

# Celebrity Couple: Sarah Hyland & Wells Adams Get Cozy on Super Bowl Date Night



By

[Mara Miller](#)

In the latest [celebrity couple](#) news, Sarah Hyland and Wells Adams got cozy together at the DIRECTV Super Saturday Night 2019 Super Bowl party, according to *EOnline.com*. They mingled with other celebs like Zachary Levi and posed for adorable photos together. Even if you aren't a huge football fan, it's hard to ignore how cute these two were together on their [celebrity date](#) night.

# In celebrity couple news, Sarah Hyland and boyfriend Wells Adams took their love to the Super Bowl. What are some ways establishing date nights can improve your relationship?

## Cupid's Advice:

Date nights are a ton of fun, but they can also help you build a relationship that will stick:

**1. It creates an opportunity to communicate:** Communication is the key to a strong, healthy relationship if you're looking to build something that is long-lasting.

**Related Link:** [New Celebrity Couple: 'Bachelor' Kaitlyn Bristowe & Jason Tartick Announce Relationship](#)

**2. Date nights are fun:** Establishing date nights can help you both blow off steam after a rough week. So, get a couple tickets to a movie, get some popcorn, and cuddle up together!

**Related Link:** [Celebrity Couple: Emma Stone & Dave McCary Giggle Together at Sag Awards](#)

**3. It strengthens your commitment:** Deciding on when and where you have your date nights, and how frequently, ensures that you will spend time together if you haven't made the big decision to live with each other yet. Couples who date are more committed to each other than couples who don't bother to put in the effort.

What are some ways you think establishing date nights will help improve your relationship? Let us know in the comments

**below!**