



Importance of Thermal Insulation in Sportswear Design

Hager A. Atallah ^a, Yousra D. Mohamed ^a, Roba E. Galal Al-Den ^a, Sherine S. Abdel Wahab ^a
and Ahmed G. Hassabo ^{b*}



^a Clothing and Fashion Technology Department, Faculty of Applied Arts, Benha University, Benha, Egypt.

^b National Research Centre (Scopus affiliation ID 60014618), Textile Research and Technology Institute, Pre-treatment, and Finishing of Cellulose-based Textiles Department, 33 El-Behouth St. (former El-Tahrir str.), Dokki, P.O 12622, Giza, Egypt.

Abstract

In order to regulate body temperature while guaranteeing the best possible comfort and performance during exercise, thermal insulation is a crucial component of sportswear design. Effects of thermal insulation in athletic wear: Preserve bodily heat: Thermal insulation helps keep body temperature stable between layers of athletic wear, making it more comfortable to engage in physical activity in cold conditions. Temperature Control: By reducing moisture and promoting airflow, thermal insulation helps keep skin hydrated and less painful. Enhance athlete performance: Thermal insulation helps to create a cozy environment for the body, which enhances athletic performance and raises comfort levels when working out. Employing synthetic fibers and cutting-edge production processes to improve the thermal insulation qualities of sportswear is one way to improve its thermal insulation. Multi-layer structure design: Multi-layer fabric composition can improve thermal insulation and strike a balance between comfort and freedom of movement. Sustainable ventilation: Integrate ventilation techniques that help improve air circulation and provide effective ventilation without adversely affecting thermal insulation.

Keywords: sportswear fabrics, comfort properties.

Introduction

Sportswear is one of the industries with the greatest rate of growth in recent years. Notable advancements have been made in the textile or processing methods to acquire unique advantages and functions that meet the demands of the body, mind, and spirit, to shield the client from substances that might be harmful to his health. The athletic apparel market is continuously searching for textile compositions that... (Offer the maximum degree of comfort and functionality). Technological advancements in the sportswear industry have resulted in the application of... High-performance fabrics for a range of sports applications Numerous traits pertaining to the caliber of athletic fabrics have surfaced include the degree of moisture and sweat absorption, the level of heating and ventilation, and the fabric's potential for comfort during use. When someone is comfortable, they feel that the environment's temperature (as influenced by their clothing) is appropriate. [1-7]

This article will discuss the impact of heat-insulating materials on sportswear. Athletes require specific apparel that offers them physiological physical comfort.

Thermal insulation property in fabrics: their effect and applications

Clothing designs must take into account the thermal insulation property of materials in order to ensure comfort during wear and shield the body from temperature changes. The purpose of this study is to investigate the effects of thermal insulation on fabrics and to determine typical uses for them[4, 6, 8, 9]

The link between fabric structure and thermal insulation

Thermal insulation fibers include synthetic fibers like nylon and polyester as well as natural fibers like wool and cotton. One of these fibers' unique qualities is its capacity to limit heat transfer.

* Corresponding author: Ahmed G. Hassabo, E-mail: aga.hassabo@hotmail.com, Tel. 00201102255513

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Fabric Structure: The installation of fabrics has an impact on thermal insulation as well, since the use of numerous layers and cutting-edge technologies can improve a fabric's insulating capacity.[10]

Thermal insulation applications in clothing

Winter apparel: To help retain heat in cold weather, winter apparel is made with fabrics that provide thermal insulation.

Outdoor Sports: To enhance athletes' performance in a range of outdoor sports circumstances, thermal insulation is integrated into athletes' apparel.-[10]

Types of Thermal Insulation Fabrics:

Wool fiber: Consists of both wool and fiber that acts as an insulator to help keep heat from escaping. Two varieties of natural wool exist: Its mesh structure, which retains air and prevents heat transmission, gives it excellent insulating qualities. [11]

Synthetic fiber technology is used in the production of artificial wool to improve its insulating qualities and resistance to various weather conditions. Among its traits are: The ability of the wool structure to provide heat insulation is made possible by air vacuums within it.

