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FACTS ABOUT NIGHT SWEATS

1. Menopause symptoms ("hot flushes")
2. Too warm in the bedroom
3. Harmless condition - hyperhidrosis
4. You have a sweating disorder
5. You're having a nightmare
6. Alcohol or drug use
7. The body goes for hormonal changes
8. The body fights infection
9. You might have lymphoma
10. Anxiety
11. Antidepressants, steroids, and painkillers
12. Low blood sugar (hypoglycaemia)
13. Sometimes the cause of night sweats is unknown.