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## Women like to get drunk before sex

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*A study has revealed that millions of women consume alcohol before having sex because they lack confidence in their bodies.*

In the survey of 3000 women aged 18-50, almost half of those quizzed said they preferred sex while under the influence of alcohol because it helped them lose their inhibitions and be more adventurous.

Researchers found on average they slept with eight men, but were drunk with at least five, and on two occasions couldn't remember the man's name the next day.

Four out of 10 had been tipsy when sleeping with a partner for the first time.

The study revealed that 75 per cent of women liked to drink before getting into bed with their husband or boyfriend, and 6 per cent had never had sex sober.

More than half claimed drinking with a prospective partner was 'part of the dating process' so were a bit drunk when they had sex.

It also revealed 14 per cent of women in a [relationship](#) can't sleep with their partner without a couple of glasses of wine beforehand.

Kathryn Lakeland of Femfresh, which conducted the study, said the findings proved women lacked confidence.

"The fact alcohol plays an integral role in their love lives shows that women are looking for a boost in self-esteem when it comes to their bedroom antics," the *Courier Mail* quoted her as saying.

"But in doing so many women will be losing self-control, and this is when drunken one-night stands are more likely to occur," she added.

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