good in bed*
**your guide to a better sex life*

GOOD IN BED SURVEYS

Report #4

Sex, Relationships, & the Holidays

KEY FINDINGS

- Excluding Valentine's Day, the sexiest holiday was the **Winter Holidays** (e.g., Christmas, Hanukkah, etc.), supported by 36% of participants
    - Followed closely by **New Year's Eve**, supported by 33% of participants
- Around 45% of men and women were **much more likely to have sex on holidays** compared to other times of the year, with around 35% indicating they were a little more likely
- **Valentine's Day** and **New Year's Eve** were *most likely* to elicit extra effort to be sexual from a partner.
- **Thanksgiving** and **Halloween** were *least likely* to elicit extra effort to be sexual from a partner.
- There were not any significant gender differences in the extent to which different holidays impacted sex and relationships

BACKGROUND

Around the holidays, schedules get turned up-side-down, priorities change, and there is usually an overflow of visiting with family and friends. This shift in the flow of our days not only impacts our stress level and sleep cycle, but also our relationships. Unfortunately, this information doesn't come from research; it comes from anecdotal accounts of how much the holidays impact sex and relationship dynamics. Well, two major holidays are upon us, so we here at Good in Bed wanted to understand some of the science behind how the holidays impact sex and relationships. To do so, we gathered survey data from over 2000 men and women to quantitatively capture some of the information about the kind of role holidays play in your love lives.

METHODOLOGY

Data was collected through an online survey. Participants were recruited through various online forums (e.g., email listservs, online articles, social media websites) and directed to the study website. Potential participants were informed that a small incentive would be offered for involvement in the study (a code to redeem a free e-book from

goodinbed.com, worth $5.95). There was an 85.1% completion rate with 2,561 beginning the survey and 2,179 participants completing the survey. Once all missing cases were removed, the final sample consisted of 2,167 participants: 1262 men (58.2%) and 905 women (41.8%). For sample characteristics broken down by gender, see Table 1.

Upon accessing the survey, participants were presented with a number of questions that assessed various demographic variables and current (or most recent) relationship dynamics followed by a number of questions on the impact holidays have on sex and relationships.

This study used a web-based data collection method. Internet surveys provide a more comfortable environment to collect data on sensitive issues such as sexuality, and therefore individuals were more likely to submit accurate sexual and relationship information online. All responses were completely anonymous and we did not collect any identifying information from participants.

DEMOGRAPHICS

- 1262 men (58.2%)
- 905 women (41.8%)

- 92% heterosexual, 1.3% gay or lesbian, 5.3% bisexual, 0.6% uncertain or questioning, 0.8% other

- 59.8% were married
- 20.7% were seriously dating one person
- 7.9% were casually dating one or more people
- 4.7% were common-law or living together
- 4.1% were engaged
- 1.7% were seriously dating one or more people

- The majority of the sample, 71.9%, were living with their partner at the time of data collection

- Couples were in their current relationship for an average of 14 years and 5 months (*Mdn* = 10 years and 4 months)

- 66.7% have children – of those, 23.4% have 1 child, 42.4% have 2 children, 21.9% have 3 children, 7.8% have 4 children, 5.5% have 5 or more children
- 32.7% don't have children

Table 1. Demographic variables by gender

	Men n (%)	Women n (%)	Total
Gender			
Male	1262	--	58.2%
Female	--	905	41.8%
Age			
18-24	84 (6.7)	213 (23.5)	13.7%
25-29	92 (7.3)	160 (17.7)	11.6%
30-34	250 (19.8)	219 (24.2)	21.6%
35-39	15 (1.2)	22 (2.4)	1.7%
40-44	249 (19.7)	125 (13.8)	17.3%
45-49	174 (13.8)	73 (8.1)	11.4%
50-54	151 (12.0)	42 (4.6)	8.9%
55-59	120 (9.5)	32 (3.5)	7.0%
60-64	74 (5.9)	12 (1.3)	4.0%
65-69	34 (2.7)	7 (.8)	1.9%
70 or older	19 (1.5)	0 (0)	.9%
Sexual Orientation			
Heterosexual	1213 (96.1)	780 (86.2)	92.0%
Gay or Lesbian	13 (1.0)	16 (1.8)	1.3%
Bisexual	26 (2.1)	89 (9.8)	5.3%
Uncertain/Questioning	5 (.4)	8 (.9)	.6%
Relationship Status			
Casually dating 1+ people	73 (5.8)	98 (10.8)	7.9%
Seriously dating 1+people	20 (1.6)	17 (1.9)	1.7%
Seriously dating 1 person	164 (13.0)	285 (31.5)	20.7%
Engaged	42 (3.3)	46 (5.1)	4.1%
Married	929 (73.6)	367 (40.6)	59.8%
Common-law	26 (2.1)	75 (8.3)	4.7%
Children			
No Children	290 (23.0)	402 (44.4)	31.9%
1 Child	186 (14.7)	152 (16.8)	15.6%
2 Children	430 (34.1)	182 (20.1)	28.2%
3 Children	215 (17.0)	101 (11.2)	14.6%
4 Children	78 (6.2)	35 (3.9)	5.2%
5 Children +	57 (4.5)	23 (2.5)	3.7%

RELATIONSHIP CHARACTERISTICS

Relationship Satisfaction
The majority of participants indicated they were 'very much satisfied' (43.8%) or 'satisfied' (28.8%) with their current relationship.

