm two times a week or more can add up to eight years on to their life. Apparently, it boosts the immune system, heart health and [brain](#) power. So, orgasms make us not only look younger, they help us to live longer too.

#### **6. Birthgasms exist — and woman have them**

Literally an orgasm when you're giving birth, it may seem like the furthest thing from your mind, but Orgasmic Childbirth, a film by childbirth educator Debra Pascali-Bonaro says labour is sexual and that pleasure during it is "a neglected human right."

#### **7. Coregasms are a thing, too**

A coregasm is an exercise-induced orgasm, most widely reported to occur during core work. First discussed through anecdotal accounts in 1953, sexologist Alfred Kinsey wrote in Sexual Behavior in the Human Female that 5% of [women](#) he spoke with mentioned experiencing orgasms during exercise.

#### **8. Men and women's orgasm contractions both occur at 0.8 second intervals**

Most couples tend not to orgasm together during coitus, with the vast majority of females, 69%, stating they rarely or never orgasm from intercourse alone while 75% of males do according to a global sex survey. It's widely known more than two thirds of women prefer clitoral stimulation, but did you know that when men and women do reach climax, their orgasmic contractions both occur at 0.8 second intervals.

#### **9. You can train yourself to have a better orgasm**

The muscles that contract during orgasm are called PC muscles, a hammock-like structure that supports your pelvic organs. Kegel exercises train this set of muscles, and offer well-known benefits such as better bladder control. However, in both men and women, performing regular Kegels can increase the intensity and frequency of orgasms as well. Author Dr Ian Kerner says, "Your intimate muscles are like any other muscle: their power and efficiency improve with a regular workout."

#### **10. It gets better with age**

A survey shows only 4% of females are fully satisfied with their climax and only 31% orgasm during intercourse. But the older women get, the more satisfaction they report, with more

than 75% of those over 60 claiming their satisfaction is better than ever before, and more claim to orgasm during intercourse.

*(By Daily Mirror)*