

Night sweats

Many people sweat during the night. It's normal if the room or your bedding is making you too hot.

Night sweats are when you sweat so much that your night clothes and bedding are soaking wet, even though where you're sleeping is cool.

Adults and children can get night sweats.

Contact your GP if you:

- often wake up with soaking wet sheets
- have night sweats often that wake you up or worry you
- also have a very high temperature (or feel hot and shivery), a cough or diarrhoea
- have night sweats and you're losing weight for no reason

Causes of night sweats

The most common reasons for night sweats are:

- menopause symptoms ([hot flushes](#))
- [anxiety](#)
- medicines - some [antidepressants](#), [steroids](#) and painkillers
- hypoglycaemia (low blood sugar)
- alcohol or drug use
- [hyperhidrosis](#) - a harmless condition that makes you sweat too much

Sometimes the cause of night sweats is unknown.

[Hypoglycaemia in type 1 diabetes](#)

[Hypoglycaemia in type 2 diabetes](#)

Treating night sweats

If you have night sweats, you will not usually need treatment. But your GP will want to check if you have any other symptoms.

If you're taking medicine and your GP thinks it might cause your night sweats, they may prescribe a different one.

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