
Sex & Well-Being: **Does Engaging in More Frequent Sex Actually Make You Happier?**

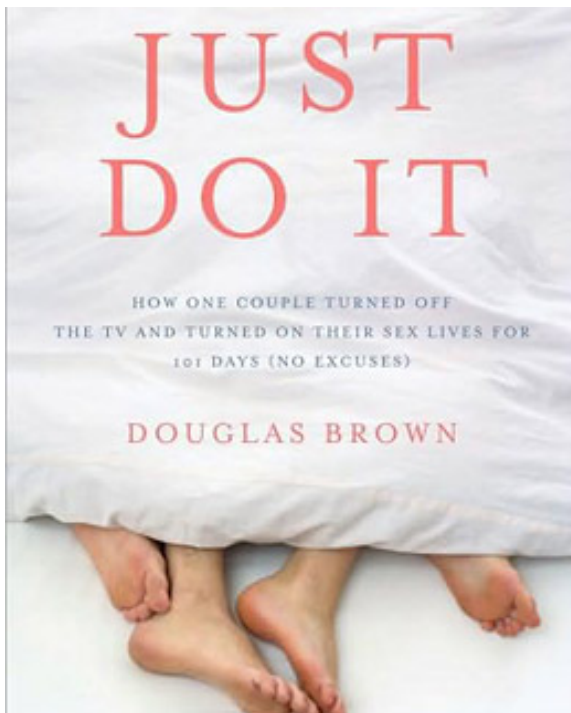
Amy Muise, PhD

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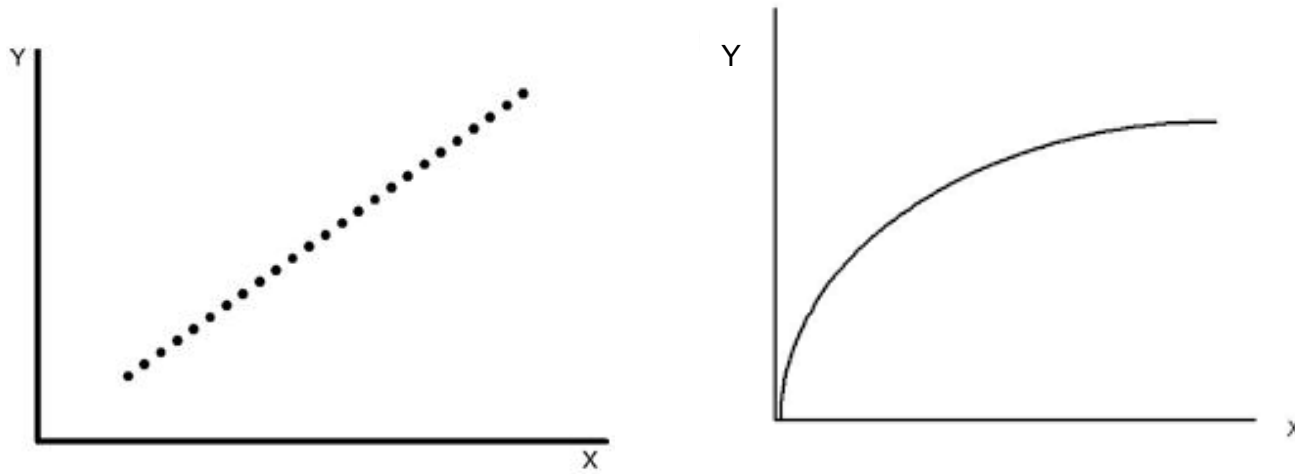
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Daily Sex as a Route to Happiness?



Do the Benefits of Sex Level Off?



$N = 30,645$

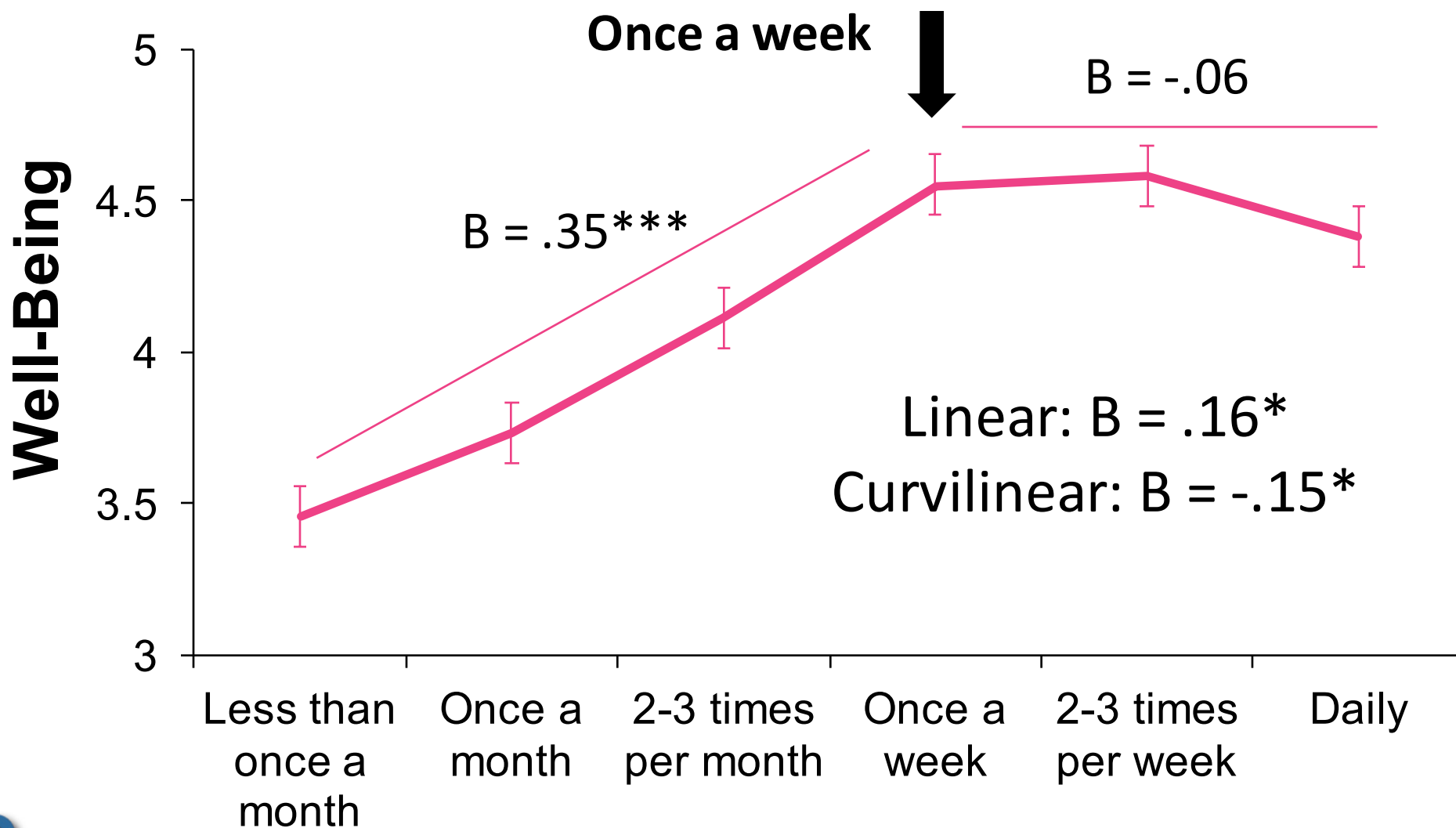
General Social Survey

National Survey of Families and Households

Mechanical Turk



Do the Benefits of Sex Level Off?



Conclusions & Implications

once a week

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

