

BODY TEMPERATURE

Your body temperature is monitored and controlled by the thermoregulatory centre in the brain. This centre has receptors that are sensitive to the temperature of the blood flowing through them.

Temperature receptors in the skin also provide information about skin temperature. The brain receives impulses.

Your body temperature should be kept around 37°C .

CONTROLLING BODY TEMPERATURE

People can:

- change clothing
- light a fire
- turn on heating or air conditioning
- open a window

TOO COLD

Hair muscles contract so hair becomes erect to trap air for insulation.

Blood vessels ~~capillaries~~ ^{contract} become ~~narrow~~, blood flow decreases which minimises heat loss.

Muscles contract to start shivering causing heat energy to be released by respiration in cells.

TOO HOT

Blood vessels in skin dilate increasing heat loss.

Sweat glands release sweat which evaporates, causing cooling.