

# 30 Facts about Masturbation You Never Knew

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# Day 1 of 30 for the Masturbation Month

## Masturbating Can Ease Pain

**Orgasms are actually a natural pain killer. Bringing yourself to orgasm can help relieve menstrual cramps and backaches from having your period.**

**So the next time you're feeling the effects of PMS, try doing it solo for a little bit.**



Source: [www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/](http://www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/)

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## Day 2 of 30 for the Masturbation Month



# Masturbation Can Keep You Healthy

Not only can the orgasms resulting from masturbation help get rid of pain, but masturbation itself can help keep you healthy. It can help build up a resistance to annoying yeast infections.

Some research even says that orgasms can help to prevent endometriosis, which is a pretty serious disease of the uterine lining that can lead to infertility.

Source: [www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/](http://www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/)

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## Day 3 of 30 for the Masturbation Month

A person with short dark hair and large black-rimmed glasses is making a 'shh' gesture with their right index finger pressed against their lips. They are wearing a dark t-shirt with several circular smiley face buttons. The background is blurred and has a purple tint.

Single People  
Probably  
Masturbate  
Less Than  
People In  
Relationships.

Source: [www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/](http://www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/)

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## Day 4 of 30 for the Masturbation Month

### Masturbation Can Get Rid Of Insomnia

Having trouble sleeping? Try getting down and dirty with yourself. You'll feel sleepy after you masturbate because it relaxes you.

**Beat insomnia by masturbating!**



Source: [www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/](http://www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/)

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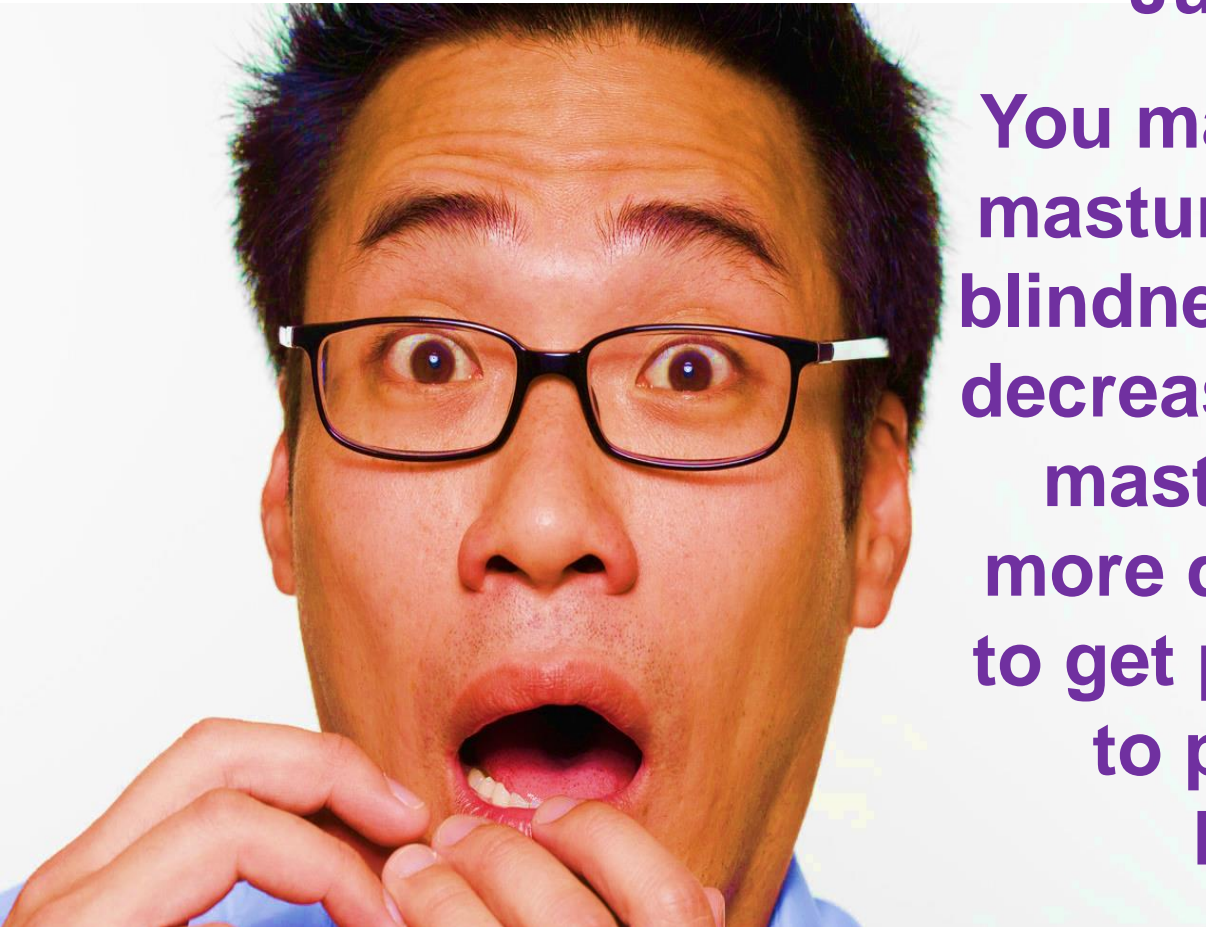




