



The wrong temperature

Transcript: Video clip from '10 Things You Need To Know About Sleep', presented by Kate Silverton.

KATE SILVERTON:

My core temperature before getting into the bath is 37.4 degrees, which is pretty normal.

So what we'll expect to see, then, as I take a bath is for my core body temperature to rise, obviously because I'll be sitting in warm water. It'll rise by about a degree, perhaps even more. But it's not that rise, that feeling of being warm and cosy, that then induces sleep, as you might think.

As I relax in the bath, sure enough my core body temperature starts to rise.

DR BARBARA STONE:

You were at 37.4 before you got in and now you're 38.5.

KATE SILVERTON:

But research shows the most important factor isn't the heat that makes you drowsy, but what happens to your core body temperature afterwards.

DR BARBARA STONE:

I think that's quite hot enough. I think you can get out now.

KATE SILVERTON:

Out of the bath, my body cools down and it's this reduction in temperature that helps me to sleep.

DR BARBARA STONE:

It's only been recently that the drop in body temperature just before you go to sleep has been recognised as a trigger for sleep.

KATE SILVERTON:

So what have we got?

DR BARBARA STONE:

Well, we've got your body temperature here just before you get in the bath and you can see it goes right up. And then when you get out of the bath it falls right down again to almost as

low as when you went in. And then it'll carry on falling during sleep and I'm sure you're feeling really sleepy now.

KATE SILVERTON:

I am, I feel like it.