

FABRIC COMFORT

What is comfort?

Bekesius defines "the absence of unpleasantness or discomfort" or "a neutral state compared to the more active state of pleasure"

Rees describes "the temperature regulation of the body in order to define the system in which comfort must be maintained".

Rodwell et al. state that "comfort is influenced by the physiological reaction of the wearer".

Yaglou suggests that "a satisfactory definition will never be achieved because such a definition is not possible"

Two aspects of wear comfort of clothing:

- (i) **Thermo-physiological wear comfort**, which concerns the heat and moisture transport properties of clothing and the way that clothing helps to maintain the heat balance of the body during various levels of activity.
- (ii) **Skin sensational wear comfort**, which concerns the mechanical contact of the fabric with the skin, its softness and pliability in movement and its lack of prickle, irritation and cling when damp.

Thermal Comfort:

-  The human body tries to maintain a constant core temperature of about 37°C
-  The human body must be kept in thermal balance:
 - (i) The metabolic heat generated together with the heat received from external sources must be matched by the heat loss from the body of an equivalent amount of heat
 - (ii) If the heat gain and the heat loss are not in balance then the body temperature will either rise or fall, leading to a serious threat of life.