## Day 5 of 30 for the Masturbation Month

**Just Ain't True...**

**You may have heard that masturbating can lead to blindness, infertility and a decrease in libido. Or that masturbating make it more difficult for women to get pregnant and guys to produce sperm. None is true.**



Source: [www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/](http://www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/)

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## Day 6 of 30 for the Masturbation Month



### Masturbating Might Cause Yeast Infections

This can happen if you use your saliva down there - like, if you lick your finger and then put it down there to create your own lube. The saliva messes with your bacteria down there and all that. If you need something extra, buy some organic lube.

Source: [www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/](http://www.gurl.com/2013/05/29/crazy-interesting-facts-about-masturbation/)

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## Day 7 of 30 for the Masturbation Month

**According to a 2002 study, 44 percent of undergraduate students masturbated on average 4.7 times per month.**



Source: [www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764](http://www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764)

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## Day 8 of 30 for the Masturbation Month



**You are normal if you masturbate, normal if you wonder about it but don't do it, and normal if you never give it a second thought and don't do it – it is one of the few things in life that is "normal if you do and normal if you don't".**

Source:  
[www.teenadvice.about.com/library/weekly/bl10thingsmasturbation.htm](http://www.teenadvice.about.com/library/weekly/bl10thingsmasturbation.htm)

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## Day 9 of 30 for the Masturbation Month

More women masturbate than  
are willing to admit.




Source: [www.yourtango.com/.../5-things-you-didnt-know-about-masturbation](http://www.yourtango.com/.../5-things-you-didnt-know-about-masturbation)

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## Day 10 of 30 for the Masturbation Month



**Masturbating to orgasm is seen as an effective tranquilizer for both men and women. So if you're having trouble sleeping, put those fingers to work!**

Source: [www.yesfemalesexuality.tumblr.com/](http://www.yesfemalesexuality.tumblr.com/)

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## Day 11 of 30 for the Masturbation Month

**Four out of every ten women prefer an orgasm from masturbation over actual sex.**



Source: [www.womenshealthmag.com/sex-and-relationships/masturbation-fun](http://www.womenshealthmag.com/sex-and-relationships/masturbation-fun)

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## Day 12 of 30 for the Masturbation Month



Source: [www.psychologytoday.com/blog/all-about-sex/201303/hysteria-and-the-strange-history-vibrators](http://www.psychologytoday.com/blog/all-about-sex/201303/hysteria-and-the-strange-history-vibrators)

