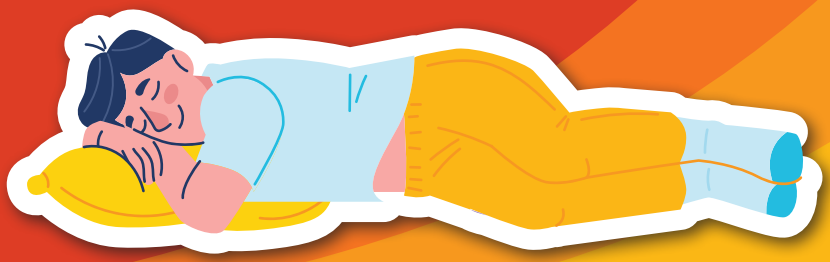
Hot weather and Sleep

It can be more difficult to get the sleep you need when the weather is very hot or in extreme heat.



Try these tips to help you get a better night sleep:

- Keep curtains, blinds and windows closed during the day to keep your home cool.
- Exercise and strenuous activities should be done earlier in the day to allow your body time to cool down before going to bed.
- If you have an air conditioner, put it on before you go to bed to let the room cool down.
- Having a cool shower or bath just before going to bed will help bring your temperature down, making it easier to get to sleep.
- Sleep in the coolest room in your home – it might not be a bedroom.
- Cool down with a wet towel or water spray bottle.
- Limit daytime naps to early afternoon and make sure they are short.
- If you use a fan in the bedroom, keep the door open to improve airflow.
- Cotton clothing is best to sleep in because natural fibres breathe.

In a medical emergency, always call triple zero (000) for an ambulance

For more information

sahealth.sa.gov.au/healthyintheheat

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Interpreter

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