

Expert reveals most sexless day of the year as 15th December

The winter months can affect people's mood and energy levels due to the change in sunlight hours and shorter days, but did you know that it can also affect your libido? A GP at Superdrug Online Doctor has identified a moment throughout the year which is described as the most sexless day of the year, 15th December.

Dr Babak Ashrafi, a general practitioner at Superdrug Online Doctor, commented, "Looking at previous years' data we found that the least amount of orders for emergency contraception, chlamydia services, STI tests, and other sexual health services, took place on the Saturday prior to the Winter Solstice, showing that the day before is possibly when people are least sexually active. This year, that date falls on the 15th December with the following day (the 16th) predicted to have the lowest number of sexual health service transactions."

Dr Ashrafi continued, "There are a multitude of reasons why someone's sex drive might be lower in the winter months or why people have less sex than usual."

Winter vagina

Dr Ashrafi comments, "A drop in temperature can make skin and hair become dry and dehydrated, but not many people know that the temperature change can also have an effect on your vagina in the same way. The vagina and surrounding area can become dry, itchy, and irritated, resulting in uncomfortable sex. To combat dryness during sex I would recommend using a [lubricant](#) or if the problem persists then please speak to a healthcare professional."

Stress

"Christmas time can be overwhelming and exhausting, with the week leading up to Christmas being one of the most stressful times of year as prepping for the big day is underway, along with last minute present buying. Stress and worries can impact your sex drive, as well as other areas of your life, which is why it's important to improve the ways you manage stress."

SAD and Low mood

Dr Ashrafi comments, "A lack of daylight and shorter days can also result in low mood and SAD (seasonal affective disorder) for some people, but it also affects your libido. Less sunlight equals less serotonin, which is a natural mood stabiliser, and without this it can affect your mood."

Fatigue and Tiredness

Dr Ashrafi continues, "Less sunlight exposure and spending more time indoors also results in vitamin deficiencies which can make you feel more tired in winter months. As energy levels are much lower due to tiredness, this can have an effect on your libido and sex drive. There are many ways to combat

low libido, please head to a Superdrug store and speak to a pharmacist or go to Superdrug's Online Doctor."

Superdrug's Online Doctor service helps you request treatments online from UK-registered doctors with free, discreet, to-your-door deliveries. The service covers a range of topics including erectile dysfunction, contraceptive methods, STI treatments and services, and more.

Superdrug Online Doctor provides doctor care whenever you need it, anywhere in the UK. For more information please visit: <https://onlinedoctor.superdrug.com/> or head to a Superdrug store to speak with a pharmacist.