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Researchers find best temperature for sleeping well – 31st August 2023

Level 0

How hot or cold a room is effects sleep. Researchers say a room between 20-25° Celsius is best. The researchers monitored 50 people aged 65 and older for 18 months. The people's sleep worsened when their room was not between 20-25°C. Researchers say 20°C is the best temperature fir a deep sleep.

Sleep quality could fall by 10 per cent if it is too warm or too cool. Poor sleep can bring health problems, like diabetes and heart disease. It can also increase stress. The researchers said people should make a comfortable environment to sleep well. They also said climate change could change our sleep.

Level 1

The key for people to sleep could be how hot or cold a room is. Researchers say the best quality sleep is in a room between 20-25° Celsius. The researchers asked 50 people aged 65 and older to wear a sleep monitor for 18 months. The people's sleep worsened when their room temperature was not between 20-25°C. Researchers say 20°C is the best temperature. They said sleep seems easier and is often deeper in a cooler environment.

Temperature could be as bad for sleep as pain or drinking alcohol. Researchers found a 5-10 per cent drop in sleep quality when it was too warm or too cool. Poor sleep can lead to health problems, like mood swings and stress. Other problems include a risk of getting diabetes and heart disease. The researchers said people should create, "a more comfortable home environment" to sleep well. They also said climate change could change our sleep.

Level 2

The key for older people to sleep well could be how hot or cold their room is. Researchers say the best way to sleep well is for the bedroom to be between 20-25° Celsius. The researchers are from Harvard University and an institute for aging research. They asked 50 people aged 65 and older to wear a sleep monitor for 18 months. The people's quality of sleep worsened when their room temperature was outside the 20-25-degree range. Researchers say 20°C is the best temperature. They said: "Sleep tends to come easier and is often deeper...in a cooler environment."

The research is full of information. Temperature could affect sleep as much as having pain or drinking alcohol. The researchers found a 5-10 per cent drop in sleep quality when it was lower than 20°C or higher than 25°C. Poor sleep can lead to health issues, like an inability to think clearly, mood swings, and stress. Other problems include an increased risk of getting diabetes and heart disease. The researchers said people should create, "a more comfortable home environment" to sleep well. They also said climate change could affect sleep quality.

Level 3

The key for older people to sleep well at night could be how hot or cold their room is. Researchers say the best way to get a good night's sleep is to make sure the bedroom is between 20-25° Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people aged 65 and older to wear a sleep monitor for a year and a half. The researchers found that the quality of sleep worsened when the room temperature was outside the 20-25-degree range. They also observed that 20°C was the best temperature. The lead researcher said: "Sleep tends to come easier and is often deeper and more restful in a cooler environment."

The research is full of surprising information. It reported that temperature could affect sleep as much as experiencing pain or drinking alcohol before bedtime. The researchers found a 5-10 per cent drop in sleep quality when the temperature was lower than 20°C or higher than 25°C. They said poor sleep can lead to health issues. These include an inability to think clearly, mood swings, and higher levels of stress. Other problems include an increased chance of getting diabetes and cardiovascular diseases. The researchers said people should create, "a more comfortable home environment" to sleep well. They also highlighted, "the potential impact of climate change on sleep quality in older adults".