Ventilation: Maintains its capacity to remove moisture and breathe, enhancing comfort during wear

Synthetic fibers: When it comes to thermal insulation for clothes and protective materials, synthetic fibers like nylon and polyester are good choices. This study investigates the use of synthetic fibers for thermal insulation with an emphasis on various manufacturing processes and uses. consists of nylon and polyester and is made to strike a balance between ventilation and insulation.. [12].

Benefits of using synthetic fibers

- **Lightweight:** Clothes designs made of synthetic fibers are lightweight and flexible.
- **Water resistance:** Maintains its insulating qualities effectively even when wet or perspiring.

Design of thermal fabric

The use of many layers to improve insulation and decrease heat transfer is a component of textural composition.

Coatings and finishes: Utilizes elements like steam and unique coatings to accentuate the goose's features. [13]

Importance of thermal insulation in sportswear

Protection from air fluctuations

Thermal insulation increases an athlete's tolerance to varying weather conditions by preventing heat loss from their body in cold conditions and reducing heat absorption in hot conditions.

Preserving body heat and shielding it from the cold: thermal insulation in sportswear keeps an athlete's body from losing heat when the temperature drops.

Free temperature regulation: In hot weather, thermal insulation reduces heat absorption, helping to regulate body temperature and prevent overheating. **Enhancing the athlete's experience:** The benefit of thermal insulation is that it creates a cozy atmosphere that encourages concentration on performance without the negative effects of temperature swings.[14]

Internal temperature regulation

Thermally insulated sportswear improves comfort and enhances an athlete's performance during physical activity by regulating body temperature.

Reduce weight and improve flexibility

Improved flexibility and freedom of movement during sporting activities, as well as great performance without becoming overweight, are made possible by the design of sportswear using thermal insulation techniques.

Improving athletes' performance

Athletes can perform at their best during practices and contests because of enhanced comfort and temperature regulation, which enhances overall athletic performance

Advanced Technology

Thermal insulation properties can be obtained without compromising the weight or flexibility of clothing through the use of innovative technologies in material manufacture, which makes it perfect for a variety of sporting activities. [13]

Analysis of the effect of thermal insulation on body temperature

Athletes' ability to perform well during sporting events depends on their body temperature. Many experts are curious about how the ability of athletes' apparel to regulate body temperature under different environmental circumstances is impacted.

Protection from heat loss: In cold weather, thermal insulation helps athletes maintain body temperature and use less energy.

Hot conditions and organization: Thermal insulation can lower heat absorption in hot situations, preventing body temperature rise and regulating excessive sweating.[14]

Assessment of the impact of thermal insulation on athletes' performance

The effect that thermal insulation in sports apparel has on athletes' performance during training and competition is evaluated in this study. Athlete accomplishment and performance can only be enhanced by striking the perfect balance between comfort and heat.

Thermal insulation's impact on athletes' performance:

- Improved environmental tolerance: Sportswear with thermal insulation protects against temperature changes, which helps athletes be more tolerant of varying environmental conditions.[2]
- Regulating body temperature: Athlete clothing with thermal insulation contributes to regulating body temperature, which significantly affects an athlete's ability to maintain stable performance during athletic activity. -Reduce fatigue and increase physical ability: Many research shows that athletes using heat isolated clothing suffer from less fatigue, and therefore can maintain their strength and physical ability for periods of manhandle
- Although air permeability and thermal insulation seem to contradict each other in theory—high air permeability promotes ventilation and lowers global warming, while global insulation tries to stop heat loss—a balance can be reached by creating materials and textiles that combine these qualities. Here's how air permeability and thermal insulation work together:[2]

Fabric Design

Fabric Structure: To improve air permeability, fabrics can be created with tiny perforations woven in. In addition, additional high-density layers may be employed to enhance thermal insulation.[15]

Materials and procedures

Measurements of the physical characteristics of fabric, such as air permeability, relative water vapour permeability, heat flow, thermal resistance, thermal conductivity, and thermal absorptivity, are necessary to improve our understanding of the movement of heat and water through fabric. For this project, three sets of knitted fabric samples from commercial sportswear materials were selected. Each group's fiber mix was composed of 100% cotton, 100% polyester, and a 65/35 polyester/cotton blend.

