Body Temperature for Better Sleep

When it comes to quality sleep, the importance of temperature cannot be overstated. Your body needs to be able to thermoregulate in order to lower you into the most important stages of sleep. So, what can you do to regulate your body temperature for better sleep? Turns out, quite a lot!

Your body's temperature is related to circadian rhythms, which are cycles it runs through on a daily basis. These rhythms are controlled by your hypothalamus, but are affected by your diet, light intake, and your body temperature (among other factors). Your body is designed to hit its lowest energy and therefore its lowest temperature between 2:00-4:00 A.M. From there it begins to rise back up.

If you are getting enough good-quality sleep, you will barely notice your circadian rhythms chugging along. However, if your sleep has been lacking in quantity or quality, you'll start feeling greater swings between your alert and drowsy times of the day.

One thing you can do to increase the quality of your sleep is help your body thermoregulate. We here at BioPosture have some ideas you can try. However, you should always talk to your doctor about how you can help your internal thermometer find its mark.

Turn Down the Thermostat for Better Sleep

The optimal range of temperature for sleep is usually between 60-67 degrees regardless of the season. If it's summer and you're trying to save money by bumping up the thermostat, you might be losing sleep regularly. However, your inner thermostat (the set temperature that your brain aims for at night) will vary person-to-person depending on body type, circulation, and a host of other factors. Ask your doctor for advice, and then experiment with different temperatures in your room until you find one that fits well for you. In the end, a good night's sleep will be worth a slightly larger electric bill, and regulated body temperature makes for better sleep!

Manage Your Body Temperature

If you're waking up in the middle of the night too warm or too cold, try adjusting your clothing, sheets, and blankets to support your body's natural thermoregulation. Socks may not be the most attractive bedtime accessory, but they increase vasodilation in your feet. Better circulation in your feet, in turn, jumpstarts your body's thermoregulation and prepares it for sleep. A hot water bottle or an electric blanket can have the same effect.

Another surprising technique for preparing your body for sleep is taking a hot bath 1 or 2 hours before bed. This might seem counterintuitive to sleeping cool, but the opposite is the case. During a hot bath, your blood rises from the core of your body to the surface. When you get out, your blood releases that core heat, ultimately cooling you down for bed more quickly. Taking a hot bath before bed has the added benefit of increasing your circulation - the primary method your body has for regulating its temperature.

Use Celliant to Recycle Your Body Heat

BioPosture sleep solutions make use of a material called Celliant. While Celliant has extensive health benefits, one of it's primary values is that of thermoregulation. The minerals in Celliant fibers capture your body heat and then recycle it back to you as infrared energy. This increases your circulation and oxygenation, which leads to better temperature management, less wake time, and overall better sleep efficiency.

Ask Your Doctor about Optimal Body Temperature

Because every person is different, talking to your doctor is the best possible way to determine your optimal body temperature for better sleep. Your doctor (MD, chiropractor, and orthopedic professional) knows you and your body's needs best. They might even recommend that you check out a BioPosture mattress with Celliant as an option for better sleep.