- **Men:** 42.5% very much satisfied; 30.7% satisfied
  2.8% very much dissatisfied; 4.7% dissatisfied

- **Women:** 45.7% very much satisfied; 26.2% satisfied
  1.7% very much dissatisfied; 2.7% dissatisfied

Sexual Satisfaction

The majority of participants indicated they were 'very much satisfied' (22.5%) or 'satisfied' (26.5%) with their current sex life.

- **Men:** 17.4% very much satisfied; 26.1% satisfied
  8.2% very much dissatisfied; 13.9% dissatisfied
- **Women:** 29.6% very much satisfied; 27.0% satisfied
  3.2% very much dissatisfied; 7.5% dissatisfied

QUANTITATIVE RESULTS SUMMARY

The majority of respondents (36%) believed that the **Winter Holidays** (e.g., Christmas, Hanukkah, etc.) were the sexiest holidays, aside from Valentine's Day.

- 37% of men
- 34% of women

Second to the Winter Holidays, 33% of respondents believed that **New Year's Eve** was the sexiest holiday, aside from Valentine's Day.

- 31% of men
- 37% of women

Following behind Winter Holidays and New Year's Eve, 16% of men and 16% of women chose Halloween as the sexiest holiday, 3% of men and 2% of women chose Thanksgiving as the sexiest holiday. A number of participants (14% of men and 11% of women) indicated that they believed another holiday was the sexiest for them. This wordle displays the holidays that were cited most frequently (larger text indicates more frequent citation):

Gifts & Finances

Sex was much more likely on vacation compared to other times of the year for both men and women. Additionally, financial issues weren't as likely to impact sex during the winter holidays as was expected, with the majority of men and women indicating that

financial issues didn't impact sex any differently around Winter Holidays compared to other times of the year. However, a holiday gift being related to intimacy or sex was a little more likely for most respondents around the holidays. The statistics related to each of these constructs are broken down by gender below:

Likelihood of sex when on vacation compared to other times of the year:

|	Men	Women
• Much more likely	43.4%	46.6%
• A little more likely	36.1%	34.6%
• Neither likely or unlikely	12.6%	15.2%
• A little less likely	4.6%	2.5%
• Much less likely	3.4%	1.0%

Likelihood of financial issues impacting sex during *Winter Holidays* compared to other times of the year:

	Men	Women
• Much more likely	11.2%	13.8%
• A little more likely	26.4%	32.7%
• Neither likely or unlikely	52.5%	44.2%
• A little less likely	3.9%	3.5%
• Much less likely	6.1%	5.7%

Likelihood of holiday-related gift being related to sex life or intimacy:

	Men	Women
• Very likely	11.3%	15.7%
• A little bit likely	40.2%	42.0%
• Neither likely or unlikely	18.0%	18.5%
• A little unlikely	13.1%	12.2%
• Very unlikely	17.5%	11.7%

When asked to select each of the following holiday gifts related to their sex life that the participants have given or received, these were the responses:
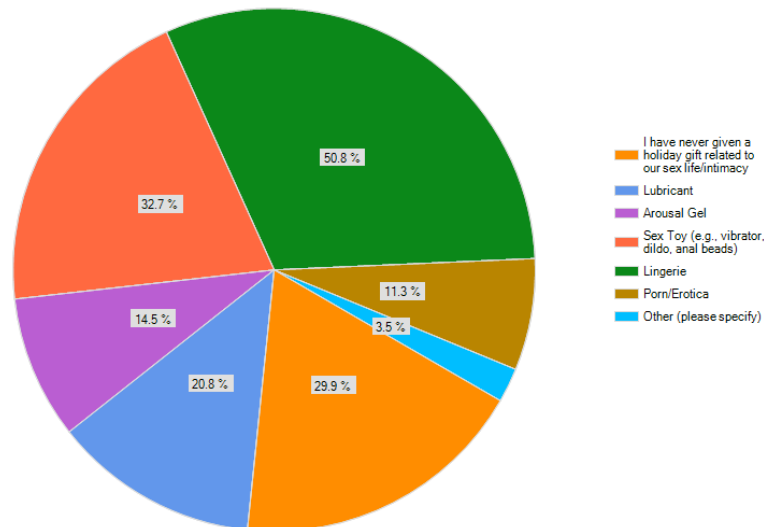
For the 35% of respondents who selected "other" – these were some of their responses (Note: larger text indicates more frequently cited item):

