

# Temperature Regulating Bedding

## Some people have trouble regulating their body temperature.

Temperature sheets can make a difference to body temperature during sleep. Some work to cool the body down, by providing airflow and allowing sweat to be drawn away from the skin. Some work to cool and warm the body.

There are various options available. Speak to your therapy team and / or come to Sleep Solutions to look at the best options for you.

It is important to trial items as everyone has different needs.



### 1. Natural fleece

This provides a low level of temperature regulation. Some people find that it helps to keep them warm in winter and cool in summer.

You can sleep directly on the fleece or with a cotton sheet over.

The fleece can be placed over positioning wedges or cushions.

The fleece will not work if used with moisture proof overlays.

The fleece can be machine washed, and dried in sunshine or tumble dryer.

### 2. Supracor

This works to cool you down by providing airflow to the skin. It also helps sweat to be drawn away from the body.

You can sleep directly on the Supracor with a light cotton sheet over it.

The Supracor can be placed over positioning wedges or cushions.

The Supracor will not work if used with moisture proof overlays.

Supracor can be machine washed, and dried in sunshine or tumble dryer.

### 3. Evolight

This works to cool you down by providing airflow to the skin. It also helps sweat to be drawn away from the body.

You can sleep directly on Evolight with a light cotton sheet over it.

The Evolight can be placed over positioning wedges or cushions.

The Evolight will not work if used with moisture proof overlays.

Evolight can be machine washed, and dried in sunshine or tumble dryer.

## 4. Ventimat

This works to cool you down by providing airflow to the skin. It also helps sweat to be drawn away from the body.

You can sleep directly on the Ventimat with a light cotton sheet over it.

Ventimat is quite thick so it does not drape well over cushions or wedges.

The Ventimat will not work if used with moisture proof overlays.

The Ventimat can be machine washed, and dried in sunshine or tumble dryer.

## 5. Temperature Regulation Bedding and Sheets

Temperature regulation pillows, mattress toppers, duvets and sheets can help to regulate body temperature by cooling you down or warming you up.

These materials contain phase change materials.

The bedding materials can be used with light cotton coverings. They will not work well with thick or moisture proof coverings. It is important to use them with the correct side against the body.

The sheets work best when used directly against the skin. They will not work as well with thick or moisture proof sheets.

All items can be machine washed and tumble dried. As the bedding materials are thick items, they are not recommended for people who need to wash their bedding frequently. The sheets are easily washed frequently.

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