

# زنجیره صنعت زعفران ایران تقویت می‌شود



اخبار اصفهان بررسی می‌کند؛

## معامله خودروهای جانبازان؟!

بانک مرکزی:

بازگشت تورم تولید بعد از ۶۷ ماه به کانال ۲۰ درصدی



مدیر باز آفرینی شهری شهرداری اصفهان خبر داد: صدور ۱۵۵ پروانه ساختمانی در بافت فرسوده در ۳ ماهه نخست امسال



درفتهای مطرح کرد:

هم‌افزایی معاونت علمی و دستگاه‌ها برای شکوفایی طب سنتی



همه چیز درباره لب‌تاب‌های OLED: یک گام به جلو یا عقب؟



مخبر قانون بر نامه هفتم را ابلاغ کرد

Leader's advisor hails election as 'historic milestone'

Iran becomes board member of Turin Education Center

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# اخبار اصفهان

اولین روزنامه اقتصادی دوزبانه استان اصفهان

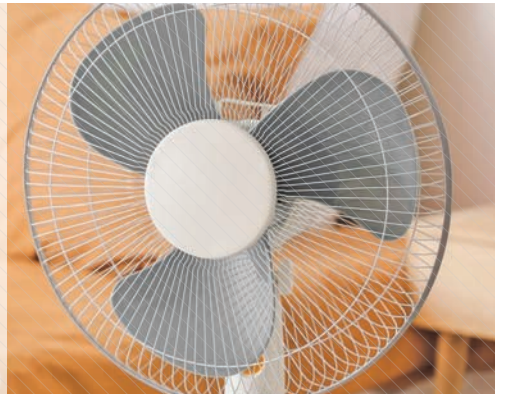
## چالش نرخ بهره برای دولت چهاردهم

شاید بتوان گفت هر چند علی‌رغم گفته و نظر بسیاری از کارشناسان نرخ بهره عامل بسیاری از اتفاقات برای اقتصاد و خصوصا بازار سرمایه باشد، اما هر چند در پله‌های ابتدایی و نگاهی گذرا و البته کلی این نرخ نقطه مقابل سرمایه‌گذاری در بازارهای دارای ریسک همانند بازار سرمایه، ارز، طلا... باشد اما اگر بخواهیم به غیر از چنین صحبت‌هایی نگاهی منطقی تر و البته با بررسی جزئیات بیشتر داشته باشیم باید به این نکته توجه نماییم که عملاً شاهد فاصله معناداری در چند سال اخیر بین نرخ بهره اسمی و واقعی بوده‌ایم و می‌توان گفت که در واقعیت عدم مدیریت صحیح آن در اقتصاد و در کنار آن عدم سیاست‌گذاری‌های صحیح برای بسیاری از بازارها به جهت اینکه در صورت تغییرات در این نرخ‌ها شاهد ورود و خروج حساب‌شده و صحیحی در انواع بازارها باشیم نبوده‌ایم و می‌توان این مورد را یک معضل مهم برای اقتصاد کشور دانست که پتانسیل‌های بازارها را با قدرت بالایی در گذشته و حال حاضر نابود کرده است. اگر دقت کنید علی‌رغم رشد تقریباً ۴ ساله مجدد نرخ بهره و روند صعودی آن شاهد عقبگرد آنچنانی در بحث تورم در کشور نبوده‌ایم و حتی باتوجه به روند مثبت این نرخ

ادامه در صفحه ۲...

## How to Sleep Better in Hot Weather, According to Sleep Experts

چگونه در هوای گرم خوب بخوابیم؟!



**بانرزی**  
با نصب سایه بان کولر آبی صرفه‌جویی نشه فراموش...  
روابط عمومی شرکت برق منطقه‌ای اصفهان

### مناقشه عمومی یک مرحله‌ای (نوبت اول)

فراخوان خرید تعداد ۱۰ ست مجموعه بازی کودکان و مقدار ۳۰۰۰ متر مربع کفپوش گرانولی

شهرداری شاهین شهر در نظر دارد: **فراخوان خرید تعداد ۱۰ ست مجموعه بازی کودکان و مقدار ۳۰۰۰ متر مربع کفپوش گرانولی به شماره سیستمی ۲۸۰۰۰۰۰۹۴۷۳۴۰۰۰۰** را از طریق سامانه تدارکات الکترونیکی دولت برگزار نماید.

کلیه مراحل برگزاری فراخوان از دریافت و تحویل اسناد فراخوان تا بازگشایی پاکت‌ها از طریق درگاه سامانه تدارکات الکترونیکی دولت (ستاد)، به آدرس [www.setadiran.ir](http://www.setadiran.ir) انجام خواهد شد.

متقاضیان شرکت در فراخوان در صورت عدم عضویت در سامانه، نسبت به ثبت نام و دریافت گواهی امضای الکترونیکی (به صورت بر خط) برای کلیه صاحبان امضای مجاز و مهر سازمانی اقدام لازم را به عمل آورند.

**مواعد زمانی:**  
- تاریخ انتشار فراخوان: ۱۴۰۳/۰۴/۱۶  
- مهلت ارسال پیشنهادات: ۱۴۰۳/۰۵/۰۷  
- مهلت دریافت اسناد فراخوان: ۱۴۰۳/۰۴/۲۸  
- زمان بازگشایی پاکت‌ها: ۱۴۰۳/۰۵/۰۸  
اطلاعات تماس و آدرس دستگاه: شاهین شهر، میدان فاطمیه، شهرداری مرکزی تلفن تماس: ۰۳۱۴۵۲۴۶۰۰  
شماره پیگیری: ۸۱۵۲۶۷  
شناسه آگهی: ۱۷۴۹۲۶۶

سعید ابریشمی راد - شهردار شاهین شهر

### آگهی مزایده اجاره (نوبت دوم)

شهرداری شاهین شهر در نظر دارد: **اجاره ماهیانه ۱ واحد خدماتی واقع در فرعی ۳ شرقی فرعی ۳ پارتیک طبقاتی** را از طریق مزایده عمومی و با جزئیات مندرج در اسناد مزایده، با بهره‌گیری از سامانه تدارکات الکترونیکی دولت ([www.setadiran.ir](http://www.setadiran.ir)) و با شماره مزایده ۱۴۰۳۰۹۴۷۳۴۰۰۰۰۱۴ به صورت الکترونیکی واگذار نماید.