Attraction

Research has shown that the extent to which you feel attractive in your own skin can impact your satisfaction, particularly when it comes to sex. Therefore, we were interested to know how different holidays impacted the extent to which participants' felt attractive.
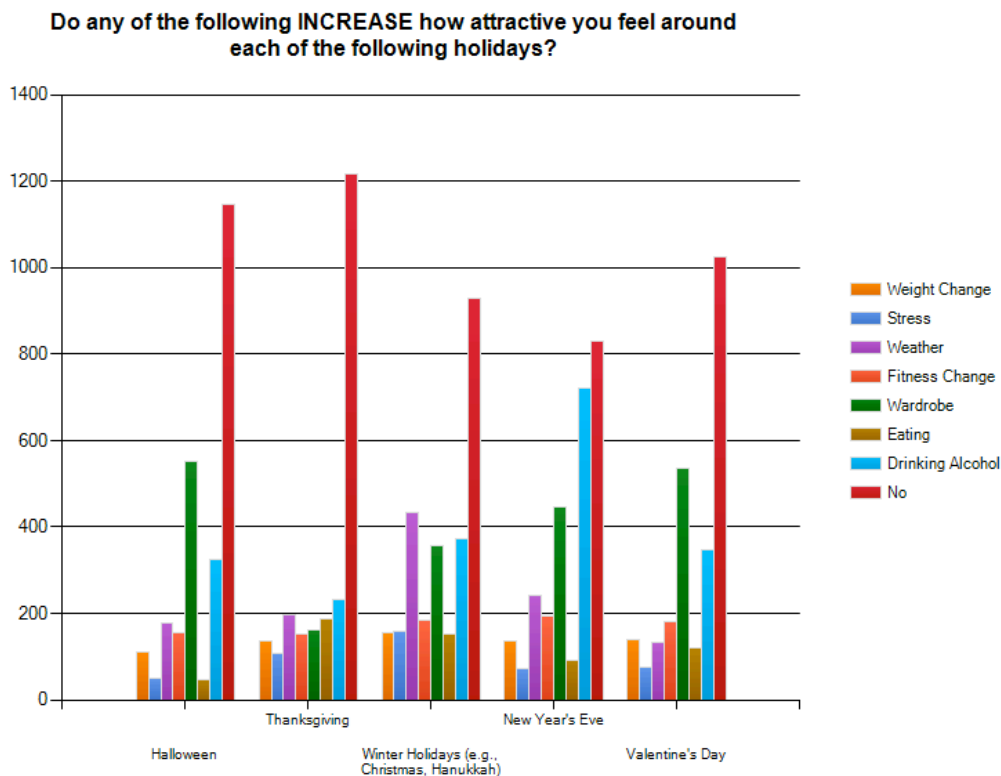
When asked what factors **increase** how **attractive** participants felt around each of the holidays, **drinking alcohol** and **wardrobe** were noteworthy, but the majority of participants indicated that none of the factors increased how attractive the participants felt, with the exception of Halloween, New Year's Eve and Valentine's Day, where drinking alcohol and wardrobe were fairly important factors (see Table 2).

Table 2. Factors that increase how attractive participants felt around holidays.

	Male n (%)	Female n (%)	Total n (%)
Halloween			
Weight Change	52 (4.1)	57 (6.3)	109 (5.0)
Stress	25 (2.0)	26 (2.9)	51 (2.4)
Weather	81 (6.4)	96 (10.6)	177 (8.2)
Fitness Change	81 (6.4)	69 (7.6)	150 (6.9)
Wardrobe	272 (21.6)	274 (30.3)	546 (25.2)
Eating	20 (1.6)	25 (2.8)	45 (2.1)
Drinking Alcohol	149 (11.8)	175 (19.3)	324 (15.0)
No Impact	730 (57.8)	414 (57.8)	1144 (52.8)

Thanksgiving			
Weight Change	72 (5.7)	63 (7.0)	135 (6.2)
Stress	57 (4.5)	52 (5.7)	109 (5.0)
Weather	92 (7.3)	103 (11.4)	195 (9.0)
Fitness Change	89 (7.1)	58 (6.4)	147 (6.8)
Wardrobe	72 (5.7)	86 (9.5)	158 (7.3)
Eating	107 (8.5)	79 (8.7)	186 (8.6)
Drinking Alcohol	120 (9.5)	108 (11.9)	228 (10.5)
No Impact	736 (58.3)	477 (52.3)	1213 (56.0)
Winter Holidays			
Weight Change	78 (6.2)	77 (8.5)	155 (7.2)
Stress	95 (7.5)	64 (7.1)	159 (7.3)
Weather	220 (17.4)	208 (23.0)	428 (19.8)
Fitness Change	107 (8.5)	74 (8.2)	181 (8.4)
Wardrobe	169 (13.4)	183 (20.2)	352 (16.2)
Eating	83 (6.6)	69 (7.6)	152 (7.0)
Drinking Alcohol	190 (15.1)	181 (20.0)	371 (17.1)
No Impact	577 (45.7)	349 (38.6)	926 (42.7)
New Year's Eve			
Weight Change	70 (5.5)	65 (7.2)	135 (6.2)
Stress	42 (3.3)	30 (3.3)	72 (3.3)
Weather	128 (10.1)	112 (12.4)	240 (11.1)
Fitness Change	110 (8.7)	79 (8.7)	189 (8.7)
Wardrobe	200 (15.8)	242 (26.7)	442 (20.4)
Eating	51 (4.0)	38 (4.2)	89 (4.1)
Drinking Alcohol	373 (29.6)	346 (38.2)	719 (33.2)
No Impact	548 (43.4)	279 (30.8)	827 (38.2)
Valentine's Day			
Weight Change	77 (6.1)	59 (6.5)	136 (6.3)
Stress	46 (3.6)	31 (3.4)	77 (3.6)
Weather	69 (5.5)	63 (7.0)	132 (6.1)
Fitness Change	112 (8.9)	66 (7.3)	178 (8.2)
Wardrobe	289 (22.9)	243 (26.9)	532 (24.6)
Eating	59 (4.7)	61 (6.7)	120 (5.5)
Drinking Alcohol	173 (13.7)	172 (19.0)	345 (15.9)
No Impact	627 (49.7)	396 (43.8)	1023 (47.2)

