



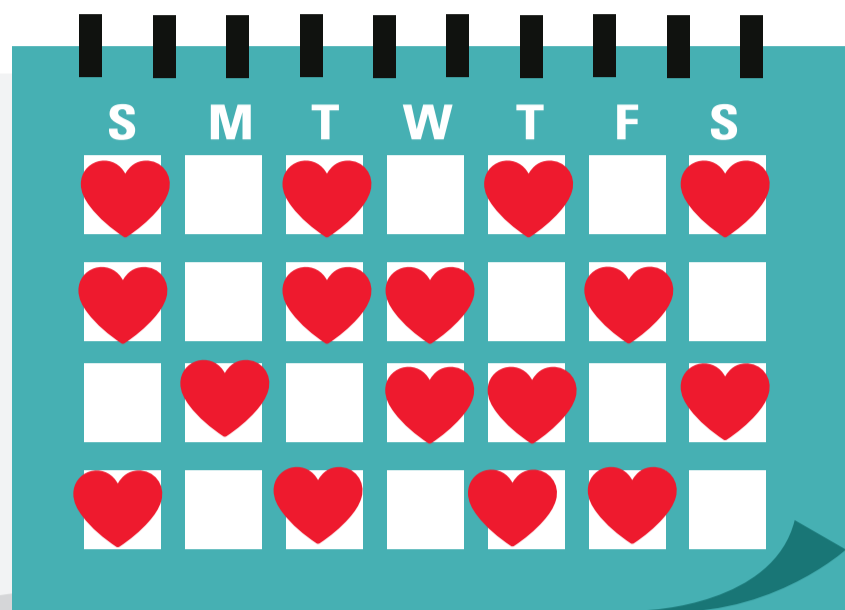
CAN

MASTURBATING

LEAD TO A **BETTER LIFE?**



Our **2017 United State(s) of Masturbation** survey of over 1,200 Americans suggests that frequent masturbation has health and well-being benefits for everyone.



Those who masturbate **AT LEAST 4x PER WEEK** experience **4 life benefits:**



1

Go to the doctor **LESS OFTEN** due to illness or injury



48%

of those who masturbate do so at least once per week,

including **23%**

who masturbate at least 4 times per week.

FACT

What do you think?

Most people think that we should talk about masturbation – and when we do, it's a really positive experience.

NEARLY 50% of Americans think that talking about masturbation would make society better...

...**YET ONLY 28%** are having those conversations with friends

FACT



2

Have higher **BODY CONFIDENCE**

3

Are more likely to **BE EMPLOYED**



Why we do it?

21% To achieve sexual pleasure on my own

20% To relax or relieve stress

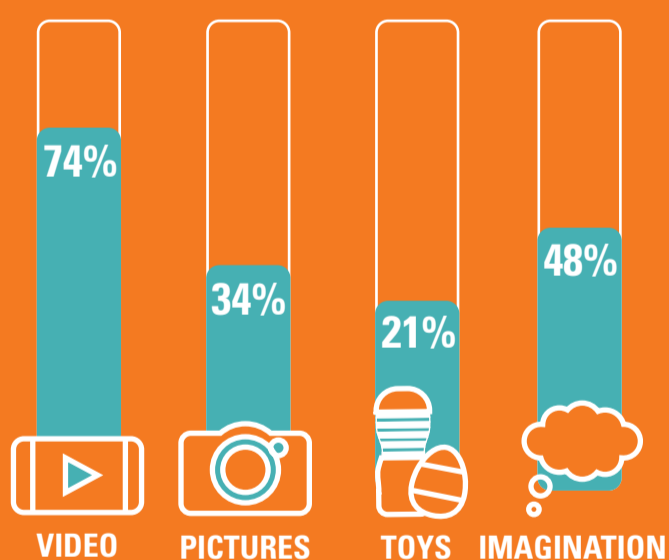
9% To help me sleep

5% Because I'm bored

FACT

What gets us there?

FACT



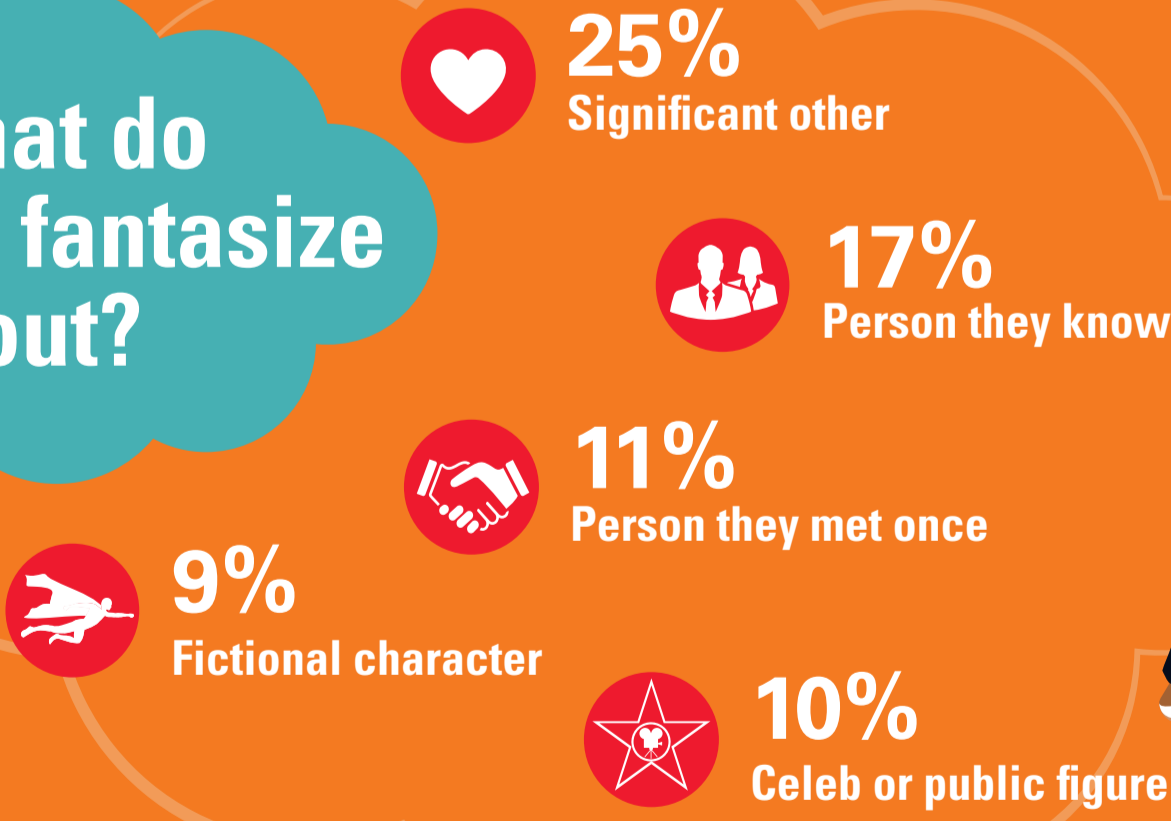
4

Have **3x more orgasms!**
Need we say more?



What do we fantasize about?

FACT



MASTURBATE MORE FOR A BETTER LIFE

Masturbation is a natural, healthy act, and having a regular routine for self-pleasure can enhance your health and well-being in multiple areas of your life.

TENGA

About the survey: the 2nd annual United State(s) of Masturbation report surveyed 1,200 Americans age 18-74 on their habits and attitudes toward masturbation, sexuality, general health and well-being.

UnitedStatesOfMasturbation.com

@TENGA_Global