

Is It Safe To Sleep Wearing A Face Mask/Respirator?

Wearing a face mask, or respirator can impact breathing (Ref 04007044...; Ref 5846a515...). By some authorities, it is NOT considered safe to sleep while wearing face masks (Ref c2a68c24...), and is advised against (Ref 0b221808...). However, there is research to suggest wearing a face mask, or respirator, while sleeping doesn't adversely affect cardiopulmonary function, though it may impact sleep quality by causing discomfort (Ref a70625c6...). Similarly, there is research on wearing full-face respirators while sleeping which suggests, at least for some types, it causes noteworthy disruption to sleep (Ref 16a6f336...; Ref 8ab211f5...).

References

- Ref c2a68c241a2fe8adf090853abdfb5a7b:
 - Source: https://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Health-Environment/BCCDC_WildFire_FactSheet_FaceMasks.pdf
 - Date Accessed: October 13, 2025
- Ref a70625c6c2d57884d26cce1353157767:
 - Source: <https://www.sciencedirect.com/science/article/abs/pii/S0002934324003954>
 - Date Accessed: October 13, 2025
- Ref 0400704428184c1d37668598ba0e5e5c:
 - Source: https://clark.wa.gov/sites/default/files/dept/files/public-health/wildfire%20smoke/DOH_Wildfire_Smoke_Face_Masks_Factsheet.pdf
 - Date Accessed: October 13, 2025
- Ref 0b221808d2bd50d10060d491407db734:
 - Source: <https://www.canada.ca/en/public-health/services/publications/healthy-living/using-respirator-mask-during-wildfire-smoke-events.html>
 - Date Accessed: October 13, 2025
- Ref 16a6f336c490ca6cb2f9a09b75890c45:
 - Source: <https://pubmed.ncbi.nlm.nih.gov/9025799/>
 - Date Accessed: October 13, 2025
- Ref 8ab211f5a4424a512df7ce31653630b4:
 - Source: <https://psycnet.apa.org/record/1996-01936-002>
 - Date Accessed: October 13, 2025
- Ref 5846a51525276b5a1ae43b514cfdffd5:
 - Source: <https://www.cdc.gov/niosh/docs/2003-144/default.html>
 - Date Accessed: October 13, 2025

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Notes

- IANAHP (I am not a healthcare professional).
- References use MD5 checksums as a basis for identifiers, because they are capable of providing a strong level of uniqueness even beyond the document. In-text citations use MD5 checksums trimmed to 8 characters as a basis for identifiers, because this provides suitable uniqueness within the document, while creating a smaller visual obstacle for the reader, and the block-like nature the text aides in visual skipping. MD5 checksums are derived from the source (e.g., URL).

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