These findings are also displayed graphically below:

Do any of the following INCREASE how attractive you feel around each of the following holidays?
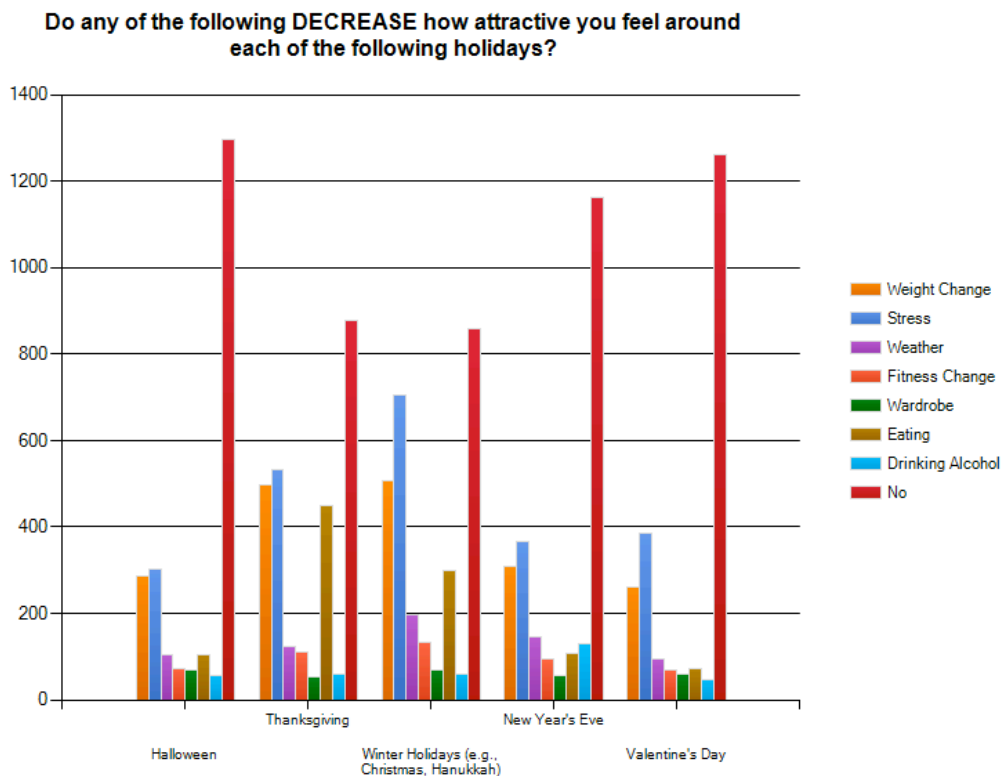

When asked what factors **decrease** how **attractive** participants felt around each of the holidays, **weight change** and **stress** were noteworthy, but the majority of participants indicated that none of the factors decreased how attractive the participants felt, with the exception of the Winter Holidays and Thanksgiving, where weight change and stress were fairly important factors (see Table 3).

Table 3. Factors that decrease how attractive participants felt around holidays.

	Male n (%)	Female n (%)	Total n (%)
Halloween			
Weight Change	141 (11.2)	142 (15.7)	283 (13.1)
Stress	165 (13.1)	131 (14.5)	296 (13.7)
Weather	53 (4.2)	52 (5.7)	105 (4.8)
Fitness Change	39 (3.1)	32 (3.5)	71 (3.3)
Wardrobe	28 (2.2)	39 (4.3)	67 (3.1)
Eating	37 (2.9)	62 (6.9)	99 (4.6)
Drinking Alcohol	29 (2.3)	27 (3.0)	56 (2.6)
No Impact	777 (61.6)	514 (56.8)	1291 (59.6)
Thanksgiving			
Weight Change	242 (19.2)	251 (27.7)	493 (22.8)
Stress	266 (21.1)	258 (28.5)	524 (24.2)

