



The Micro-Climate Diagnostic Tool: The S5 Protocol

◆ Phase 1: The Research Protocol

- **Central Problem Entity:** Midnight Thermoregulation Failure (Thermal Awakenings).
 - **Problem Statement:** "The subject experiences disrupted sleep cycles characterized by waking up feeling excessively hot or cold between the hours of 1 AM and 4 AM."
 - **Primary Objective:** To determine if the **bedding material composition** or **ambient room temperature** is the primary driver of thermal awakenings.
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◆ Phase 2: Variable Identification

To find the truth, we must isolate the "suspects" from the "background noise."

Independent Variables (The Suspects):

1. **Bedding Material:** Testing *Synthetic/Memory Foam* (Heat-trapping) vs. *Natural Fibers/Tencel* (Breathable).
 - *Mechanism:* Synthetics lack moisture-wicking properties, causing a "sauna effect" where body heat is reflected back to the skin.
2. **Ambient Temperature:** Testing a "Neutral" setting (21°C) vs. a "Cool" setting (18°C).
 - *Mechanism:* The body needs to drop its core temperature by roughly 1°C to initiate deep sleep.

Confounding Variables (The Controls):

- **Evening Habits:** No hot showers 60 minutes before bed (this artificially spikes/drops core temp).
 - **Clothing:** Wear the same 100% cotton pajamas every night of the test.
 - **Diet:** No alcohol or spicy foods 3 hours before bed (both cause vasodilation and "false" heat).
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◆ Phase 3: The Data Collection Log

Complete this log every morning for 7 days. **Do not skip the numbers.**

Date	Room Temp	Bedding Type	Waking Frequency (Count)	Thermal Comfort (1-10)*	Qualitative Notes
Ex: 01/26	18°C	Linen	0	9	Felt cool all night.

Note: 1 = Shivering/Freezing; 5 = Perfect Neutral; 10 = Sweating/Stifling.
(Aim for a 5).

♦ **Phase 4: Quantitative Analysis**

Once you have 7 days of data, use this table to find the "Aha!" moment.

Data Segment	Avg. Waking Frequency	Avg. Comfort Score
"Cool Room" Nights (\$ 18°C)		

"Warm Room" Nights (\$21^{\circ}\text{C})		
"Natural Fiber" Nights		
"Synthetic Fiber" Nights		

The Insight Statement:

*"The data shows that my highest thermal comfort (closest to 5) and lowest waking frequency occurred when using **[Variable A]**. This suggests my current sleep environment is failing due to **[Variable B]**."*

◆ **Phase 5: The A/B Test Protocol (The Hypothesis)**

Now, we turn your data into a permanent solution.

My Hypothesis:

"By switching to **[Specific Product/Setting]**, I can reduce my thermal awakenings to **[Number]** per night and maintain a comfort score of **5**."

The Next Experiment:

For the next 7 days, implement your winning variable (e.g., keeping the room at \$18^{\circ}\text{C}\$ regardless of the weather) and track only the "Waking Frequency" to confirm the diagnosis.

 **Why this works for your blog:**

By asking for **quantitative data** (the 1-10 score and the 0-4 waking count), you move the user away from "I'm just a hot sleeper" toward "My polyester sheets are trapping 40% more heat than my body can vent."

