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Sleeping with a fan could be bad for us – 31st July, 2018

Level 4

Scientists say using a fan to help us sleep is bad for us. This is bad news in the current hot weather. Sleep experts say there are many reasons why using a fan is bad for our health. They cause problems for people with asthma. Dust and pollen circulates around the room and adds to sleeplessness. Circulating air can dry out and irritate our eyes and mouth. This makes it difficult to sleep. Fans also cool the air and can make our muscles tense.

Many sleep experts say fans are not a danger to health. One said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." If a fan stops us sweating, we will sleep. People should keep fans at a distance from their bed and not have them blowing at their body. Using an air filter in the bedroom can reduce the levels of dust. A fan may be better than an air conditioner. This can cool the sweat on our body and give us a cold.

Level 5

Many people need a fan to sleep. Scientists say this could be bad for us. This is bad news for those of us unable to sleep in the current hot weather. Sleep experts at the website Sleep Advisor say there are many reasons why the use of a fan is bad for our health. Fans cause problems for people with asthma. They cause dust and pollen to circulate around the room and add to an asthmatic's sleeplessness. Circulating air can dry out and irritate your eyes and mouth, which makes it difficult to sleep. Fans also cool the air and can make muscles tense up and cramp.

Other sleep experts disagree and say fans are not a danger to health. A specialist on the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." If a fan stops us sweating, it will help us sleep. People should keep fans at a safe distance from their bed and not have them blowing at their body. It is also a good idea to put an air filter in the bedroom to reduce the levels of dust. A fan may be better than an air conditioner, which can chill the sweat on our body and cause us to wake up with a cold.

Level 6

Many people cannot sleep without using a fan, but scientists say this could be bad for us. This is unwelcome news for those of us struggling to nod off during the current scorching hot weather. According to sleep experts at the website Sleep Advisor, there are many reasons why the use of a fan could be detrimental to our health. Fans can cause problems for people with asthma or hay fever. The rotating blades of fans cause dust and pollen to circulate around the room and add to an asthmatic's sleeplessness. Sleep Advisor says circulating air can dry out and irritate your eyes, mouth and sinuses, which also makes it difficult to sleep. Fans also cool the air and can make muscles tense up and cramp.

Other sleep experts disagree and say there are no dangers to health from using a fan. Dr Len Horovitz, a specialist on the health of the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." He told the Live Science website that if a fan stops us sweating, it will help us to sleep. He said people should keep fans at a safe distance from their bed and not have them blowing directly at their body. He also recommended keeping an air filter in the bedroom to reduce the levels of dust in the room. Sleeping with a fan may be preferable to using an air conditioner, which can chill any sweat on our body and possibly cause us to wake up with a cold.