Weather	54 (4.3)	68 (7.5)	122 (5.6)
Fitness Change	58 (4.6)	49 (5.4)	107 (4.9)
Wardrobe	21 (1.7)	33 (3.6)	54 (2.5)
Eating	211 (16.7)	232 (25.6)	443 (20.4)
Drinking Alcohol	33 (2.6)	25 (2.8)	58 (2.7)
No Impact	567 (44.9)	308 (34.0)	875 (40.4)
Winter Holidays			
Weight Change	248 (19.7)	254 (28.1	502 (23.2)
Stress	367 (29.1)	329 (36.4)	696 (32.1)
Weather	94 (7.4)	100 (11.0)	194 (9.0)
Fitness Change	73 (5.8)	57 (6.3)	130 (6.0)
Wardrobe	27 (2.1)	40 (4.4)	67 (3.1)
Eating	137 (10.9)	154 (17.0)	291 (13.4)
Drinking Alcohol	36 (2.9)	25 (2.8)	61 (2.8)
No Impact	552 (43.7)	304 (33.6)	856 (39.5)
New Year's Eve			
Weight Change	155 (12.3)	152 (16.8)	307 (14.2)
Stress	204 (16.2)	156 (17.2)	360 (16.6)
Weather	76 (6.0)	68 (7.5)	144 (6.6)
Fitness Change	59 (4.7)	35 (3.9)	94 (4.3)
Wardrobe	24 (1.9)	31 (3.4)	55 (2.5)
Eating	52 (4.1)	51 (5.6)	103 (4.8)
Drinking Alcohol	74 (5.9)	57 (6.3)	131 (6.0)
No Impact	692 (54.8)	465 (51.4)	1157 (53.4)
Valentine's Day			
Weight Change	123 (9.7)	135 (14.9)	258 (11.9)
Stress	218 (17.3)	162 (17.9)	380 (17.5)
Weather	50 (4.0)	46 (5.1)	96 (4.4)
Fitness Change	43 (3.4)	25 (2.8)	68 (3.1)
Wardrobe	24 (1.9)	34 (3.8)	58 (2.7)
Eating	33 (2.6)	36 (4.0)	69 (3.2)
Drinking Alcohol	30 (2.4)	16 (1.8)	46 (2.1)
No Impact	753 (59.7)	502 (55.5)	1255 (57.9)

These findings are also displayed graphically below:

Do any of the following DECREASE how attractive you feel around each of the following holidays?

Effort & Benefit

Participants also reported on whether they were likely to make an extra effort to be sexual with their partners around certain holidays.
- **Valentine's Day** and **New Year's Eve** were *most likely* to elicit extra effort to be sexual from a partner.
- **Thanksgiving** and **Halloween** were *least likely* to elicit extra effort to be sexual from a partner.

There were no significant overall differences between men and women in their extra effort put forth ($p < .05$).

Halloween	Men	Women
Very likely	18.0%	19.2%
A little bit likely	15.9%	17.8%
Neither likely or unlikely	37.6%	36.4%
A little unlikely	6.7%	3.6%
Very unlikely	12.0%	10.7%

Thanksgiving	Men	Women
Very likely	10.0%	9.0%

	Men	Women
• A little bit likely	21.6%	17.9%
• Neither likely or unlikely	39.6%	38.1%
• A little unlikely	10.9%	11.6%
• Very unlikely	7.8%	11.0%

Winter Holidays

	Men	Women
• Very likely	33.1%	34.0%
• A little bit likely	32.6%	28.5%
• Neither likely or unlikely	18.5%	17.9%
• A little unlikely	3.8%	3.8%
• Very unlikely	3.7%	4.8%

New Year's Eve

	Men	Women
• Very likely	46.7%	47.3%
• A little bit likely	27.7%	22.8%
• Neither likely or unlikely	12.4%	14.4%
• A little unlikely	2.5%	1.8%
• Very unlikely	2.1%	2.4%

Valentine's Day

	Men	Women
• Very likely	60.0%	56.2%
• A little bit likely	19.3%	18.3%
• Neither likely or unlikely	8.5%	11.5%
• A little unlikely	1.2%	1.1%
• Very unlikely	2.5%	2.1%

These results are also displayed in the graph below:

