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Protect your brain from the heat

Did you know that summer heat can affect how your brain works? Even in healthy people, indoor temperatures of 26°C or higher can slow down memory, reduce concentration, and increase mental fatigue. These effects occur when the body struggles to regulate its temperature, a condition known as heat stress. When this happens, the body uses more energy to cool itself down, leaving fewer resources available for thinking and decision-making.

Several studies show that high temperatures can also impair sleep quality, making it harder to think clearly. During periods of extreme heat, it is therefore important to adopt simple strategies to protect your brain health:

- Drink water regularly, even if you don't feel thirsty.
- Rest in cool or air-conditioned places.
- Avoid strenuous physical activity during the hottest hours of the day (11 a.m. to 4 p.m.).
- Wear light-colored, loose-fitting clothing.



For more safety tips
and information,
[click here](#)

These measures are simple and could help keep your mind clear and alert during the summer. Protect your health this summer: stay hydrated, rest, and stay cool to keep your mind sharp.