

1 in 4 Brits sleep naked, resulting in significant health benefits

New research has found that one in four (23%) Brits now sleep in the nude - resulting in them reaping the rewards from significant health benefits, claim doctors.

Online furniture retailer, [Furniture Choice](#), surveyed the British public to find out about their sleeping habits and how many choose to ditch their pyjamas at bedtime.

The survey found that 40% of Brits do not generally have a good night's sleep, with a quarter (24%) stating that they only get six hours of sleep a night - despite a recommended 7-9 hours [1]. Over a third (36%) reported that they wake up in the morning feeling tired, with a sore back (32%) and a sore neck (27%).

When it comes to bedtime attire, one in four (23%) Brits choose to sleep naked. Whilst sleeping in the nude does not cure aches and pains, it does have other significant health benefits.

[Dr Sarah Brewer](#), a general practitioner, said: "Sleeping naked means that your body remains cooler during the night, which is important as overheating is a common cause of disturbed sleep.

"Being over-hot in bed by 3 to 4 degrees changes brain-wave patterns, reduces the amount of time you spend in REM sleep, increases the chances of waking up and reduces deep sleep. Many worry about sleeping naked in the winter, however if your bedroom is the recommended temperature of between 18-24 degrees C all year round, then there shouldn't be a problem."

Dr Brewer states there are five key benefits of sleeping naked - helping lose weight, improving skin problems and improving male fertility being some of them.

Five benefits of sleeping naked:

- 1. Aids weight loss**

If sleep is disrupted from being too warm, your body produces more cortisol than usual, leading to an increased appetite.

- 2. Improves skin problems**

Overheating at night can worsen many skin conditions, so sleeping naked can help prevent this.

- 3. Reduces risk of fungal skin infections**

Candida yeast cells change from the superficial 'harmless' cell form, to invading threat form, when conditions are warm and moist. Sleeping naked and airing areas susceptible to thrush can lead to fewer recurrent Candida infections.

4. **Improves relationships with significant other**

Sleeping naked gives a sense of freedom and may help couples feel more loving. Humans are highly-tuned to the sight of bare skin, which acts as a signal for sexual arousal.

5. **Improves male fertility**

Testosterone hormone is secreted at night and rises in certain stages of sleep. If a man feels too hot and his sleep is disturbed as a result, his testosterone production may be reduced. Sleeping naked helps to promote a healthier sleep pattern, so normal testosterone production occurs.

Rebecca Snowden, interior style advisor at Furniture Choice, said: "With our bodies repairing during sleep, a good night's rest is crucial to a happy and healthy life. It's, therefore, worrying to see so many of us aren't getting sufficient shut-eye each night.

"Staying away from blue-screen light a couple of hours before bed, and taking a bath, can help prepare our bodies for going to sleep. It's also important to have a mattress and pillows that are designed to your requirements, ensuring you have a comfortable night's sleep."

Furniture Choice has created a mattress selector tool to help people find the perfect mattress, resulting in a better night's sleep: <http://www.furniturechoice.co.uk/Bedroom-Furniture/Mattresses/Mattress-Selector.htm>

ENDs

Notes to Editor:

All figures, unless stated otherwise, are from two surveys Furniture Choice has undertaken with The Leadership Factor. One surveying 1,500 UK residents, one surveying 1,009.

[1] The Sleep Council recommends an average adult, aged between 18-65 years old, has 7-9 hours sleep a day. <http://www.sleepcouncil.org.uk/how-much-sleep-do-we-need/>

About Furniture Choice

Founded in 2005, FurnitureChoice.co.uk is an independent furniture retailer. The company combines a deep knowledge of contemporary furniture manufacturing with first-class e-commerce expertise.

With a dedicated UK call-centre and an experienced quality control team in Asia, Furniture Choice is able to offer customers the greatest variety of high quality contemporary furniture and best-in-class customer service, backed-up with fast, free delivery and returns. To find out more visit <http://www.furniturechoice.co.uk/about-us/>.

About Dr Sarah Brewer

Dr Sarah Brewer is a general practitioner, who qualified from Cambridge University with degrees in Natural Sciences, Medicine and surgery. She has a master's degree in Nutritional Medicine from the University of Surrey,

To find out more visit: www.DrSarahBrewer.com