

Sweaty Sleeper?

Do you wake up every morning surrounded by damp sheets after a night of sweating bullets? Rest assured, you're not alone. Many people experience night sweats for a variety of reasons. Use these tips to help get to the bottom of your nocturnal perspiration.

COMMON CAUSES OF NIGHT SWEATS

Sleep environment

- Room temperature that's too high
- Pajamas that are too warm
- Blankets that are too heavy

Late night indulgences

- Drinking alcohol in the evening or at night
- Bedtime snacking on spicy foods

Hormonal causes

- Premenopause or menopausal factors
- Certain thyroid conditions

Underlying causes and conditions

- Certain prescribed medications
- Undiagnosed health disorders



Sweat or no sweat?

Some of these causes can be fixed with simple changes like avoiding alcohol or adjusting your room temperature, while others may require medical advice. Usually, night sweats are nothing to worry about, but they can sometimes be a symptom of a serious health disorder. See a healthcare professional if your night sweats persist despite your best attempts to dry out your dream time.