



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Is it possible for women to orgasm while sleeping?"

Q Recently I was awakened and I swore I was having an orgasm. Is this possible?

A Yes. When you're in the dreaming stage of sleep known as REM (Rapid Eye Movement), impulses in your body can periodically engorge your genital region with blood, just as if you were aroused. Sometimes that increased blood flow peaks and releases, which results in an orgasm. It's the female version of a "wet dream." And you don't even have to be having erotic thoughts for this to happen.

While many women sleep through the sexy sensation and never know about their nighttime climax, others wake up. It definitely beats an alarm clock!

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