Researchers find best temperature for sleeping well

31st August 2023

Creative Commons 2.0 via ARBRE EVOLUTION on flickr.com

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 20-25º 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 20ºC 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 20ºC or higher than 25ºC. 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".

Sources: dailymail.co.uk / msn.com / metro.co.uk

Writing

We should all sleep early, for seven hours, in a 20ºC room. Discuss.

Chat

Talk about these words from the article.

key / sleep / hot / cold / researchers / monitor / quality / temperature / range / cooler / information / pain / alcohol / bedtime / mood swings / stress / climate change / sleep

True / False

1) People need a key to get a better night's sleep. T / F
2) People wore sleep monitors for 18 months. T / F
3) Researchers say 25ºC is the best temperature to sleep well. T / F
4) Researchers say a warmer environment is best for a good night's sleep. T / F
5) Researchers say drinking alcohol before bedtime helps you sleep. T / F
6) Poor sleep can make it difficult for us to think clearly. T / F
7) Poor sleep can lead to heart disease. T / F
8) Researchers say climate change will not affect how well we sleep. T / F

Synonym Match

(The words in **bold** are from the news article.)

1.	key	a.	head
2.	best	b.	problems
3.	make sure	c.	optimum
4.	observed	d.	risk
5.	lead	e.	answer
6.	affect	f.	possible
7.	issues	g.	noticed
8.	chance	h.	make
9.	create	i.	influence
10.	potential	j.	ensure

Discussion – Student A

a) What do you think about what you read?
b) Have you ever tried to sleep while in pain?
c) What do you do if it's too hot to sleep?
d) What do you do it it's too cold to sleep?
e) How does sleep affect stress?
f) How could you make your bedroom better to sleep in?
g) How might climate change affect sleep?
h) What questions would you like to ask the researchers?

Phrase Match

1. The key for older people to sleep
2. how hot or cold
3. the best way to get a good
4. They asked 50 people aged
5. room temperature was outside the
6. drinking alcohol
7. an inability
8. an increased chance of
9. cardiovascular
10. the potential impact

a. 20-25-degree range
b. 65 and older
c. getting diabetes
d. their room is
e. diseases
f. night's sleep
g. of climate change
h. to think clearly
i. well at night
j. before bedtime

Discussion – Student B

a) How well do you sleep?
b) Why is sleeping so important?
c) What things might stop you from sleeping?
d) At what temperature is it best to sleep?
e) What advice do you have for people who cannot sleep?
f) How hot or cold is your bedroom?
g) What's the best number of hours to sleep each night?
h) How differently do we sleep at different ages?

Spelling

1. Harvard iytviUsner
2. wear a sleep rmnotoi
3. the quality of sleep ensdwreo
4. outside the 20-25-degree ganre
5. They also sveerbdo that
6. in a cooler intnvoemern
7. drinking oolahcl
8. an ltniibayi to think clearly
9. an increased chance of getting eibstaed
10. a more mftabcloore home
11. the einttpaol impact
12. tlceami change

Role Play

Role A – Temperature
You think temperature is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, counting sheep or reading.

Role B – Music
You think music is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): temperature, counting sheep or reading.

Role C – Counting Sheep
You think counting sheep is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, temperature or reading.

Role D – Reading
You think reading is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, counting sheep or temperature.

Speaking – Sleeping Well

Rank these with your partner. Put the best things for a good night's sleep at the top. Change partners often and share your rankings.

- Temperature
- Counting sheep
- Pyjamas
- Music

- Darkness
- Exercise
- Reading
- Milk

Answers – True False

1	F	2	T	3	F	4	F	5	F	6	T	7	T	8	F

Answers to Phrase Match and Spelling are in the text.

Answers – Synonym Match

1.	e	2.	c	3.	j	4.	g	5.	a
6.	i	7.	b	8.	d	9.	h	10.	f