

Trying to MAKE A BABY?

Here's What to Do
in the Bedroom

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Let's face it, you "do it" and enjoy it. As adults, we all do it at one time or another with our partner or spouse. But when you are trying to get pregnant, intimate moments can sometimes feel more like a chore than an exhilarating and spontaneous experience to share with your significant other. The focus shifts from hot desire to studious tracking of ovulation, menstrual cycles, and cervical mucus.

Of course these are important facets of fertility, but they don't have to be all that's centre stage. Here are some tips that both honour the science and preserve the pleasure—and they may surprise you.

PRIME DAYS FOR INTIMACY

We've all seen movies where the woman checks to see if she is ovulating (with a urine test), and lo and behold, she is. She yells from the bathroom to her husband, "Honey, it's time!" They race to the bedroom, shut the door, and leave you to wonder if they did the deed. Did they make it in time? Were they successful in making a baby?

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Well, the Hollywood version of perfect timing is a bit askew—shockingly. The reality is, once you have begun to ovulate, your eggs are viable for about 24 hours. Sounds like a nice long window, doesn't it? But let's say you got a positive ovulation test eight hours after ovulating, meaning you only have about 14 hours left in that prime fertile window. If that still sounds like a luxurious amount of time to get in bed and get to it, you might be forgetting something: it can take sperm 24–72 hours to reach the egg. The takeaway? Science says the best time to conceive is 48 hours *before* ovulation. This gives enough time for the sperm to reach the egg during the apex of a woman's fertile window.

5 DAYS OF PLAY

Maybe your partner or spouse is working out of town on your prime days to conceive. Or, perhaps you have a horrible headache that day and can't imagine hitting the sheets. It could be that your cycle is too irregular and you don't know exactly when you are ovulating. In such scenarios, you can't be intimate on the most optimal day. Is all hope lost? Thankfully, no. In cases like these, there's only one thing to do—fake it! Well, sort of. Science suggests you start getting busy in the bedroom five days before ovulation (or before your best guess as to when you ovulate). Don't sweat it if you don't have all the answers.



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Just try having your intimate times together every other day during this five-day window. These five days prior to ovulation should include your most fertile days and allow enough time for sperm to reach the egg and increase your chances of success.

SEEM LIKE A CHORE?

Well, no one said that having to have sex on a specific day is the most romantic approach. But let's face it—you have to make it work. Give yourselves some time for seduction and fun to get in the right mindset before you get down to business. Play some relaxing music, light some candles, and transform your bedroom into something different from the norm so you can take a break from the daily grind and relax, staying present and in the moment rather than thinking about the end game.

You may be surprised to learn that you've been having intercourse with your partner on the wrong days, which could have been the biggest roadblock to your fertility success. If you really want to get ahead of the curve, try to determine the day of the cycle you ovulate and then have planned intimacy two days prior to that. For example, if you ovulate on day 14 of your cycle, then day 12 is that special day for romance.

It's time to bring some enjoyment back into the bedroom by making an effort to spice things up. Your personal time should be personal, but bringing a little science into the bedroom at the same time just might be your ticket to your baby-making dream coming true. •