

Cooling Focused Website Releases Blog To Help People Find The Perfect Temperature For Sleep

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In a recent article, the website CoolingTowels.com explored the reasons why people have trouble sleeping. The site has been getting a lot of messages about this topic. So the site's content team decided to make the article. If people that live anywhere that gets even the slightest bit hot, chances are that they have an AC unit installed. Places like the East and West coast get relatively warm and stay warm for the majority of the year, only cooling off in the last weeks of fall, winter and a brief period in spring. Having the AC on blast isn't the only way to keep the nights cool, however. Cooling towels are also an amazing and practical way of staying cool. Whether it's trouble getting quality sleep or finding more comfort during the night, there should be at least a few simple fixes people can do to help them find the perfect temperature.

The site also explains the science behind needing cooler temperatures during the night. The research team did quite a bit of research in order to get the principles right. The site stated, "There are scientific reasons why a room temperature of around 65°F (18.3°C) is considered to be the sweet spot for sleeping. This relates to the body's internal temperature regulation. The body's internal temperature shifts during a 24-hour period. This is known as a circadian rhythm. The body begins to release heat when it senses that it's getting late and starts to cool down for the night, at around 7 to 9 pm. The body will continue to shed heat until it reaches its lowest temperature just before dawn, around 5 to 6 am. The body cools by expanding the blood vessels in the skin. Some people may notice that the hands and feet initially will start to feel warm rather than cold. This is because the body is letting the heat escape through the extremities, which have the most surface area on the body. The body temperature will start to drop further as the night progresses."

The site made several comments regarding the effects of improper sleeping temperatures on the body. "If the temperature in the bedroom or other space is too cold or too hot, it may interfere with the body's natural cycle of temperature changes and this may lead to sleep disruption. However, the body is more susceptible to sleep interruptions when the temperatures are warm rather than cold, that's why it is still advisable to err on the side of colder temperatures," says one of the site's writers.

The site also cited a study that found that the temperature of the room where people sleep is one of the most important factors in achieving quality sleep. The study looked at data from 756,000 survey respondents from all around the country and found that most people experience abnormal sleeping patterns of sleep interruptions during the hotter summer months when it may be more difficult to keep the sleeping quarters at an optimal temperature. This can affect the body's ability to cool itself down at night because the body has an internal thermostat and elevated temperatures can throw off this internal thermostat. Several survey participants also made it known that when they moved from a cooler location to a hotter one, that some of them developed mild insomnia because of the heat. Heat makes sleeping very difficult and can pose a significant health risk for those who are prone to heat illnesses such as heat stroke or heat exhaustion.

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For more information about Cooling Towels, contact the company here: [Cooling Towels](https://coolingtowels.com) Cody Wise 5039088696 info@coolingtowels.com

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Website: <https://coolingtowels.com>

Email: info@coolingtowels.com

Phone: 5039088696

