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# Mallorca Bulletin

Friday July 22 / Thursday July 28 2022: PRICE: 2€



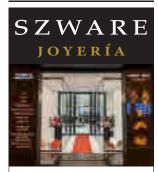
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## STEAMY NIGHTS IN HEATWAVE BAD FOR YOUR HEALTH

Palma.—Hot night-time temperatures are hindering firefighting responses across Europe and worsening health conditions as bedtime fails to provide a cooling reprieve,

Across much of the planet, night-time temperatures are actually rising at a faster rate than day-time temperatures under climate change.

"Hotter nights mean people and our environment don't get a break from climate change," says Jennifer Balch, a fire ecologist at the University of Colorado Boulder in the United States.

In a February 2022 study in the journal Nature, Balch and her team found that the cool, damp nights which once helped tame roaring wildfires are disappearing.

"Nights have become 25% hotter and drier globally over the past 40 years," says Balch, noting a 36% increase in the number of after-dark hours that are warm and dry enough to sustain fire.

hausted firefighters aren't getting a respite.

Currently, some 1,700 firefighters are battling blazes around France's coastal Gironde region.

Many more have been dispatched to fires in Spain and Portugal over the last few days.

#### Sleepless in Europe

Hot nights can also take a toll on people's physical and mental health.

"Sleep is interrupted for This means that ex- many people during heatwaves," says Laurence Wainwright, an environmental lecturer at the University of Oxford.

Poorer sleep quality or shorter sleep duration can worsen outcomes in those with major depressive dis-



Sweltering nights following steamy days can also make it difficult for people to recover.

"The body is trying to get to a lower temperature and that is stressful for the cardiovascular system and keeps the heart rate high," adds Dominic Roye, a climatologist at the University of Santiago de Compostela in Spain.



