



2 ONCE YOU'RE IN THE BEDROOM...

HOST A VIP BOOK CLUB Take turns reading a super-enticing novel aloud to each other, suggests sex and relationship therapist Megan Fleming, PhD. (Go for an erotic tale with *The Chateau*, by Tiffany Reisz, or revisit a series such as *Harry Potter*.) Studies have found that reading lowers stress and that sharing a book with bae can actually make you feel closer and more united.

"May I have this dance... in our pajamas?"

3 When It's Lights Out...

Rub 'Em the Right Way

Before dozing off, scratch your mate's back, stroke their hair, or have them massage your back or shoulders. Want more? Hug it out for a full 20 seconds, suggests Fleming. Touching for that long has been shown to elevate levels of the "love hormone" oxytocin, which is all in on boosting your bond.

Go to Sleep at the Same Time

A University of Pittsburgh study found that the day after a simul-snooze (yup, making that a word), women report feeling better about their interactions with their male partners. Hit the hay together a few nights a week, or if your schedules are crazy, one of you can at least tuck the other in, says Fitzpatrick. ■

It's a ritual every new couple goes through when sleepovers become de rigueur: claiming your half of the bed. One person likes the cool breeze by the window; the other needs to be closer to the bathroom for middle-of-the-night pee trips. Which zone you choose doesn't suggest anything deeper about your dynamic. However, once you pick, don't swap sides. Sleeping in your usual spot can be reassuring and may help promote a sense of safety and security in your relationship, says marriage counselor Jean Fitzpatrick.