

FAST FACTS

Bed cooling systems

Temperature regulating sleep systems

What

A temperature regulating sleep system is a product that is installed on your mattress, and helps to regulate your body temperature to follow the natural temperature variations that occur during sleep.

Systems can be programmed to follow an individual's unique sleep cycle through both cooling and warming phases. Most usually connect to an app on your phone and may provide a number of advanced sleep tracking biomarkers including heart rate, respiratory rate, restlessness, and REM and deep sleep phase data.

How they work

Body temperature is critical optimal sleep quality, with deep sleep being associated with a reduction in core body temperature.

A bed cooling system cover consists of a grid of fine tubes, that water passes through, connected to the control system that regulates temperature. Some may also include sensors for detecting body temperature, movement, heart rate, and respiratory rate eliminating the need for wearable devices during sleep.

Pros

- Regulating body temperature has been shown to improve sleep, mood, and energy, and improve focus, concentration and cognitive performance
- Some don't require wearable devices to track biometrics during sleep
- Some use smart technology to intelligently adjust temperature based on the individual's body and environmental conditions
- Inbuilt systems to gently wake up each morning



Cons

- Price - beware of pricing of all components
- Some may emit low level EMF emissions that meet FCC compliance requirements
- Can change the softness feel of your mattress
- The pod cover may not be suitable for all bed, or mattress types
- Cannot travel with these
- Cleaning of the water systems is required

Contraindications

Some sleep cooling systems may not be suitable for people with sensitivity to EMF emissions or who require specialised non-allergenic materials in their bedding

Learn more

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[Sleep me products](#)
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