

Men's Health

7 Sex Upgrades for Your Bed

If you're still rocking the college look, it's time to give your bed—and your sex life—a makeover

BY LAURA TEDESCO, FEBRUARY 19, 2014



The whole "twin bed with threadbare sheets" thing may have worked in college, but you're out of the frat house now—which means your bedroom needs to grow up, too. "Surrounding yourself with warmth and luxury is a catalyst for sex—an aphrodisiac, even," says Cathy Hobbs, an interior designer in New York City. "It's the difference between being at Motel 6 and the Four Seasons."

Make your bedroom a place where women want to jump between the sheets—and stay there—with these seven tips. Then hang up the "Do Not Disturb" sign and get busy.

Invest in a latex mattress

If your sex life is a circus—acrobatic positions, animal noises, crazy stunts—you need a mattress that can handle all the action. Latex is the answer: It's the easiest to move around on, so you can seamlessly transition from one move to another, according to SleepLiketheDead.com, a nonprofit mattress review site. Plus, "latex mattresses tend to wear very well," says Chris Winter, M.D., a sleep medicine specialist. "You don't get that ditch in the middle of the bed over time." And go big: "Size matters—buy a queen size, minimum," says Hobbs.

... Or buy a memory foam topper

Don't want the kids or a roommate to hear you getting it on? The density of memory foam will absorb the sound of your thrusting. Although it's not the best surface for active sex, memory foam can give you a little extra traction during missionary or woman on top. "If you're on the bottom, you're melded into the mattress," Dr. Winter says. "So if your partner pushes against you, you're not going to move."

Spring for high-thread-count sheets

Your starting place: 400 thread count. But, really, the higher, the better. And skip the satin sheets—that’s just cliché (and a recipe for serious night-sweating). “Nothing feels better on your skin than pure cotton,” says Hobbs. Look for Egyptian cotton, often referred to as “sateen,” which is smoother than the standard stuff. The gold standard? **E. Braun & Co.** or **Frette** linens, but **Martha Stewart’s line at Macy’s** is a good option, too, she says.

Stick with white sheets

“If you want to set the mood, nothing is more inviting than pure white sheets,” says Hobbs. “I have never been in a hotel and seen a black sheet.” Another option: white sheets with a solid-colored border in navy, hunter green, brown, or the Greek Key pattern. “Men think beautiful sheets are feminine,” says Hobbs. “But the Greek Key pattern is a very strong statement—classy and masculine at the same time.”

Use unscented detergent

If your sheets smell like a flower garden, she may think you anticipated getting her naked or could convey the scent of another woman, says Hobbs. Try **Arm & Hammer’s perfume-free detergent**, which is gentle enough for high-end linens, she says.

Buy a foam pillow

Down pillows are great for sleeping, but foam pillows are practically built for sex—especially the ones that are shaped like a wedge. “These are made for people with breathing or sleep problems,” says Dr. Winter. They’re also perfect for slipping under her butt to give you a better angle for penetration. A subtler option: a **shredded latex pillow**, which you can stuff according to your desired thickness and firmness, allowing for experimentation.

Pick a platform bed

If you’re in the market for a new frame—and want one that won’t squeak during sex—a **platform bed** is your best bet. “If a bed is on four legs, it will probably creak more,” says Hobbs. “But a platform bed is low to the ground and basically supported by itself.” Plus, it’s stylish and more masculine than other styles.