How likely are you to MAKE EXTRA EFFORT to be sexual with your partner on each of the following holidays compared to other days of the year?
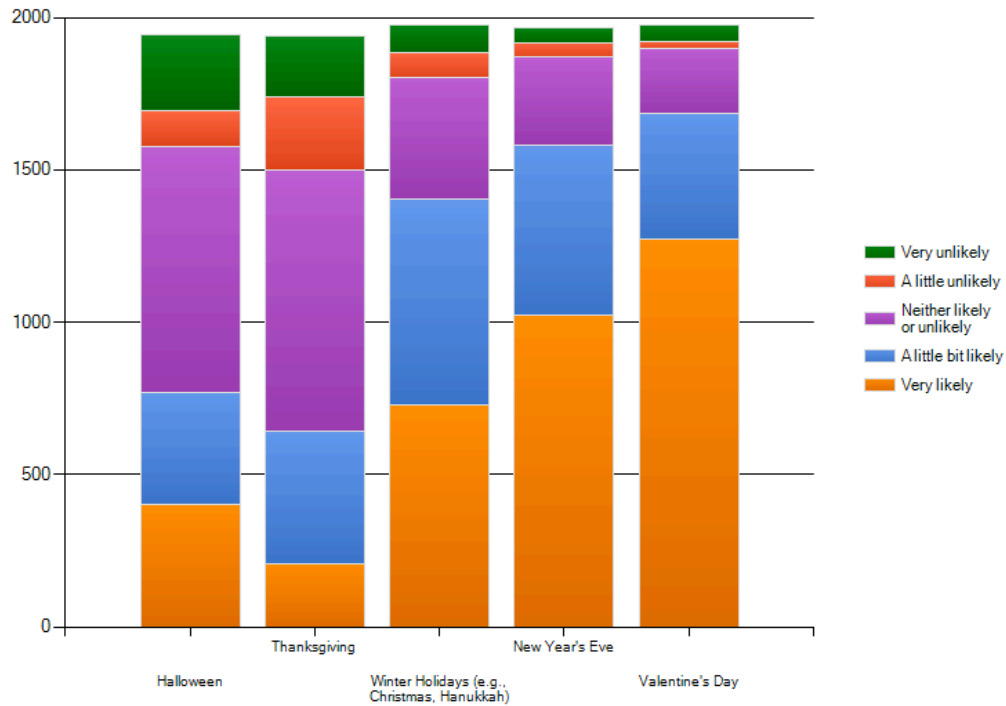
The top 3 holidays that **most benefit** the relationship of these participants were the same for women and men. **Winter Holidays, New Year's Eve,** and **Valentine's Day** were the *most beneficial* to the relationship.
- Most Beneficial
    - Winter Holidays
        - 37.3% of men
        - 32.9% of women
    - Valentine's Day
        - 33.0% of men
        - 26.6% of women
- Second Most Beneficial
    - New Year's Eve
        - 30.6% of men
        - 29.8% of women
    - Winter Holidays
        - 23.8% of men
        - 24.1% of women

- Third Most Beneficial
    - New Year's Eve
        - 23.1% of men
        - 21.5% of women
    - Valentine's Day
        - 19.7% of men
        - 21.2% of women

The top 3 holidays that **negatively interfere** with the relationship of these participants were also the same for men and women. **Halloween, Thanksgiving**, and **Winter Holidays** were the top three holidays that *negatively interfered* with the relationship.
- Most Negatively Interferes
    - Halloween
        - 26.6% of men
        - 25.9% of women
    - Thanksgiving
        - 24.4% of men
        - 21.7% of women
- Second Most Negatively Interferes
    - Thanksgiving
        - 30.1% of men
        - 29.8% of women
    - Halloween
        - 17.6% of men
        - 17.2% of women
- Third Most Negatively Interferes
    - Winter Holidays
        - 17.3% of men
        - 17.3% of women
    - Halloween
        - 16.2% of men
   - 16.7% of women

We were also interested in how much **time** participants spent **being sexual** with their partner during the holidays compared to other times of the year. The findings did not significantly differ between men and women ($p < .05$), with **Valentine's Day** and **New Year's Eve** being the holidays where time spent being sexual with partner increased the most. Time spent being sexual with partner decreased the most during **Thanksgiving** and **Halloween**.

Halloween	Men	Women
- Increases very much	7.2%	8.1%
- Increases a little bit	13.6%	16.1%
- Doesn't increase or decrease	59.6%	58.3%
- Decreases a little bit	6.0%	3.8%
- Decreases very much	4.8%	2.8%

Thanksgiving

	Men	Women
• Increases very much	5.1%	5.4%
• Increases a little bit	17.3%	14.8%
• Doesn't increase or decrease	48.7%	51.2%
• Decreases a little bit	13.9%	11.5%
• Decreases very much	5.2%	5.6%

Winter Holidays

	Men	Women
• Increases very much	16.9%	16.5%
• Increases a little bit	29.6%	27.1%
• Doesn't increase or decrease	32.8%	33.7%
• Decreases a little bit	8.7%	7.2%
• Decreases very much	4.0%	5.0%

New Year's Eve

	Men	Women
• Increases very much	22.3%	22.2%
• Increases a little bit	32.6%	30.3%
• Doesn't increase or decrease	31.8%	32.2%
• Decreases a little bit	3.2%	2.7%
• Decreases very much	1.8%	2.2%

Valentine's Day

	Men	Women
• Increases very much	32.1%	29.5%
• Increases a little bit	29.2%	26.9%
• Doesn't increase or decrease	26.6%	30.5%
• Decreases a little bit	1.5%	1.0%
• Decreases very much	2.5%	1.4%

These findings are also displayed graphically below:

