

### 3 Clothes, bedding and personal care

- **Cool extremities:** Run cold water over your hands and pulse points or take a cold foot bath, as heat is best released through the extremities.
- **Warm shower:** Take a shower before going to bed and don't dry off completely – moist skin and hair have a cooling effect.
- **Spray bottle with water:** Useful for cooling the face, neck, arms, and legs during the night.
- **Cooling products:** Shower gels or creams containing mint or similar ingredients provide a refreshing effect.
- **Lightweight nightwear & bedding:** Use breathable fabrics such as cotton or linen; thin sheets are better than duvets.
- **Mattresses & pillows:** Some mattresses have a cooler side; flip pillows and blankets regularly so they feel cooler.

### 4 Light

- **Check light sources:** In the evening, it is better to use warm white, indirect light.
- **Darken the bedroom:** An eye mask or thick curtains help to prevent early awakening.
- **Reduce screen light & activate blue light filters:** The blue light from smartphones and other devices reduces the release of melatonin, our natural sleep hormone.
- **Regularity:** Even with late sunsets, go to bed at consistent times.

### 5 Eating habits

Heat can lead to an imbalance in the **hunger** and **satiety** hormones (ghrelin and leptin, respectively).

- **Eat light:** Avoid heavy or spicy meals in the evening to prevent overloading the body.
- **Don't eat too late:** Allow the digestive system to rest at night.
- **Beverages:** Avoid caffeine, alcohol, energy drinks, and sugary beverages, as they disrupt sleep quality, strain circulation, and can dehydrate the body. Instead, choose warm water or unsweetened teas.

### 6 Physical activity



- **Avoid sweat-inducing activities:** Physical activity raises body temperature – it's better to exercise in the morning when the temperature is still cooler.
- **Physical activity in the first half of the day:** Promotes the production of serotonin, the wakefulness and 'happiness' hormone, which in the evening supports falling asleep.



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#### References



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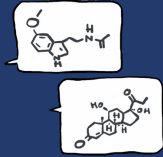


# How to Beat the Heat for a Restful Sleep?

# Why is it difficult to sleep when it is hot outside?



The **suprachiasmatic nucleus** in the hypothalamus acts as an ‘**internal clock**’ that regulates the sleep-wake cycle. It coordinates body temperature regulation and the release of hormones such as **melatonin** (sleep-promoting) and **cortisol** (stimulating).



A key part of preparing the human body for sleep is the **drop in body temperature**: As we fall asleep, the blood vessels dilate, allowing more blood to flow into superficial layers of the skin. In this way, the body releases heat to the surrounding environment and cools down. On average, body temperature decreases by about **one degree Celsius**.

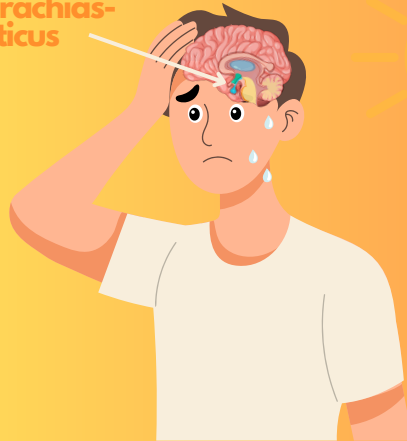
If the **surrounding temperature** remains high during the night, however, this process is disrupted. The blood vessels remain permanently dilated, which can lead to a **drop in blood pressure** and an **increased heart rate**. As a result, the body is unable to lower its temperature effectively. Furthermore, the process of perspiration is initiated with the intention of reducing internal body temperature through the process of evaporation.



Consequently, this results in a disruption to the natural sleep-wake cycle, leading to challenges in initiating sleep and a reduction in the quality of sleep.



Nucleus  
suprachias-  
maticus

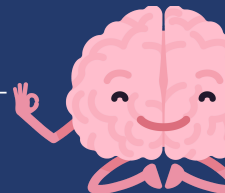


## The day as preparation for the night

- **Stay hydrated** - Drink water regularly to prevent dehydration.
- **Take a siesta** – A short midday break (e.g., a 20-minute power nap) helps reduce strain on the body.
- **Protect against UV radiation** – In addition to heat, UV exposure is dangerous (skin cancer risk!). If possible, stay outdoors only before 11 a.m. and after 3 p.m.
- **Wear a hat and apply sunscreen!**

## Relax through the night:

- **Switch off your mind**: Body and mind are closely connected – if you can't mentally switch off, you remain tense. Stress and excessive rumination raise **cortisol levels** (stress hormone) and make falling asleep more difficult. **Relaxation techniques** can help reduce stress and promote calmness.
- **Digital break**: Take a break from work, laptops and to-do lists in the evening – especially on hot nights. Mental calmness reduces stress levels and helps you relax.



# 6 tips for better sleep in the heat

## 1 Indoor climate

- **Cool the bedroom**: Ventilate early in the morning, then close windows and blinds/curtains to keep the heat out; only ventilate again at night.

- **Air conditioning & fan**: Turn them on before going to bed to lower the room temperature – switch them off again before falling asleep to avoid catching a cold and to reduce noise.
- **Hang damp towels**: Evaporative cooling helps lower room temperature.

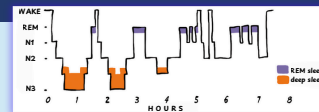


## 2 Keeping cool

- **Hot water bottle/ gel ice packs**: Place in the freezer in the morning and take to bed at night – provides long-lasting cooling
- **Chilled sleepwear for a fresh kick**: Place your pyjamas in the freezer for a short time – lowers body temperature and helps you to fall asleep.



## Note - sleep occurs in cycles!



Not falling asleep immediately or waking up during the night is **not 'game over'!** Don't worry about the time and let sleep start over – sleep occurs in cycles of about 90 minutes, and each one counts. Try to let go of overthinking and avoid giving stressful thoughts too much space.