

# Sex Q&A

No-BS responses to questions you can only ask Cosmo



**Q** I keep having dreams where I'm having crazy-hot sex with my ex. Does this mean I'm hung up on him?

**A** Even though Google would have you believe that a dream about losing your teeth actually means you're pregnant, most of our sleeping thoughts—even sexy ones—are symbolic and don't translate literally to the real world. So, no reason to fret over your ex dreams. "Your brain may just be using a scenario with your ex to work out a feeling or desire," says psychiatrist and sex therapist Madeleine Castellanos, MD. "It doesn't necessarily mean you want to have sex with him." Instead of interpreting the details, think more about how you felt during the dream, suggests Dr. Castellanos. If it pissed you off, then yeah, that's a pretty clear sign of where you stand. And if you liked it, that could mean that you're simply craving sex, and not necessarily with your ex, she says. And remember: It's only a dream.



**Q** I love my long nails, but they sometimes get in the way during sex. Help!

**A** On the one hand, Kylie Jenner-like manis can feel supersexy when you lightly run them down his back...and on the other, they can carry gross bacteria and seriously

scratch up you and your partner. But no worries, you can still get all handsy—just be extra gentle around his sensitive areas, like his testicles. If you're with a girl, try the Wet for Her finger extender (\$40, wetforher.com), suggests sexologist Sadie Allison. The toy slips over your pointer and middle fingers, keeping your mani fresh and lady parts safe. Let's not forget that men can have talons too. If he's overdue for a trim, "you can just remind him by saying, 'Hey, they're getting a little long,'" Allison says. Or suggest a couples' mani day at a salon. There—you nailed it!

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