Does the AMOUNT OF TIME you spend being sexual with your partner increase or decrease during the following holidays?
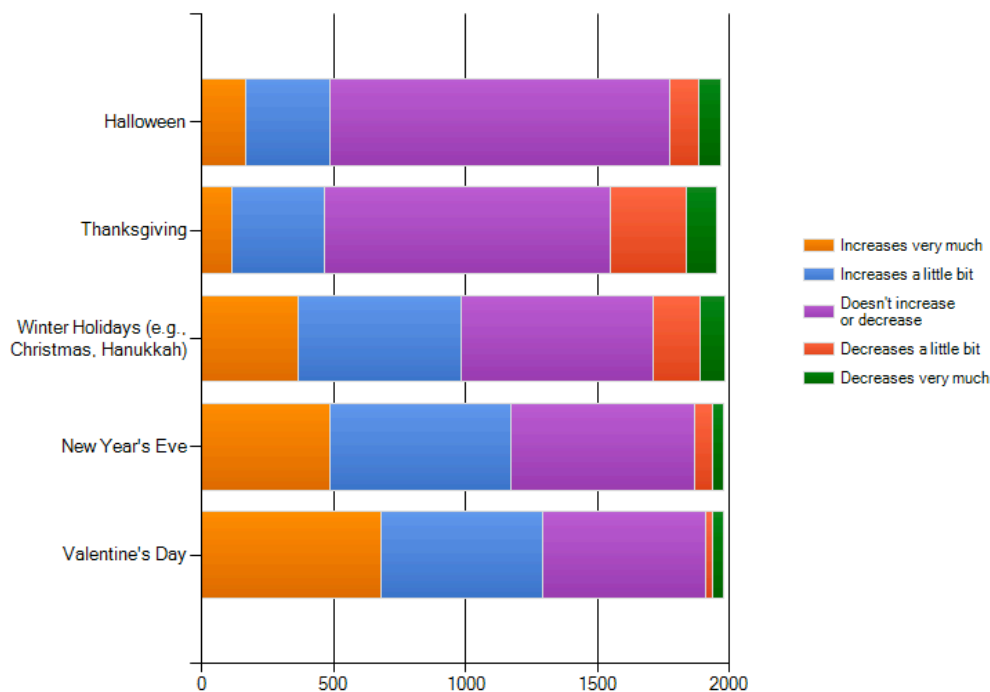
Obstacles to Intimacy

Finally, we were interested in whether there were certain obstacles to being intimate with a partner around each holiday (see Table 4).

Table 4. Obstacles to being intimate with partner during each of the holidays.

	Male n (%)	Female n (%)	Total n (%)
Halloween			
No Babysitter	149 (11.8)	81 (9.0)	230 (10.6)
Family in Town	87 (6.9)	46 (5.1)	133 (6.1)
Finances	92 (7.3)	65 (7.2)	157 (7.2)
Work Schedule	223 (17.7)	153 (16.9)	376 (17.4)
Weight Change	62 (4.9)	58 (6.4)	120 (5.5)
Stress	182 (14.4)	113 (12.5)	295 (13.6)
Weather	32 (2.5)	16 (1.8)	48 (2.2)
Fitness Change	21 (1.7)	17 (1.9)	38 (1.8)
Wardrobe	19 (1.5)	16 (1.8)	35 (1.6)
Eating	20 (1.6)	21 (2.3)	41 (1.9)

Drinking Alcohol	40 (3.2)	33 (3.6)	73 (3.4)
No Impact	598 (47.4)	463 (51.2)	1061 (49.0)
Thanksgiving			
No Babysitter	106 (8.4)	49 (5.4)	155 (7.2)
Family in Town	504 (39.9)	343 (37.9)	847 (39.1)
Finances	115 (9.1)	96 (10.6)	211 (9.7)
Work Schedule	181 (14.3)	152 (16.8)	333 (15.4)
Weight Change	116 (9.2)	122 (13.5)	238 (11.0)
Stress	272 (21.6)	215 (23.8)	487 (22.5)
Weather	38 (3.0)	34 (3.8)	72 (3.3)
Fitness Change	33 (2.6)	29 (3.2)	62 (2.9)
Wardrobe	13 (1.0)	16 (1.8)	29 (1.3)
Eating	161 (12.8)	127 (14.0)	288 (13.3)
Drinking Alcohol	33 (2.6)	25 (2.8)	58 (2.7)
No Impact	335 (26.5)	241 (26.6)	576 (26.6)
Winter Holidays			
No Babysitter	130 (10.3)	66 (7.3)	196 (9.0)
Family in Town	472 (37.4)	330 (36.5)	802 (37.0)
Finances	231 (18.3)	210 (23.2)	441 (20.4)
Work Schedule	204 (16.2)	179 (19.8)	383 (17.7)
Weight Change	113 (9.0)	121 (13.4)	234 (10.8)
Stress	356 (28.2)	266 (29.4)	622 (28.7)
Weather	61 (4.8)	65 (7.2)	126 (5.8)
Fitness Change	45 (3.6)	35 (3.9)	80 (3.7)
Wardrobe	22 (1.7)	19 (2.1)	41 (1.9)
Eating	96 (7.6)	84 (9.3)	180 (8.3)
Drinking Alcohol	46 (3.6)	28 (3.1)	74 (3.4)
No Impact	312 (24.7)	219 (24.2)	531 (24.5)
New Year's Eve			
No Babysitter	181 (14.3)	117 (12.9)	298 (13.8)
Family in Town	163 (12.9)	105 (11.6)	268 (12.4)
Finances	132 (10.5)	99 (10.9)	231 (10.7)
Work Schedule	160 (12.7)	144 (15.9)	304 (14.0)
Weight Change	73 (5.8)	79 (8.7)	152 (7.0)
Stress	205 (16.2)	133 (14.7)	338 (15.6)
Weather	56 (4.4)	46 (5.1)	102 (4.7)
Fitness Change	26 (2.1)	22 (2.4)	48 (2.2)
Wardrobe	16 (1.3)	15 (1.7)	31 (1.4)
Eating	35 (2.8)	25 (2.8)	60 (2.8)
Drinking Alcohol	105 (8.3)	69 (7.6)	174 (8.0)
No Impact	486 (38.5)	360 (39.8)	846 (39.0)
Valentine's Day			
No Babysitter	175 (13.9)	117 (12.9)	292 (13.5)
Family in Town	74 (5.9)	34 (3.8)	108 (5.0)
Finances	126 (10.0)	91 (10.1)	217 (10.0)
Work Schedule	240 (19.0)	168 (18.6)	408 (18.8)

