

## HOW TO SLEEP IN THE SPANISH HEAT

Ciudad Real, central Spain, July 17, 11pm: \_\_\_\_\_ it's 32.8°C, according to the AEMET Spanish state meteorological agency. At that temperature the \_\_\_\_\_ bedclothes cling, pajamas are too heavy, and cool air is notable by its absence. It's impossible to sleep. Your first reaction is to turn on the \_\_\_\_\_, if you have it. But often it's not worth the cost to have it running the whole night, so you decide to turn it off again.

But is it possible to sleep \_\_\_\_\_ in the Spanish summer without air conditioning? Tradition says yes. Ancient Egyptians used to moisten their \_\_\_\_\_ to sleep better and combat heat waves, which pose a serious risk to public health. According to the results of a scientific study carried out by the Spanish National Research Council, mortality \_\_\_\_\_ for those aged over 75 increase 20.1 percent for each \_\_\_\_\_ that the maximum daily temperature rises above 36°C.