

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA
UNSTARRED QUESTION NO. 2685
TO BE ANSWERED ON 11.08.2026**

LOSS OF SLEEP DUE TO HEAT WAVES AND HEALTH COST

2685. SHRI MALLIKARJUN KHARGE:

Will the **MINISTER OF HEALTH AND FAMILY WELFARE** be pleased to state : -

- (a) whether Government is aware that severe heat waves across various parts of the country are leading to widespread sleep loss at night, particularly among vulnerable populations such as elderly, children, outdoor workers and those without access to cooling mechanisms;
- (b) whether any studies have been undertaken by Government on health impacts of sleep deprivation caused by extreme nighttime temperatures;
- (c) the steps Government has taken/proposed to take to address short and long-term health consequences of disrupted sleep due to rising heat stress; and
- (d) whether Government plans to allocate additional resources to State Governments to manage increasing health burden arising from heat-related sleep disturbances?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH & FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (d): The Government under National Health Mission (NHM) implements National Programme for Climate Change & Human Health (NPCC&HH) through NCDC. The NPCC&HH launched the National Action Plan on Climate Change and Mental Health that recognizes the impact of environmental factors including temperature on sleep patterns. These environmental factors may have more pronounced effects on vulnerable populations such as elderly, children, outdoor workers and those without access to cooling mechanisms.

The Ministry issues advisories to States/UTs health authorities detailing the measures to be taken for prevention and management of heat-related illnesses.

Under the NPCC&HH a dedicated cadre-based training modules on climate change and mental health has been developed and disseminated for State and District Nodal officers, Medical officers, Paramedical officers and for vulnerable population mainly Women, Children and Elderly.

The Ministry also disseminates Information, Education and Communication (IEC) materials to create community awareness regarding the health impacts of extreme heat,

including its effects on sleep patterns. Separate IEC materials have been developed for vulnerable populations.

The details of National Action Plan, IEC materials, training modules etc. can be accessed at: <https://ncdc.mohfw.gov.in/includes/About/CentresAndDivision/CEOH.php>

Under NHM, the Government provides technical and financial support to States/UTs for strengthening their healthcare systems based on the proposals submitted by them in their Program Implementation Plans, subject to norms & availability of resources.
