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To spoon someone

to do you cuddle? When most people think spooning, they likely imagine the guy as the thigh spoon and the girl as the little spoon. It has to do with size (girls are usually smaller so it's easier for them to fit in the little spoon position) but also with the perceived gender roles. Even in our progressive post-#MeToo world we sometimes have trouble imagining men in a vulnerable little spoon position and women as anything other than needing to be protected (or dominated – just Google “spooning” images and you’ll see). But reality, times have shifted. Many couples feel free to explore and experiment with different spooning arrangements and - you'll be surprised - there are unexpected benefits too for both partners. Little spoon True, little spoon is a more vulnerable and more protected position, whose benefits on a cold winter night cannot be overstated. And you don't have to be the smaller person in the couple to enjoy those benefits. Everyone wants to curl up into a foetal position and to be held emotionally, even if you're a 6'1 muscular hairy guy. So I would actually suggest that the little spoon position is preferred by many men. The submissive, sensitive little spooner in touch with his partner's back can be more comfortable and definitely a contrast from the traditional male dominance. Some relationships tend to be complicated and can be problematic in today's stress driven society.” According to him, a guy’s preference for little spooning is often a sign of a greater emotional intelligence. “So a male who is in touch with his feelings tends to be more emotionally intelligent than those who are not, which is a major plus point in any relationship as communication is key. It is also considered men who are sensitive spend much more time with a woman they adore and love, and it’s acceptable to expect a lot more compromise.” Big Spoon The big spoon is traditionally seen as a protector position fit for a bigger and stronger person, but this outdated view belies many hidden benefits of this position. Being the big spoon gives you more control of the situation. Specifically, you control the intensity of the contact, as well as where and how much of it is happening. It is also easier to just roll away without waking anyone up if you’re fed up and just want to sleep on your side of the bed. If your partner sleeps hot and you prefer cool, the big spoon is also the position for you. If he snores, being the bigger spoon will make it easier for you to catch some zzz’s (maybe) as, at least you won’t be wrapped in the into the thunderstorm of his breathing. Finally, the biggest hidden big spoon secret? It’s like being dug four again and cuddling with your giant furry warm human-sized teddy bear. What’s not to like? The way someone sleeps can say a lot about them as a person. However, what happens when you add a second person to the mattress? As we drift off into deep sleep, our subconscious takes over. The way our bodies move while sleeping tells us a lot about ourselves. In fact, the way you sleep can tell you a lot about your personality. Spooning A classic position, spooning is when one partner takes a protective, intimate stance behind the other as the second person leans their back or behind against them. It’s a skin-on-skin position that provides plenty of emotional and physical comfort. If you like this position, chances are you’re either in a brand new relationship or that the two of you can’t get enough of each other. Big SpoonAs the big spoon, you are the one forming a protective embrace behind your partner. If you prefer to be the big spoon, you are most likely a very giving partner and want to comfort your significant other. Little SpoonAs the little spoon, you like the feeling of being safe and protected by your partner. In terms of your relationship, you might also need some extra TLC and nurturing. 2. Chasing Spoon This is a variation of the spooning position. Rather than the two of you spooning tightly in the center, “chase spooning” occurs where one person shifts to one side of the bed and their partner follows, or “chases” them. The partner being chased usually prefers a log or fetal position to sleep, while the “chaser” sleeps in a yearner position. This could mean one of two things. Either the partner being chased likes to play hard to get, or they are retreating and want more space from their “chaser”. This might also be a sign that their needs aren’t being met. The “chaser” could also be wanting more attention from their partner. 3. Loose Spoon Whereas partners in new relationships tend to favor spooning, couples who have dated for a longer amount of time often don’t need the novelty of spooning. They may prefer a loose spoon position, which is a less intimate arrangement. Each partner lies on their own side of the bed, facing each other, with their backs touching. This position allows for intimacy, but not as much as spooning. You can still feel close to each other, but you know that you and your little spoon like the extra comfort that comes with giving each other space. 4. Back to Back Those who fall asleep with their backs to each other, spine show a balance of closeness and independence. If your bottoms touch, also called “cozy napping,” it means you both want to stay physically connected while still feeling comfortable facing away from each other. If you prefer this position, chances are you are very comfortable and relaxed with each other. The two of you might have also fought recently, but your willingness to touch means the relationship is still okay. 5. Front to Front A slight variation on being fully intertwined, front-to-front has both partners facing each other, with their heads at the same level. They may also be slightly touching, with their arms draped across each other. This intimate position communicates that the two individuals are like-minded and there is a good overall atmosphere in the relationship. 