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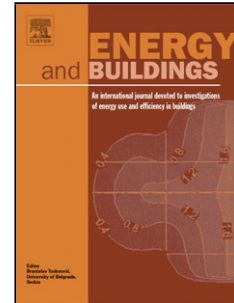
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Thermal environment and sleep quality: A review

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Highlights

- The effects of thermal environment on human sleep was reviewed.
- A thermal comfortable sleeping environment is important for sleep maintenance.
- Air conditioner should be controlled to avoid decrease in air temperature toward morning.
- Control of bed micro-environment may improve thermal comfort energy efficiently.

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