The Efficacy of the BedJet Climate System® for Peri-Menopausal Night Sweat and Hot Flash Symptoms and Corresponding Impact on Sleep

INTRODUCTION

- The prevalence of menopause-related symptoms, such as night sweats and hot flashes, is high among women. Traditional treatment options often involve medications with potential side effects. Newer technologies, like the BedJet Climate System®, offer alternative solutions.

MATERIALS & METHODS

- The BedJet Climate System® utilizes a climate control unit placed under the bed that can cool or warm the air, adjusting the temperature to a user-defined setting.

FIG 1: COOLING & WARMING

- In the cooling mode, the climate control unit produces cool air to lower the bed's temperature. In the warming mode, it produces warm air to raise the bed's temperature.

FIG 2: UNDER-BED PLACEMENT

- The climate control unit is installed under the bed, ensuring even air distribution and comfort.

FIG 3: BED JET INFRARED

- Infrared technology is used to heat or cool the bed surface, providing a more direct and effective temperature adjustment.

FIG 4: BED JET UNIT

- The BedJet Climate System® is compact and can be easily integrated into any bedroom setup.

STUDY POPULATION

- Participants were recruited based on specific criteria, including the presence of night sweats or hot flashes.

- The study sample consisted of both menopausal women and men, to assess the system's efficacy across different populations.

- Participants were randomly assigned to either the intervention group (using the BedJet Climate System®) or the control group (traditional treatment or no treatment).

- Each participant was monitored for a specified period to track symptom improvement.

TABLE 1: PSQI QUESTIONNAIRE

- The Pittsburgh Sleep Quality Index (PSQI) was used to measure sleep quality before and after the study.

- The PSQI consists of seven components: subjective sleep quality, sleep latency, sleep duration, sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction.

- Participants rated each component on a scale from 0 (no problem) to 3 (severe problem).

- The total score ranges from 0 to 21, with higher scores indicating worse sleep quality.

TABLE 2: PSQI QUESTIONNAIRE

- Subjective sleep quality (0-3)
- Sleep latency (0-3)
- Sleep duration (0-3)
- Sleep efficiency (0-3)
- Sleep disturbances (0-3)
- Use of sleep medication (0-3)
- Daytime dysfunction (0-3)

- The total PSQI score for the intervention group was significantly lower than the control group after the study.

TABLE 3: PSQI QUESTIONNAIRE

- Before treatment
- After treatment

- Intervention group: significant improvement in subjective sleep quality and total PSQI score.

TABLE 3: PSQI QUESTIONNAIRE

- Control group: no significant improvement in subjective sleep quality or total PSQI score.

DISCUSSION

- The results suggest that the BedJet Climate System® may be an effective and safe treatment option for night sweats and hot flashes.

- Further research is needed to confirm these findings and explore the long-term effects of the system.

- The system's ease of use and minimal side effects make it an attractive option for patients.

CONCLUSIONS

- The BedJet Climate System® may provide significant improvement in sleep quality and relief from night sweats and hot flashes.

- The system's non-invasive nature and potential to avoid the side effects associated with traditional treatments make it a valuable option for menopausal women.

- Further research is needed to establish its efficacy and safety in different populations and under various conditions.

REFERENCES & ACKNOWLEDGMENTS

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