

LFR MEDS

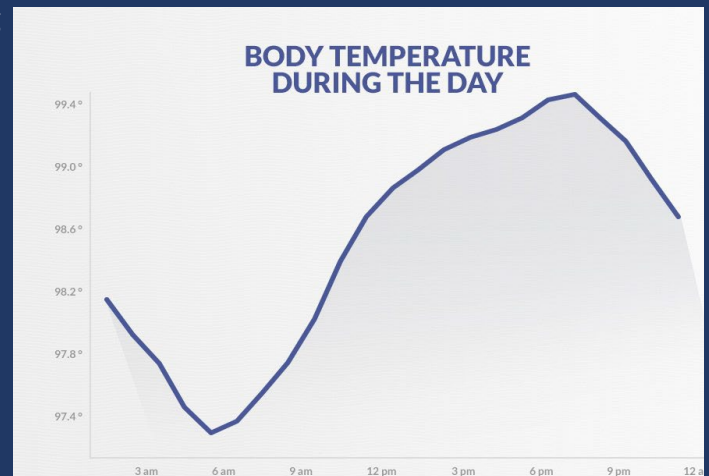
Temperature and Sleep

Temperature plays a big role in how we fall asleep and maintain sleep throughout the night. Our bodies crave a cooler environment when it comes to bedtime and achieve this through our circadian rhythm. The mechanism for governing our day-to-day sleep/wake schedule not only releases hormones that tell our minds when it is time for rest also begins dropping our body temperature approximately 1 degree Celsius as bedtime nears.

One of the ways we can assist our body in rapidly settling into a deep slumber is by lowering the temperature of our bedroom thermostats. Sleep experts recommend a room temperature between 15.5 – 19 degrees (60-66 Fahrenheit). This cooler environment facilitates our internal functions to maintain a cooler body temperature throughout the night. Now everyone's ideal temperature is different, so I recommend experimenting within this range to see what is most comfortable for you and provides the most fulfilling sleep.

Another consideration when it comes to core temperatures is being conscious of how close we are exercising to bedtime. Anywhere between 2-3hrs before bed, depending on the intensity of the workout, can increase our core temp and counteract the circadian rhythm's functions. And as hygiene typically goes hand in hand with exercise, we must also be conscious of enjoying hot showers or baths right before bed, as these also have a lasting effect on increased body temperature.

Finally, if you are avoiding exercise close to bedtime, lowering that thermostat, and keeping the showers below scalding and still are overheating throughout the night, you can try adjusting your bedding. Everything from pillows, blankets, sheets and mattresses can be found with cooling characteristics. If your old cotton filled pillows and sheets aren't cutting it anymore, it might be time to experiment with something new.



Quick Tips:

- **Set Thermostat between 15.5 – 19 degrees at bedtime**
- **Don't engage in intense exercise within 2-3 hrs. before bed**
- **Avoid hot showers right before bed**