

Men ponder food and sleep as much as sex

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MSNBC:

Men think about sex every seven seconds, right? Not according to a new study that finds men ponder sleep and food as much as they do sex.

The median number of thoughts about sex by college-age men was 18 times a day to women's 10 times a day, the study found. But the men also thought about food and sleep proportionately more.

“In other words, there was nothing special about sexual thoughts,” study researcher Terri Fisher, a psychologist at The Ohio State University, Mansfield, told LiveScience. “Males thought more about any of the health-related thoughts compared to females, not just thoughts about sex.”

Read the whole story: [MSNBC](#)