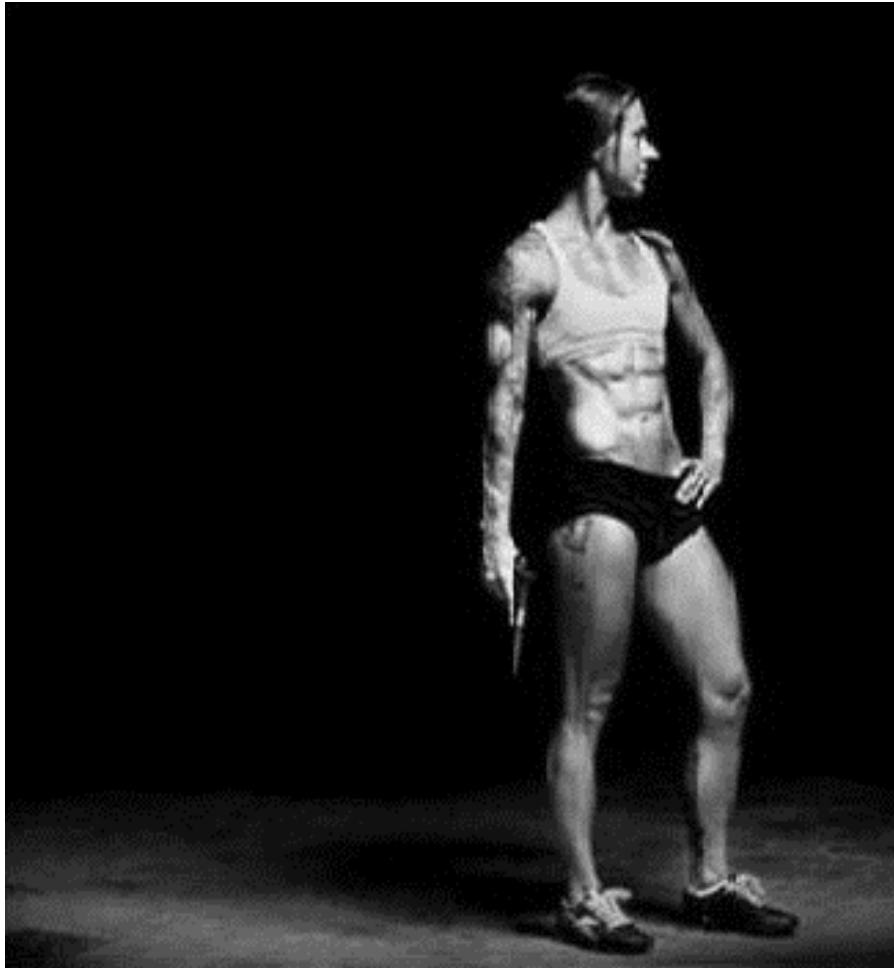
**The vibrator was invented by a doctor to cure hysteria — instead of the doctor using their hands, they would use the device.**

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## Day 13 of 30 for the Masturbation Month



**Women who have higher levels of testosterone are more inclined to masturbate.**

Source: [www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764](http://www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764)

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Day 14 of 30 for the Masturbation Month

**In Japan, it's illegal to make sex toys that resemble a penis. This is why the rabbit vibrator was invented.**



Source: [www.yahoo.com/style/20-insane-facts-about-masturbation-you-dont-know-113281577853.html](http://www.yahoo.com/style/20-insane-facts-about-masturbation-you-dont-know-113281577853.html)

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## Day 15 of 30 for the Masturbation Month



