CORRE PONDENCE

were able to monitor heart rate variability during sexual encounters in both males and females. Because our heart rate data so closely recapitulates the original four-phase model of human sexual response, our data is also indicative of the accuracy of wearable devices in measuring the physiologic parameters of sexual activity. These findings contribute to the limited existing literature on objective physiologic measurements during sexual activity and emphasize the potential of wearable technology in monitoring physiological changes in sexual encounters.

The use of wearable technology in research and clinical settings has important implications for the field of sexual health. In research, wearable devices such as the Fitbit may provide a convenient and non-invasive method for studying sexual satisfaction and physiological changes during sexual activity. This could lead to a better understanding of human sexuality and provide valuable insight into

could focus on using wearable technology to track sexual behavior and patterns over time, allowing for more comprehensive and longitudinal analysis of sexual health. Another important direction for future research is to investigate the use of wearable technology in clinical settings. Wearables may be utilized in the assessment and treatment of sexual dysfunction, providing clinicians with objective measures of sexual functioning and satisfaction. For instance, the measurement of physiologic parameters associated with sleep could provide clinicians further insight into the physiologic changes associated with testosterone deficiency [5], while heart rate monitoring could provide further insight into the physiology of premature ejaculation and erectile dysfunction of non-organic origin [6, 7]. Wearables could also be used to monitor the effectiveness of sexual health interventions and therapies, providing valuable insights into the development of more