Feeling Lethargic? Its the Bloody Air-con

(This applies especially to people living in the tropics as I would happen a guess that y'all in temperate countries ain't exactly switching on the air-con now)

A study conducted by two universities (Harvard University here and in Singapore (the National University of Singapore) has shown that the most likely cause of people waking up the next morning but still feeling lethargic is, in fact, the only modicum of comfort on the tropics - the air-conditioner.

It has been found, that the common tendency to seal off a room completely to avoid energy wastage has resulted in the accumulation of carbon dioxide, which in turn causes drowsiness and lethargy in many animals, inclusive of man.

According to Dr Wong Nyuk Hien, who led the Singapore division of the team on a two-year study of sleeping habits of 300 people, a simple remedy to this would be to leave the windows slightly open. Dr Wong, who is a faculty member of the building department of NUS, said in his report that "since there is no fresh air coming in, you are just breathing in your own air over and over again"

If left to continue for months it could be fatal, but not for one night. However, lethargy, drowsiness and, if it occurs for extended periods (as in your are a burn who sleeps 12 hours a day or more), then headaches are also very likely.

According to the marketing manager of McQuay Airconditionings in a Singapore-released press statement, Mr T.S. Ong (okay, I forgot his name), the issue is not critical as "some air is bound to escape along the window or door. I don't think Singaporeans have such airtight rooms". He also added that his company would be introducing a new range of air-conditioners that can maintain a specified level of oxygen in a room.

The American division of the study, conducted by Harvard University, found that out of 200 people, 154 who slept in open-air rooms were more likely to wake up feeling refreshed and ready for another day, whereas those who slept in a sealed room with the air-conditioner / heater on were more likely to be grumpy and tired upon awakening.

In both countries, sleeping with the air-conditioner on also caused blocked noses and dry throats in the morning for every 4 in 10 people (I have a very
dry throat when I wake up in Singapore). Nearly 4 in 10 in Singapore are also reported dry skin compared to the one in ten who slept with the fan on.

In an ironic twist, air-conditioners help in certain skin diseases - for example, eczema is a skin-condition which is sensitive to heat, and is more likely to heal at a faster rate in an air-conditioned room. Conversely, people suffering from hayfever or allergic rhinitis should avoid air-con rooms as they only aggravate the illness.

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