



How Sleeping in a Warm Room has a Negative Effect on Your Health

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Introduction

According to The National Library of Medicine (2012), “heat exposure increases wakefulness”. The temperature of the room you are sleeping in has a significant effect on sleep quality. It is important to be informed about how your sleep environment can influence your sleep and, consequently, your overall wellbeing.

Explanation

The thermal environment that you sleep in plays a key role in your sleep because it is linked to thermoregulation, which acts as a sleep-signalling system (Okamoto-Mizuno and Mizuno). Sleeping in a cold room has been associated with improved sleep quality. This is because of our biological cues as humans. For example, our bodies prepare for sleep when the temperature decreases because our circadian rhythms associate this with nighttime. In contrast, we tend to wake up when the temperature slightly increases because we associate it with the morning sunrise (Magazine and Mehta). Before air conditioning and black out curtains, our bodies relied on changes in temperature to influence and support sleep patterns.

Isn't Sleeping in a Warm Room More Comfortable?

Some may argue that sleeping in a warmer environment is more comfortable which in turn leads to a more cozy environment. According to PubMed, “maintaining a comfortable thermal sleep environment is important

for sleep maintenance” (Okamoto-Mizuno and Mizuno). Comfort is definitely important for sleep quality. “When you modestly cool people, they have better sleep quality. But if you modestly heat them, they are more likely to have disturbed sleep” (Magazine and Mehta). To improve your sleep, you do not need to be sleeping in an uncomfortably cold environment, you just need to make sure it isn’t particularly hot.

Conclusion

In conclusion, it is important to regulate the temperature in your sleeping environment to match our natural sleep indicators as humans. Sleep is very important, and getting the best sleep quality possible will lead to an improvement in your overall well-being.

References

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- Okamoto-Mizuno, K., & Mizuno, K. (2012). *Effects of thermal environment on sleep and circadian rhythm*. *Journal of Physiological Anthropology*, 31(1), 14. <https://doi.org/10.1186/1880-6805-31-14>