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Cold-water immersion therapy helps us sleep – 13th January 2025

Level 4

Sitting in cold water for several hours a week is good for our health. Researchers studied the effects of cold-water immersion therapy. They found it could benefit our cognition, sleep, and well-being. Thirteen test participants sat in 10°C water for 10 minutes, three times a week, for four weeks. The study said the cold water could "help with a number of positive physiological and psychological changes linked to improvements in overall general health".

Cold-water therapy is used in many areas. For decades, ice baths have helped with the recovery of athletes after high-energy performances. The researcher said therapeutic cold-water immersion led to "fewer sleep disturbances". Taking cold-water baths for health is already a common practice. At the New Year, people worldwide swim in icy seas and lakes. In Japan, bathers refresh their bodies by dipping in and out of hot and cold baths.

Level 5

Taking a dip in very cold water for several hours a week is good for our health. Researchers in the U.K. looked into the benefits of cold-water immersion therapy. They found it could benefit our cognition, sleep quality, and well-being. The researchers studied 13 test participants, who were dunked in 10°C water for 10 minutes, three times a week, for four weeks. The lead researcher said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being".

Cold-water immersion is used in many fields for its healing benefits. For decades, ice baths have helped to speed the recovery of athletes following energy-sapping performances. The researcher said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Taking cold-water baths for health purposes is already a common practice. At the New Year, people worldwide swim in icy seas and lakes. In Japan, bathers refresh their bodies by dipping in and out of hot and cold baths. This a tradition called *toto-no-u*.

Level 6

Recent research suggests taking a dip in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into the benefits of cold-water immersion therapy. They found it could have positive effects on our cognition, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were dunked in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being".

Cold-water immersion has been used in various fields for its curative and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following intense, energy-sapping performances. Dr Allan said his findings also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Subjecting the body to cold water for health purposes is already a common practice. At the New Year, people take a plunge in icy seas and lakes. In Japan, bathers refresh their bodies by alternating dips in hot and cold baths in a tradition known as *toto-no-u*.