

Revealed – The Ultimate Foreplaylist (According to Spotify)

- *The Weeknd is the world’s most listened-to artist on Spotify during sex –*
- *“Neighbors Know My Name” by Trey Songz is the go-to track –*

If you’re wanting to spice things up in the bedroom with a sensual playlist but are unsure of what to put on, new data analysis by pelvic healthcare company Kegel8 reveals the world’s most listened-to tracks during sex.

Most Listened to Artists During Sex (Overall)		Most Popular Genre
Artists	Playlist Count	
The Weeknd	1955	
Trey Songz	1313	
Jeremih	1178	
Ed Sheeran	841	
Ginuwine	759	
Bryson Tiller	688	
Usher	533	
Chris Brown	510	
Daniel Caesar	479	
PARTYNEXTDOOR	457	

Kegel8 also identified the most listened-to artists in sex-themed playlists. The Weeknd, Trey Songz, Jeremih, Ed Sheeran and Ginuwine are the top 5 most listened-to artists during sex, with each featuring in over 1000 playlists. When it comes to getting couples in the mood, these artists have it covered:

It also seems there’s a perfect length, tempo, key and era too. Who knew!?

The average song listened to during sex is just under 4 minutes (make of that what you will!), it’s released in the 2010s, is sung in the key “G”

By analysing different sex-themed playlists on the music streaming service Spotify – using the search terms “Sex”, “Netflix and Chill”, “Date Night”, “Make Love”, “Baby Making” – Kegel8 has uncovered the most popular tracks and artists for getting hot and steamy among world-wide listeners:

“Neighbors Know My Name” by American singer, songwriter and rapper Trey Songz features in the most sex-themed playlists, despite being released a decade ago, closely followed by a second song by the artist “Slow Motion” released in 2015. The Grammy Award winning “Earned It” by Canadian singer and songwriter The Weeknd comes in fourth, made famous as the lead single from the *Fifty Shades of Grey* soundtrack – a film known for its erotic scenes.

Rank	Song Details
#1	Neighbors Know My Name Trey Songz
#2	Slow Motion Trey Songz
#3	All The Time Jeremih
#4	Earned It (Fifty Shades Of Grey) - From The "Fifty Shades Of Grey" Soundtrack The Weeknd
#5	Often The Weeknd
#6	Don't Bryson Tiller
#7	Pony Ginuwine
#8	Birthday Sex Jeremih
#9	Wicked Games The Weeknd
#10	Exchange Bryson Tiller

and has a moderate tempo of 115 beats per minute.

Stephanie Taylor, Managing Director of [Kegel8](#), commented:

“It’s really interesting to explore the world’s go-to songs for the bedroom.

However, while these songs are perfect for getting couples in the mood, sex can sometimes end up being a less-than-pleasurable experience. If you find yourself at the end of the playlist without that moment of glory you could be suffering from a weak pelvic floor. The pelvic floor muscles hold all your important pelvic organ in place; if these muscles are weak, you’re likely to see your sex life deflate.”

“It doesn’t have to be this way. By taking control of your pelvic health and practicing Kegel exercises you can strengthen those all-important muscles and increase blood flow to your intimate parts, making sex more pleasure-filled for both you and your partner”.

Kegel8 has created a helpful interactive looking into the findings in more detail, which can be viewed [here](#).

ENDS

Notes to editors:

*Data analysed to calculate the most listened to songs during sex can be found on the dedicated methodology page, by going to the research page and clicking the “i” icon in the bottom right corner next to the social icons.

About Kegel8:

Kegel8 is one of the UK’s leading pelvic healthcare companies. Its range of electronic pelvic toners offer women and men the chance to regain control of their pelvic floor from the comfort of their own home and in their own time. For over 13 years, Kegel8 has been the top choice for men and women who suffer from pelvic problems. Owned and managed by Stephanie Taylor, the company employs 40 people and is based in Hull, East Yorkshire.

www.kegel8.co.uk | Instagram [@Kegel8uk](#) | Twitter [@Kegel8](#) | [Facebook](#) | [Newsletter](#)

#	Track	Artist
1	<i>Neighbors Know My Name</i>	Trey Songz
2	<i>Slow Motion</i>	Trey Songz
3	<i>All The Time</i>	Jeremih
4	<i>Earned It</i>	The Weeknd
5	<i>Often</i>	The Weeknd
6	<i>Don’t</i>	Bryson Tiller
7	<i>Pony</i>	Ginuwine
8	<i>Birthday Sex</i>	Jeremih
9	<i>Wicked Games</i>	The Weeknd
10	<i>Exchange</i>	Bryson Tiller