Choosing textiles with the same structure served as the basis for the fabric types' selection criteria. similar finishing technique, comparable fabric porosity, and comparable fabric thickness. Every sample consisted of knitted materials that were dyed

and had a single jersey fabric structure. Typical fabric porosity

Measuring the thermal comfort

Textiles' thermal properties are some of their most crucial characteristics. Thermal conductivity, thermal resistance, and thermal diffusion are examples of static thermal qualities that have been the focus of the majority of research projects. Yoneda and Kawabata emphasized the significance of the so-called "warm-cool feeling.[16] The first brief touch of the fabric with human skin determines whether the user feels "warm" or "cool." Additionally, Hes proposed the term "thermal absorption" as a measure of the "warm-cool feeling" of textiles.[17, 18]

Use of suitable materials:

Fiber technique: To improve thermal insulation and provide air permeability, use synthetic fibers like nylon and polyester.

Surface Treatments: By using surface processors to open pores and promote air circulation, air permeability can be increased..[15]

Multiple layers

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Surface Treatments: By using surface processors to open pores and promote air circulation, air permeability can be increased.

Flexibility of materials

Flexibility of fiber: Without negatively influencing thermal insulation, flexible fiber promotes and facilitates air circulation within the cloth.

Innovation in technologies

Advanced Manufacturing approaches: Using these approaches can enhance thermal insulation and air permeability balance.

Test and evaluate

Performance Tests: To guarantee the necessary balance between air permeability and thermal insulation, materials and fabrics are evaluated using a variety of tests.

By employing these techniques, materials that successfully balance air permeability and thermal insulation can be created to satisfy many needs, including those related to winter apparel or athletic technology. Please note that innovations in this area are constantly evolving, and new technologies may be developed to improve this balance in the future.[15]

Study the effect of thermal insulation on comfort and freedom of movement

When designing clothing, thermal insulation qualities are crucial since it's important to strike the right balance between regulating body temperature and allowing for comfort and mobility. The purpose of this study is to investigate how comfort and mobility are affected by thermal insulation in relation to clothes.

Thermal insulation effect on comfort

Preserve body temperature: Thermal insulation helps to keep the body at a comfortable temperature by reducing heat loss.

Preventing Global Warming: Insulation methods reduce global warming and facilitate clothing ventilation, both of which can cause discomfort.

Thermal insulation effect on freedom of movement

Lightweight: Maintaining mobility is aided by the use of lightweight materials with strong insulating properties. Material flexibility: State-of-the-art production methods enable the development of flexible textiles that adapt to the movements of the body.

Story Design: Adding story design can enhance mobility, particularly in athletic apparel and physical pursuits

Balance between insulation and comfort:

Utilization of technical materials: Creating and applying technical materials that offer a comfortable and insulating combination that works. [15]

Thermal comfort

Performance and comfort in sportswear are closely related in both endurance and energetic sports. Sportswear's wear comfort is a crucial quality factor that influences output, effectiveness, and wellbeing. For example, an athlete participating in physical activity who is wearing poorly ventilated clothing will feel a rise in their body temperature and heart rate more quickly than an athlete wearing breathable clothing.[17, 19]

The physiological component of sportswear is crucial since it has a significant impact on athletes' effectiveness and performance.