6. Sweetheart Cradle This sweet, nurturing posture has one partner resting their head on the other partner’s chest, with their legs intertwined as they hold each other close. A couple who prefers this sleep position has a high level of trust and teamwork between them. This snugging position shows protection and romance and is favored by many new couples or those who have rekindled their romance. 7. Head on Other’s Shoulder Also known as the “shingles” position, this position has both partners sleeping on their backs, with one partner resting his or her head on the other’s shoulder. It shows a high level of comradeship, where one partner allows the other to play “protector” and nurture them. This position indicates understanding and confidence in the relationship. 8. Leg Hug This position is a fun, playful pose that shows a couple is comfortable with each other. One partner lies on their back, and the other wraps their legs around theirs. This position is a sign of affection and intimacy. 9. Side-by-Side Facing Opposite Directions This position is a sign of independence. Couples who prefer this position are confident and self-assured. 10. No Contact, Back to Back Not touching each other isn’t a bad thing by any means—in fact, a couple’s willingness to sleep apart is a sign of strong interdependence. Couples who sleep back-to-back are confident and secure in their relationship. However, the two of you sleeping on opposite ends of the bed could indicate you’re distant or disconnected. It could also be a sign you should reach out to each other. 11. No Contact, Front to Front If the two of you are facing each other while sleeping but don’t touch, this may signify that you need something more in your relationship. This isn’t necessarily a bad thing, as you can take some positive steps to bridge the gap. 12. Pet Barrier Sharing a bed with your dog or cat is becoming increasingly common these days. For some couples, placing a pet in between them can serve as a way to get some extra space at night as well as reinforce the strong bond between you and your pet. However, it might also mean that the two of you are avoiding something in your relationship. Perhaps you may want to consider talking with your partner or consider getting a separate dog bed. How Americans Prefer to Sleep Survey Results Now that we have covered the different variations of partnered sleep positions, which one do most couples prefer? To find out, we ran a Google survey of 1,000 Americans on how they prefer to sleep with their significant other. According to our survey, 46% of American couples prefer to sleep without touching each other. This suggests that either many couples feel comfortable in their relationship or that they prioritize comfort and sleep quality over touch. “No contact” was favored almost equally between men and women, but less favored by younger couples aged 18 to 24 compared to other age groups. Spooning is the next preferred sleep position among couples. While the spooning dynamic between couples reflected usual conventions, a significant 30% of women prefer to be the “big spoon” and 24% of men prefer to be the “little spoon.” Couples who sleep back to back were the next largest group in our survey. This position was favored by older couples—those who are over 40 years old. This position is a sign of independence and confidence. For some couples, sharing a bed with a pet is becoming increasingly common these days. However, the way you and your partner sleep certainly won’t make or break your relationship. Rather, you should use this guide as a way to help you communicate your sleeping preferences to your partner. If you and your significant other are looking for the most comfortable sleep, a queen mattress might just be the ideal couples’ mattress. For those who want more space to add more love, a king mattress is ideal for sleeping with a child or a pet. MethodologyThe statistics on preferred couple sleep positions came from a survey facilitated by Google Surveys. The sample consisted of 1,000 Americans and was conducted during May 2019. Post-stratification weighting was employed in order to attain a sample that is representative of the population. Download Full Infographic These examples may contain rude words based on your search. These examples may contain colloquial words based on your search. No results found for this meaning. Connexion @LUCYMACARONI “Nothing has shown us how much we need touch more than social distancing,” says Maisha Azza, MSW, CMT, a sex and intimacy expert at Black Girl Tantra. “Humans need touch and crave it when we haven’t had enough of it.” For such a primal need—even newborn kittens and puppies do it!—cuddling isn’t just reaching for your partner and hanging on (though it also can be). Arms go numb, sweatiness happens and people have different tolerances for closeness (see also: reasons your cuddling expectations will never match reality). And some among us just don’t like cuddling (behold problems only women who hate cuddling will understand, including #3: TV blocking).You can work with this and still get some oxytocin on. “If you are not a cuddler, you can still give your partner a massage, hug, or kiss. You can also try to connect with your knees to your chest and giving yourself a squeeze. ‘Give yourself permission to cuddle up with a loving pet or a consenting human. We mammals need touch for the love, for the compassionate care, for beneficial release of hormones, regulation of our moods, and as a reminder that we’re all connected,’ says Azza. ‘spün 1/a: an eating or cooking implement consisting of a small shallow bowl with a relatively long handle b: spoonful two spoons of sugar c: something (such as a tool or fishing lure) that resembles a spoon in shape transitive verb intransitive verb 1 : to nestle close together while lying down with one person facing the back of another 2 [perfr. from the Welsh custom of an engaged man’s presenting his fiancée with an elaborately carved wooden spoon] : to engage in amorous caressing, kissing, and conversation ; neck

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