

# sex talk.

answers to your questions about sex and relationships

wildfact

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## Q How long should it take a guy to be ready for “Round 2”?

A. It's different for every guy. After a male orgasms and ejaculates, he needs time to “recharge” before he is able to experience another orgasm. That recovery time is called the refractory period.

The refractory period can range from minutes, to hours, or even a day; no one is the same. There may also be a different length of refractory period after each sexual encounter. Lots of different things can affect it; here are a few:

- Age: as you get older the refractory period lengthens
- Stress
- Alcohol and/or other drug use
- Libido
- Testosterone levels

So, why does it take time for a male to be ready for “Round 2”? In some cases, right after orgasm, the head of the penis becomes very sensitive, and stimulating it is uncomfortable. In all cases, the body needs time to recover in order to become sexually aroused again. All the exciting

changes in the body leading up to orgasm need to return to their usual state. These include: increased blood flow to the penis, elevation of the testes, and an increased heart rate, respiratory rate, and blood pressure. Once things are back to normal, a male can be restimulated to ejaculate and have another orgasm.

Keep in mind that there are other things you can do right after sex that don't involve an erect penis such as cuddling, massaging, and kissing. These things will help time go by and keep both of you in the mood if you and your partner want to go for “Round 2.”

Interesting fact: Women are able to have multiple orgasms with no refractory period, but for many women reaching orgasm can take some time. Men typically orgasm faster than women, but the refractory period in their sexual response cycle is necessary for guys to recharge.



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