

ABSTRACT

Each of the cooling bedclothes, cooling seat cushion, cooling mat, cooling chair, cooling clothing and cooling shoes, to which the present invention is applied, has such a commonized structural feature to form the cooling flow passages in a substantially parallel and planar manner in the portion of such an article adjacent to the body, and utilizes such a commonized cooling effect to cause the ambient air at a temperature lower than the body temperature to flow through the cooling flow passages substantially parallelly to the body surface to thereby cool the body. Namely, the present invention forms, at a location extremely adjacent to the body surface of a person, an air layer having a temperature equal to that in the room without lowering the temperature of the whole room, thereby forcibly increasing the temperature gradient near the body surface to thereby increase the extent of heat release from the body, resulting in feeling of coolness. To form the air layer having the temperature equal to that in the room adjacently to the body surface, it is advisable to form a flow passage of air adjacently to the body surface, and to cause the air in the room to flow through the flow passage parallelly to the body surface. To form the flow passage, each of the embodiments of the present invention adopts a spacer having a suitable configuration.