

Top Tips for Wearing Optune in Hot Weather

Heat can make wearing your arrays and device harder work. These practical, patient-tested tips help you stay cool, protect your kit and keep your wear-time up through the warmer months.



Array Gaps

Cut your arrays so there are small gaps to let some of your skin breathe.



Freezer Bag

Carry your device in a supermarket freezer bag to protect it from extreme heat spikes.



Dual Fan Setup

Position one fan to the battery and one to the arrays for active cooling.



Netting Base

Use the netting and/or white tape to keep the arrays down securely.



Secure Tape

Use white tape to keep your arrays down firmly in high heat.



Bedroom Prep

Cool your bedroom down before bedtime to ensure better sleep quality.



Cooling Mat

Use a pet cooling mat as an easy, direct surface to stay cool.



Handheld Fan

Carry a handheld fan with you for immediate relief on the go.



Migraine Beanie

Wear a white beanie or a specialised Migraine Beanie Cap to drop head temperature.



Sun Umbrella

Carry an umbrella to create instant, personal, mobile shade.



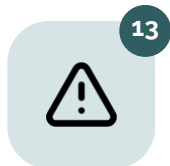
Seek Shade

Stay at home, or at least in the shade, at the hottest time of day.



The 3 P's

Follow the three P's: Plan, Prioritise and Pace.



Know Limits

Don't overdo it, especially in the hottest hours and months of the year.



AC Unit

Use a portable air-con unit to keep indoor living spaces regulated.



Fan Hat

Wear a hat with a built-in fan for continuous, hands-free breeze.