Key to a satisfying sex life after 5, 10, 20 years? Variety.

By Steven Hernandez

A new study finds that the key to a satisfying sex life may be found in the way couples interact with each other.

The researchers, led by Dr. David F. Nevid, conducted a comprehensive study involving 1,000 couples over a period of 10 years. They found that couples who shared similar interests and values, as well as a strong sense of trust and commitment, were more likely to have a satisfying sex life.

"It’s not just having good sex that matters," Dr. Nevid said. "It’s the overall relationship and how the couple interacts with each other that makes the difference."