

Study links air pollution, heat, carbon dioxide, and noise to reduced sleep

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Air pollution, a warm bedroom, and high levels of carbon dioxide and ambient noise may all adversely affect our ability to get a good night's sleep, suggests a study from researchers with the Perelman School of Medicine at the University of Pennsylvania and the University of Louisville.

The study, published today in *Sleep Health*, is one of the first to measure multiple environmental variables in the bedroom and analyze their associations with sleep efficiency—the time spent sleeping relative to

the time available for sleep. The analysis found that in a group of 62 participants tracked for two weeks with activity monitors and sleep logs, higher bedroom levels of [air pollution](#) ([particulate matter](#)

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