

Abstract

The present invention relates to an adhesive sheet for cooling which preferably maintains a cooling effect utilizing the heat of vaporization of water and can exert a persistent high cooling effect.

The adhesive sheet for cooling a hydrous polymer gel (A) and a fiber sheet (B) laminated thereon:

the hydrous polymer gel (A) having a moisture content of 65% by mass or more and 95 % by mass or less,

the fiber sheet (B) having a thickness of 0.001 mm or more and 1 mm or less, a basis weight of 3 g/m² or more and 70 g/m² or less, and a water absorbency test value of from 1 to 16,000 seconds;

wherein the adhesive sheet has an amount of moisture of 585 g/m² or more and 1,700 g/m² or less.