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EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How can I get in the mood?"

Q My fiancé and I used to have a great sex life, but lately our libidos have been out of sync. I still get horny for him, but just not when *he's* horny. What can I do?

A Arousal patterns wax and wane, so it might just be a matter of time before you and your guy get back on the same horny track. Until such a point, consider this: Your libido isn't dead, it's just not in harmony with your man's. So, what's stopping you from acting on your desires and jumping him when you do get the urge? After all, spontaneity is key to a satisfying sex life. And, as long as the situation is appropriate, i.e., you can find some privacy, there's no right or wrong time to get randy.

If your man tends to become aroused at particular times of day (or night), you can try some lust-inducing tricks to help you get in sync with *his* peaking pattern. For example: If he's usually up for action at night, prep for passion by taking a hot bath before bed and tapping into an erotic fantasy as you lather your bod all over. If he's more apt to want a morning shag, see if you can wake up before him and try some solo action so you'll be revved up by the time he's ready to roll. And, when you are doing the deed, make sure there are no distractions, like a blaring TV, so you can focus and let yourself completely surrender to every delicious sensation.

It's also possible that some underlying issue is putting a crimp in your sex life. Perhaps you have some unresolved problems with your man, which could be interfering with your intimacy. Hopefully, since you're going to marry the guy, you can talk to him about anything that might be troubling you. Or, you could be stressed out about your wedding plans. If that's the case, make sure you reserve some downtime with him to chill and reconnect. Sometimes, just relaxing and enjoying each other's company is all it takes to get turned on.

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