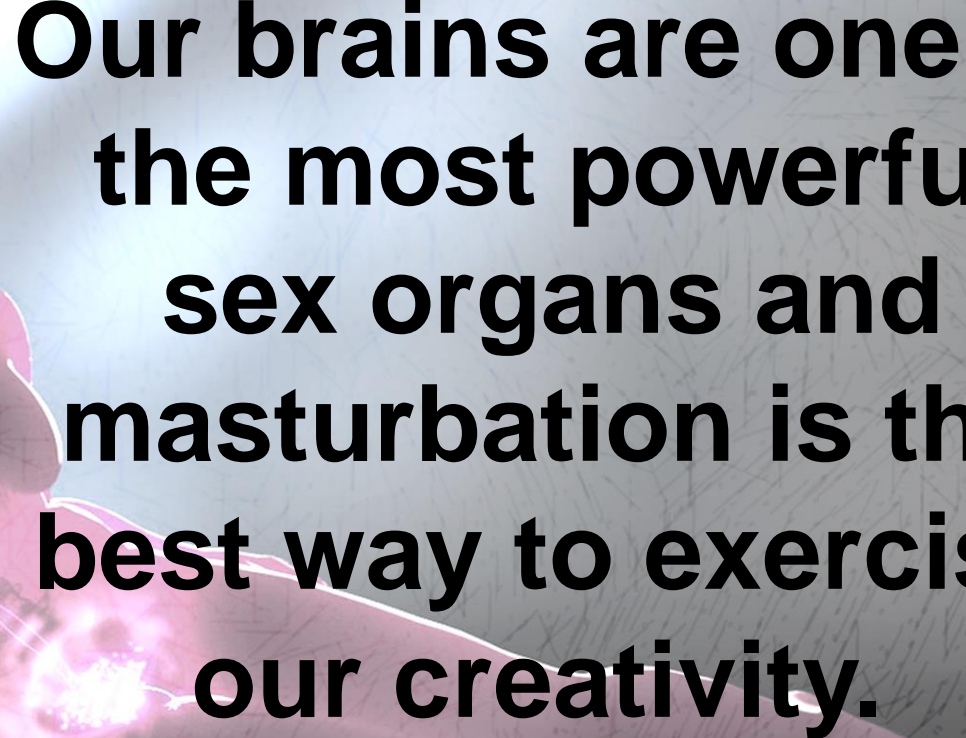
**The average  
female orgasm  
lasts for 20  
seconds.**

Source: [www.menshealth.com/sex-women/qa-how-long-do-orgasms-last](http://www.menshealth.com/sex-women/qa-how-long-do-orgasms-last)

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# Day 16 of 30 for the Masturbation Month




**Our brains are one of the most powerful sex organs and masturbation is the best way to exercise our creativity.**

Source: [www.emandlo.com/2011/09/5-ways-to-make-masturbation-even-better/](http://www.emandlo.com/2011/09/5-ways-to-make-masturbation-even-better/)

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# Day 17 of 30 for the Masturbation Month



**Masturbating is good for improving sexual endurance because you're able to control your body and understand your body when you're alone.**

Source: [www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764](http://www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764)

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# Day 18 of 30 for the Masturbation Month



## Masturbation Can Make Sex Even Better

Source: [www.womenshealthmag.com/sex-and.../masturbation-is-better-than-sex](http://www.womenshealthmag.com/sex-and.../masturbation-is-better-than-sex)

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# Day 19 of 30 for the Masturbation Month

A microscopic view of several sperm cells, showing their oval heads and long, wavy tails, set against a dark background.

**Self-congratulating can improve  
sperm quality in men with  
fertility problems.**

Source: [www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764](http://www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764)

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The logo for Eros Coaching, featuring the word "eros" in a stylized, lowercase font with wings above the letters, and "COACHING PTE LTD" in a smaller, uppercase font below it.

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# Day 20 of 30 for the Masturbation Month

**During  
masturbation, you  
can experiment with  
sex toys—without  
worrying about  
being judged or  
hurting anyone's  
feelings.**



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# Day 21 of 30 for the Masturbation Month

A person wearing a black harness is shown from the waist down, with their hands positioned to masturbate. The image is overlaid with a semi-transparent purple filter.

