

# THERMOCEPTION

## Our sense of temperature

### What is thermoception?

Thermoception is our sense of temperature. It allows us to know if we are too hot or cold.

It is important to understand as even though we may not be aware of our body's or the environment's temperature it can still cause us harm!

It's also possible to be oversensitive to one temperature and not another.

### What does oversensitivity look like?

If you're over-sensitive to it you might feel cold or heat more than other people.

This can mean that you:

- wear too much or too little clothing
- get sunburned from not enough clothing or overheat due to too many clothes
- avoid showers and baths as the water and the temperature of the room can be too hot or cold
- avoid going outside where the temperature is out of your control

### What does undersensitivity look like?

If you're under-sensitive to it you might not feel cold or heat as much as other people.

This can mean that you:

- don't wear enough clothes in winter or wear too many in summer
- forget sunscreen as you're not aware your skin is burning
- miss the signs of thirst from heat and only recognize this is a problem when you feel faint or tired
- end up with blue hands and feet from the cold

### What helps?

- reminders for sunscreen and appropriate clothing
- thermometers, calendars, weather apps, and trackers
- automatic heating set so it maintains a safe temperature
- protective clothing to prevent sunburn and frostbite

and most importantly:  
Do what feels comfortable for you!