Weight Change	65 (5.2)	61 (6.7)	126 (5.8)
Stress	207 (16.4)	138 (15.2)	345 (15.9)
Weather	34 (2.7)	25 (2.8)	59 (2.7)
Fitness Change	23 (1.8)	20 (2.2)	43 (2.0)
Wardrobe	16 (1.3)	17 (1.9)	33 (1.5)
Eating	23 (1.8)	18 (2.0)	41 (1.9)
Drinking Alcohol	36 (2.9)	24 (2.7)	60 (2.8)
No Impact	551 (43.7)	418 (46.2)	969 (44.7)

These are also displayed graphically below:

Do any of the following act as OBSTACLES TO BEING INTIMATE with your partner around each of the following holidays?
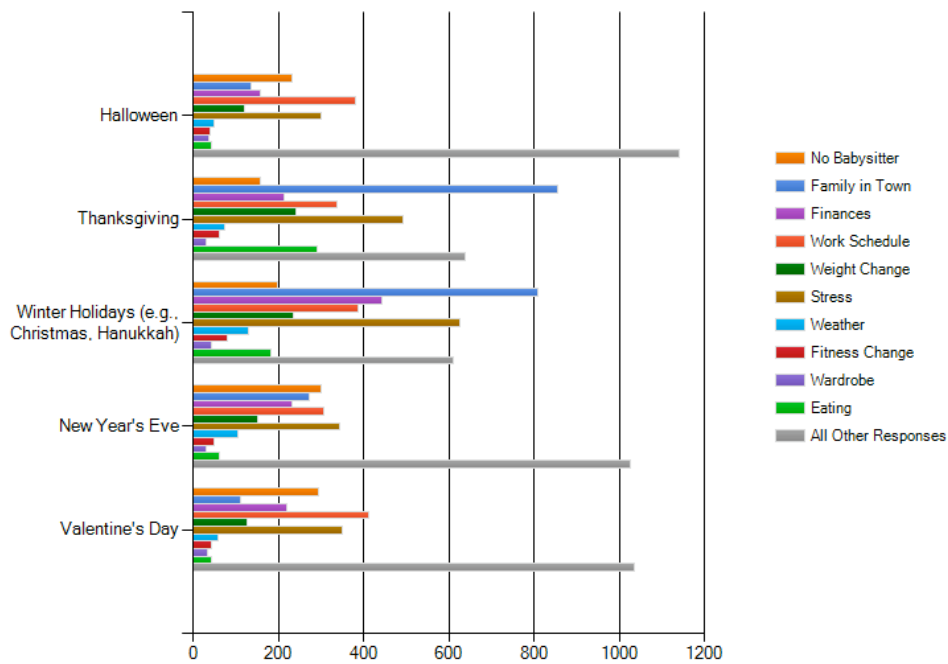
These obstacles didn't significantly differ between men and women for any of the holidays ($p < .01$). On Thanksgiving and the Winter Holidays, **family in town** and **stress** were noteworthy obstacles to being intimate with a partner. **Work schedule** was also an important obstacle to being intimate on all of the holidays.

CONCLUSION
The current survey provided us with detailed information about how different holidays impact sex and relationships. Men and women did not significantly differ on any of the factors that may positively or negatively impact sex and relationships around the holidays. There were more similarities between the genders than differences and more variation occurred within the genders than between. Overall, this survey offers insight into what factors impact sex and relationships during a number of holidays.

Please visit http://www.GoodinBed.com/Surveys for more information on this study and our Survey Director, Kristen Mark.