



# Put the battery next to your pillow

Can you put a charging phone between a pillow and a mattress?

Sandwiching a charging phone between a pillow and a mattress can lead to batteries overheating, which can potentially catch fire or explode. The official advice is to leave all electronics on a hard surface where they can be well ventilated while charging, and therefore prevent overheating.

What happens if you put a charging phone under a pillow?

Her father said at the time that she'd left her phone charging by her bed and not under the pillow, but it's likely that it slipped during the night. Sandwiching a charging phone between a pillow and a mattress can lead to batteries overheating, which can potentially catch fire or explode.

Should you sleep with your iPhone charging under your pillows?

Tech giant Apple has issued a warning to those of us who sleep with our charging iPhones under our pillows as we sleep - and it's a lot worse than skewing your sleep cycle or reducing your battery life.

When should you charge your phone if you sleep under a pillow?

So, if you're worried about excess electrical warmth or sleep with your charging phone under your pillow (guilty), you'll want to consider either waiting until the morning to charge your phone, or at least move it to a less flammable surface. The risk of fire is heightened in a heatwave, so keep that in mind before you put your device on to charge.

Should you put your phone under your pillow?

First, keeping your phone under your pillow could build up heat and present a potential fire hazard, especially if your phone is charging or has a defect. It's also known that the LED light from phone screens can disrupt melatonin production and circadian rhythms, hurting your sleep quality, according to the National Sleep Foundation.

What happens if you put a cell phone in a pillow?

In 2016, the New York Police Department had posted pictures of pillows that had holes burned in them after the cell phone underneath overheated and set light to them. The NYPD urged people not to sandwich their phones between a pillow and a mattress, stating that it could cause batteries to overheat and possibly catch fire or explode.

Charging your phone on soft surfaces like beds or under pillows can obstruct airflow and exacerbate overheating issues. [Sleeping Next to a Charging Phone: Safety ...](#)

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The primary message directly conveyed by the technology company is as follows: "Don't sleep on a device, power adapter, or wireless charger, or place them under a blanket, pillow, or your body..."

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"Don't sleep on a device, power adapter, or wireless charger, or place them under a blanket, pillow, or your body, when it's connected to a power source. Keep your iPhone, the power adapter, and any wireless charger in a ...

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Keeping the battery perpetually charged at 100% ruins it's ability to maintain this voltage and the battery level detecting algorithms see this as the battery discharging more quickly. Random ...

"A sudden beep, buzz or other sound emanating from your cell phone is sufficient to awaken you from sleep," says Peter A. Fotinakes, MD, Medical Director of the Sleep Disorders Center at Providence St. Joseph ...

Allergies, skin irritation, and respiratory issues can all be exacerbated by exposure to synthetic fragrances, and using perfume on your pillow may increase your risk of ...

Experts explain that charging your phone and keeping it on a bed or under your pillow blocks the air flow to the phone, which could lead to overheating and an eventual fire. ...

Don't charge any electrical devices, including phones and tablets, on your bed or under your pillow while you sleep as they could overheat and cause a fire. If possible, avoid charging ...

"Don't sleep on a device, power adapter, or wireless charger, or place them under a blanket, pillow, or your body, when it's connected to a power source. Keep your ...

Keeping your phone plugged in when it has a full battery causes damage to the battery itself, according to pcmag . It's not that your phone "overloads" with power, but heat buildup, from stacking things on top of your ...

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7: Prevent Your Phone from Overheating. To prevent your phone from overheating, you should not charge your phone at night. I would also recommend placing your mobile phone away from your bed, preferably on a tabletop with a ...

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