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Helen Croydon on the app that logs your orgasms and turns your phone into a vibrator

DID you have an orgasm today? Well, did you? I'm not being brash, this is the question your smartphone could be asking as part of your routine health monitoring. Given that our phones can tell us how many steps we take, record our calorie and alcohol intake, sleep quality, heart rate and even fertility, it was only a matter of time before the digital age turned its prying eyes to our sex life.

Oh yes. Algorithmic analysis of your orgasms is here and, if you use the resulting data correctly, you could have more of them, and quicker.

At least that's the idea behind a new app called Ohmibod, which lets you log and track your orgasms. Ever wondered what time of day you are more likely to climax quicker (no, me neither)? The app will figure it out. It calls it your O-zone. There are even bar charts and graphs, for those who get excited by that sort of thing.

The app was developed by US husband and wife team Suki and Brian Dunham. 'Studies show that orgasms help you sleep better, regulate appetite and can improve your complexion,' says Brian. 'So it is important to track that on some level.'

'You can say, "In the past 30 days I've been in a great mood and my skin has been great and oh look, I had 15 orgasms."' Users can look at their data and make correlations between how sexually active they are and other factors such as mood.'

The app can't tell if you've had an orgasm so you have to tell it by hitting a smiley face. You can make notes on how good it was and send them on to your lover. Well, no one smokes after sex these days, so we have to do something, right?

Ohmibod not only tracks orgasms but can bring them about. When paired with toys in its Blue Motion

Touch-screens: Smartphones can now bring joy to places previously beyond the reach of digital technology
PIC: SHUTTERSTOCK



Get in the mood for TELEDILDONICS

range, the app turns your phone into a remote control that can create all manner of vibrations by touching, tilting or even voice commands.

A function of Ohmibod is that you can connect to other users and allow them to take control. This was designed with long-distance lovers in mind – an upgrade on phone sex, if you will. And there's no reason couples can't use it when together. If she wants an early night and he wants to watch Match Of The Day, she can cosy up to her Blue

Motion while he controls it from in front of the box – romantic.

Handing control of your vibrator to a third party raises another possibility – real-time virtual sex with strangers. That might sound instinctively seedy but Ohmibod reckons it will take off.

'Some women like that a stranger could be controlling her vibrator,' says Suki. 'It allows the ultimate intimate experience in the safest way possible, like Tinder with touch.'

There is a noun for these sex toys – teledildonics and, believe me, you will see more of them. Next month Anne Summers launches WeConnect, an app that links to its Nova toy and is controlled by a designated phone.

Unlike Ohmibod, it has a chat and

video function so if you get bored of the endless vibration variations at least you can enjoy a conversation.

Having decided to pop my teledildonic cherry, did I have any revelations? Well, it took me an hour to pair it and charge it, which could be a passion killer if I had a lover at the other end of the world waiting. And I can report that I established no 'O-zone' pattern whatsoever.

I love data but it feels incongruous to apply mathematical analysis to a mammalian pleasure. With orgasm note-taking and Bluetooth pairing, sex is on the way to being geeky.

Technology facilitates most things but it can't replicate touch and whim. Oh, and human attraction – that helps.

'IT'S LIKE HE'S HERE'

OHMIBOD users Nicola [30] and Eric [29] are lovers but live in different cities.

'The first time we giggled our way through,' says Nicola.

'We talked on the phone as we used it but he suggested we use Skype next time because he likes the visuals. He says he likes to watch the fruits of his labour.'

'On Skype, I can see and hear him. It feels like he's with me. It adds an intense level of thrill because I am not in control, he is. I don't have to press any buttons.'

'Distance is hard but now we are always saying: "When are you home?" We can't wait to use it together. It feels like I'm coming home to see him.'

Name and ages have been changed



4G-spot: The Ohmibod app

PARKA LIFE WRAP UP WITHOUT BREAKING THE BANK



Sherpa lined parka
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Hooded lined parka
£39, laredoute.co.uk



Khaki luxe parka
£95, missselfridge.com



Faux fur anorak
£110, missyempire.co.uk



Puffer jacket with faux fur
£189, houseoffraser.co.uk



Tyler parka
£180, whistles.com

Start date: It was 12 months ago when Jenny began her quest
PICTURE: IAN DEWSBURY



A year's date expectations

When she started writing about her love life, **Jenny Stallard** never expected this...

THIS time last year I set off on a very interesting adventure. Sadly not a trip to the other side of the world for Metro's Escape pages – but a challenge to try to meet a man by Christmas and to write about it here. It wasn't the first time I'd put my heart on my sleeve and shared articles about my love life but this time it was going a step further. This was to be a 'warts and all' search for a man. I went to parties, made pizzas, sniffed T-shirts... all in the name of true love. Plus there was a self-imposed deadline of Christmas Eve to find a bloke.

I quickly learned two things. Firstly, love is not an exact science, so don't set yourself a deadline if you're not prepared to accept that you 'failed' at the end. And while I'm now happy about being single, I had to admit I hadn't reached my goal.

And secondly, ladies, if you want to attract men, don't turn up at dating events with a national newspaper photographer. Apparently it puts off already nervous suitors.

As the column faded with the tinsel in the Metro office, something else happened. There was no boyfriend but by the end of January, there was a book deal. Penguin wanted a novel called *Boyfriend By Christmas*.

Today, the book is out. It's been an interesting process writing about my dating life here in Metro and about the dating life of a fictional character in the book and all the while gritting my teeth and answering, 'Yes, I'm still single...' when people ask. Which they always do. I guess that's

to be expected when I write about it all the time. Setting down your love life in words is something of a double-edged sword. Is it cathartic? Is this over-sharing – as some might see it – good for the heart?

Actually, writing is like free therapy. You can get things off your chest and sort out your emotions about exes or whether you prefer speed dating to dating parties (parties every time!).

I've always hoped that women – and men – relate to what I've written (both fact and now fiction), and that it gives them a laugh and hope for their own dating exploits. There is the worry,

though, that detailing my search for Mr Right puts men off. A while ago a friend tried to set me up with one of her husband's colleagues. But after apparently googling 'Jenny' and 'journalist', the reply was: 'I can't, she'll write about it!'

Someone wrote to suggest I might have more luck if I stopped writing about myself but given I'd been single for years we can ignore that advice.

It's been pleasant to chronicle a fictional character and her love life. I've been able to ham up the bad dates, play down the bad times, exorcise some exes and give a bit of a nod to the trials of being a dating journalist.

So does the character in my book have better luck with men and find her boyfriend by Christmas? You'll have to read it to find out...

Boyfriend By Christmas (Penguin) is out today



MY DREAM DATING NIGHTS

■ **Speed-dating for dog lovers.** Men with dogs line up, I choose my favourites. Extra points he brings a collie (right).

■ **Bring a wing-woman.** This probably exists somewhere already but I found a wing-woman was a great thing to have. No plus-one, no entry.



■ **Honest dating.** A website where you have to tell the truth, whether it's your height or odd hobby. Let's have your cards on the table from the start.

■ **Christmas jumper dating.** Find your Mr Darcy (right) among the festive knits. If he rocks a Christmas jumper, he'll look good in anything.



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