## Solo Sex Helps With Stress

Source: [www.everydayhealth.com/sexual-health/masturbation.aspx](http://www.everydayhealth.com/sexual-health/masturbation.aspx)

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# Day 22 of 30 for the Masturbation Month

**All 20 of the women reported that they had masturbated at least once in their lives, though their answers ranged from just a few times ever to at least once a day.**



Source: [www.womenshealthmag.com/sex-and-relationships/masturbation-facts](http://www.womenshealthmag.com/sex-and-relationships/masturbation-facts)

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# Day 23 of 30 for the Masturbation Month

**Guys, if you regularly “flush out” your pipes when you’re over 50, it lowers your risk of prostate cancer, according to a Harvard Medical School study.**



Source: [www.mtv.com/news/1894452/masturbation-facts/](http://www.mtv.com/news/1894452/masturbation-facts/)

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# Day 24 of 30 for the Masturbation Month



Proponents of  
masturbation can't decide  
whether **May 7th** or **May  
28th** is International  
Masturbation Day.  
Let's just celebrate both  
days!

Source: [www.mtv.com/news/1894452/masturbation-facts/](http://www.mtv.com/news/1894452/masturbation-facts/)

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# Day 25 of 30 for the Masturbation Month

In 1994, under pressure from Republicans, President Bill Clinton fired **U.S. Surgeon General Dr. Joycelyn Elders** for suggesting that masturbation should be taught to help prevent AIDS. Masturbation Month was started as a response to the firing.



Source: [www.mtv.com/news/1894452/masturbation-facts/](http://www.mtv.com/news/1894452/masturbation-facts/)

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# Day 26 of 30 for the Masturbation Month



Apple nixed an app called “Happy Fun Time” that taught women how to masturbate through a cartoon vulva.

Source: [www.mtv.com/news/1894452/masturbation-facts/](http://www.mtv.com/news/1894452/masturbation-facts/)

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# Day 27 of 30 for the Masturbation Month

**70% of married people admit to masturbating.  
Married people also have more sexual  
intercourse than those who are not.**



Source:  
[www.mtv.com/news/1894452/masturbation-facts/](http://www.mtv.com/news/1894452/masturbation-facts/)

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# Day 28 of 30 for the Masturbation Month



Source: [www.mtv.com/news/1894452/masturbation-facts/](http://www.mtv.com/news/1894452/masturbation-facts/)

According to a Kinsey Institute survey, 38% of people watch porn merely as a distraction, and 43% “because I can fantasize about things I would not necessarily want in real life.”

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# Day 29 of 30 for the Masturbation Month



**Contrary to  
belief, men  
can orgasm  
without  
ejaculation.**

Source: [www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764](http://www.medicaldaily.com/sex-one-please-15-facts-about-female-and-male-masturbation-289764)

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# Day 30 of 30 for the Masturbation Month

**Masturbation has proven health benefits like stress management, healthier pelvic muscles, secretion of endorphins, and cardiovascular exercise.**



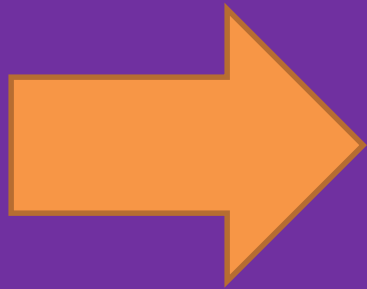
Source: [www.nerve.com/love-sex/facts-about-masturbation](http://www.nerve.com/love-sex/facts-about-masturbation)

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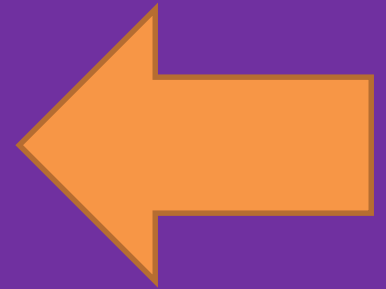


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