

SLEEP AND HYDRATION

ESSENTIAL FOR MANAGING HEAT



GETTING ENOUGH SLEEP AND STAYING PROPERLY HYDRATED ARE TWO OF THE MOST EFFECTIVE WAYS TO PROTECT YOUR BODY FROM HEAT STRESS. SLEEP HELPS YOUR BODY RECOVER, REGULATE TEMPERATURE, AND MANAGE STRESS HORMONES. HYDRATION KEEPS YOUR COOLING SYSTEM WORKING AND PREVENTS HEAT-RELATED ILLNESSES.

✓ WHY IT MATTERS



SUPPORTS COOLING:

Deep, restorative sleep helps your core body temperature drop at night, allowing your body to repair and recover.



IMPROVES SWEAT EFFICIENCY:

Lack of sleep can reduce your ability to sweat effectively. Good sleep keeps your thermoregulation system working as it should.



PREVENTS HEAT ILLNESS:

Drinking enough water is your main defense against heat exhaustion and heatstroke, especially when dehydration limits your ability to sweat.



PROTECTS BRAIN AND MUSCLES:

Proper hydration improves focus, reduces brain fog, and helps prevent muscle cramps so you can stay physically and mentally sharp.



TIPS & ACTIONS



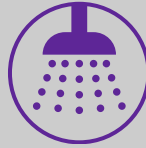
HYDRATE CONSISTENTLY:

Drink water throughout the day—not only when you feel thirsty. Even mild dehydration can disrupt sleep.



LIMIT DEHYDRATING DRINKS:

Reduce alcohol, caffeine, and sugary beverages, which can pull water from your body.



COOL DOWN BEFORE BED:

Take a cool shower or bath and keep your bedroom between 60°F and 68°F to support deeper sleep.



USE COOLING AIDS:

Choose breathable bedding, cotton sheets, cooling mattress materials, or place a cool towel on your forehead to lower body temperature

Bottom Line:

Prioritizing sleep and hydration is one of the simplest and most effective ways to **prevent heat-related illnesses** and keep your body functioning at its best.