Sensations of heat, moisture, or dampness in clothing are referred to as thermal comfort, and they are typically linked to environmental elements including air velocity, heat, and moisture.[20]

During physical activity, the human body produces sweat to regulate its interior temperature, which allows for optimal physiological function. Heat acclimatization is the process that lowers heat strain, raises heat tolerance, and enhances thermal

comfort. [21] However, clothing that has moisture in it can significantly enhance the wearer's heat loss. [22, 23] Complex mechanisms are involved in the transfer of heat and moisture through clothing, which is associated with evaporation, condensation, and the sorption and desorption of moisture.[24, 25]

Skin heating and discomfort rise when moisture on the skin cannot evaporate [26]Clothes' insulating qualities can be reduced by five to fifty percent with sufficient ventilation or air flow[27]

One of the most crucial features and rating systems for apparel, particularly sporting, is heat comfort. Sportswear needs to be more thermally comfortable because they raise the metabolic rate and produce more heat than when they are at rest[28]. It is necessary to characterize the thermal characteristics of sportswear as well as the thermal interaction between the body and clothing in various conditions (Martinez et al., 2009). Designers aim to choose materials and structures that are beneficial for a person's ability to dissipate heat and improve their ability to regulate their body temperature effectively when exercising. Numerous elements, including fiber, thickness, structure, and finishing, affect fabric performance. The evaluation is based on the characteristics of heat and moisture transfer in certain activities and environmental factors. [29]

Research revealed a relationship between thermal comfort and mobility, ensemble thickness, wind, posture, and fit of clothing. Different exercise intensities had a noticeable impact on clothing thermal insulation, yet the correlation coefficient R2 between the exercise and the static condition was 0.95 [30, 31]

The static thermal insulation property can still be used to assess how comfortable clothing is in the heat Because of the air exchange between the garment microenvironment and the outside world, ambient wind accelerates heat transfer. In the investigation of the connection between clothing ventilation and thermal insulation, air speed and walking pace were considered effect factors[32, 33]. The impact of different openings and textiles on thermal comfort was examined in order to maximize sportswear design. Using the beneficial sports T-shirt as an example, ventilation holes, flare fullness, and vertical side panels were added to decrease moisture vapor resistance and thermal insulation. These designs differed greatly from traditional designs. [34]

When designing performance sportswear, comfort aspects of the external environment and the inner microclimate should be taken into account. Numerous researches have proven the effects of air speed and ambient wind. In a stable wind state, the direction of the wind is an additional influence factor. This effect should be taken into account when designing sportswear since it may have a significant

impact on how comfortable an athlete is during intensely competitive sports and games. Nevertheless, research has not been done on how wind direction affects clothing thermal insulation and body heat dissipation.

The effects of fabric, structure, and opening on the thermal comfort of clothing have been shown in earlier studies. The body and clothing create an internal microclimate as a result of these elements. One important factor influencing microclimate is the air gap determined by ease of permission. The design of ease allowance is frequently influenced by fashion trends in apparel and consumer preferences for athletic. However, there hasn't been much research done on how ease allowance arrangement affects the thermal comfort of garments. Prior thermal tests [35, 36] considered clothing fit of two or four sizes to be a significant factor; nevertheless, the mechanism underlying ease of allowances on thermal insulation and heat dissipation has not been thoroughly examined.

Thermal-insulating clothing

The average thermal insulation values of all the clothes under various wind situations. The range of the manikin's thermal insulation ratings was 0.79 to 2.4 clo. The figure illustrates that clo-calm, or no wind, had a larger value than the others, ranging from 49.3 to 72.6 percent. Together with size, the variance degree set it apart from the others. It proved that in the static state, the air gap varied in proportion to the ease allowance. The clo-value dropped drastically from size S4 to S6, but it grew quickly from size S1 to S4, indicating that the air gap's impact on thermal insulation was not always favorable but did reach a tipping point. In the first step, the air gap variation was proportionate to the ease allowance. However, due to body size and fabric qualities, the air gap cannot rise constantly with ease allowed. Every item of clothing had a maximum air gap value. Overly generous ease allowances cause the fabric to wrinkle and droop, which reduces the air gap and affects the garment's thermal properties. Because the wind altered the air gap, there was an irregular variation in the values of the wind directions.

Conclusion

This study evaluated the sportswear allowance's thermal impact in different wind scenarios. The findings showed that apparel thermal insulation was significantly affected by the wind.

Conflict of Interest

There is no conflict of interest in the publication of this article.

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