

Health benefits of masturbation

Masturbation may reduce stress and relieve tension.

Masturbation has many physical and [mental health](#) benefits.

Few studies focus specifically on the benefits of masturbation, but research suggests that sexual stimulation, including stimulation through masturbation, can:

- reduce [stress](#)
- release tension
- enhance sleep quality
- boost concentration
- elevate mood
- relieve menstrual cramps
- alleviate pain

- improve sex

Masturbation has also been identified as a strategy to improve sexual health by promoting intimacy, exploring self-pleasure, desires, and needs, reducing unwanted pregnancies, and preventing [sexually transmitted infections](#) (STIs) and [HIV](#) transmission.

Individuals who choose to abstain from sex or who do not currently have a sexual partner may often masturbate as a sexual outlet.

Masturbation also has sexual health benefits specifically for older women, such as less vaginal dryness and decreased pain during sex.

Main masturbators

Pocket pussy

Realistic Ass

Vagina Anal Sex Doll

Fleshlight

Pocket sleeve

Blow job stimulators

Realistic masturbators