



Discover our sleep campaign starting on 1/9/26: www.bosch-bkk.de/gutenacht

Sleeping well when it's hot

Many people struggle to get a good night's rest when it's hot in the summer. Small steps can help you cope with warm nights more easily.

Drink enough fluids during the day

The body loses a lot of fluid in hot temperatures, so drink water or unsweetened tea at regular intervals throughout the day. Don't drink too much directly before going to bed as this will help prevent you waking up and needing the toilet.

Keep your bedroom as cool as possible

Keep your windows, curtains and shutters completely closed during the day as this will prevent your bedroom heating up as much. Open them and provide plenty of ventilation early in the morning or late at night when it is not as hot outside.

Avoid exercise in the evening and keep yourself cool

Intense workouts/exercise late in the day stimulates the circulation and can make it more difficult to fall asleep. Lukewarm showers or foot baths will help to dissipate the heat. A cool cloth placed on your neck, forehead or wrists will also help. It is best to avoid ice-cold showers as they have a stimulating effect.

Keep things light: bedding, clothing, evening meal

Breathable materials such as cotton or linen will make for a more comfortable night's sleep. Summer bedding or a lightweight sheet will usually be enough. Avoid eating high-fat meals late in the day. It is better to eat something light in the early evening, such as yoghurt, cold vegetable soup or fruit.