**زمان انتشار در سایت:** ۱۴۰۳/۰۴/۰۹  
**مهلت دریافت اسناد مزایده:** ۱۴۰۳/۰۴/۲۱  
**زمان اعلام به برنده:** ۱۴۰۳/۰۵/۰۲

ضمناً رعایت موارد ذیل الزامی است:  
۱. برگزاری مزایده صرفاً از طریق سامانه تدارکات الکترونیکی دولت می‌باشد و کلیه مراحل فرآیند مزایده شامل خرید و دریافت اسناد مزایده (در صورت وجود هزینه مربوطه)، پرداخت تضمین شرکت در مزایده (ودعه)، ارسال پیشنهاد قیمت و اطلاع از وضعیت برنده بودن مزایده‌گر از طریق امکان پذیر می‌باشد.  
۲. کلیه اطلاعات موارد اجاره شامل مشخصات، شرایط و نحوه اجاره در برد اعلان عمومی سامانه مزایده، قابل مشاهده، بررسی و انتخاب می‌باشد.  
۳. علاقه‌مندان به شرکت در مزایده می‌بایست جهت ثبت نام و دریافت گواهی الکترونیکی (توکن) با شماره‌های ذیل تماس حاصل نمایند:  
**مرکز پشتیبانی و راهبردی سامانه:** ۰۲۱-۴۱۹۳۴  
اطلاعات تماس دفاتر ثبت نام استانها، در سایت سامانه ([www.setadiran.ir](http://www.setadiran.ir)) بخش "ثبت نام / پروایل مزایده گر" موجود است.

سعید ابریشمی راد - شهردار شاهین شهر  
شناسه آگهی: ۱۷۴۳۷۹۳

### آگهی دعوت (نوبت دوم)

به علت به حد نصاب لازم رسیدن اعضای شرکت کننده در جلسه مورخ ۱۴۰۲/۰۴/۱۸ مجمع عمومی عادی سالیانه **موسسه خدماتی عمرانی مجتمع صنعتی بافندگان نوین صفهان به شماره ثبت ۲۲۲۸ و شناسه ملی ۱۰۸۶۲۰۵۳۶۴۴** در تاریخ دوشنبه ۱۴۰۲/۰۵/۱۸ ساعت ۱۸ الی ۲۰ در محل مجتمع واقع در اتوبان اصفهان - یزد جنب پایانه شرق ابتدای جلالدران در ساختمان آتش نشانی برگزار می‌گردد، حضور اعضای محترم در جلسه الزامی است.

**دستور جلسه:**  
۱- گزارش هیئت امنا و بازرسی  
۲- تصویب صورت‌های مالی و ترازنامه منتهی به ۱۴۰۲/۱۲/۲۹  
۳- تصمیم‌گیری در مورد خرید و نصب دستگاه تصفیه فاضلاب جهت حل مشکل محیط زیست، برق کارگاه‌ها و پروانه بهره‌برداری  
۴- گزارش اقدام قانونی علیه بدهکاران و مسائل جاری مجمع مانند شارژ و غیره  
۵- انتخاب بازرسی اصلی و علی‌البدل  
ضمناً چنانچه حضور مالک در موعد مقرر میسر نباشد به موجب آیین‌نامه نحوه تشکیل مجمع عمومی تعداد آرای و کالتی هر عضو غیر عضو یک رای خواهد بود. اعضای متقاضی اعطای نمایندگی باید به همراه نماینده خود حداکثر تا ۱۴۰۳/۰۴/۲۸ در محل دفتر مجمع حاضر تا پس از احراز هویت و تأیید و کالت برکه ورود به جلسه مجمع را دریافت دارند.  
همچنین مالکین محترمی که تاکنون جهت تکمیل پرونده مالکیتی خود کپی سند زمین، کارت ملی، پروانه ساختمان و جواز تأسیس نیاورده‌اند یک نسخه از آنها را به آقای هدایتان تحویل دهند.

**هیئت امنا و موسسه خدماتی عمرانی مجتمع صنعتی بافندگان نوین صفهان**





**Iran's trade with India could hit \$16b: envoy**

Indian Ambassador to Iran Rudra Gaurav Shresth says that if the Iranian economy was not under the pressure of sanctions, the volume of trade between the two countries could reach \$16 billion while it is now as low as \$2 billion. The ambassador made the remarks during a visit to Iran Chamber of Commerce headquarters in Tehran last week when he met with a group of Iranian businesspeople. Speaking during the meeting, Ebrahim Jamili, the head of Iran-India Joint Chamber of Commerce, highlighted the significance of the Indian market, adding that "we are seeking to facilitate the chance for joint investment."

He called on the central banks of the two countries to expedite the transfer of Indian rupee and Iranian rial. Jamili pledged that the joint chamber of commerce would do its best to remove the obstacles on the way of trade between the two countries. The Indian ambassador also addressed the meeting, terming the economies of Iran and India as complementary.

India used to import some \$11 billion worth of oil from Iran before the sanctions were re-imposed on Tehran in 2018, the ambassador said, while noting that there are still other items that can be used in bilateral trade between the two countries.

If the Iranian economy was not under the pressure of sanctions, the volume of trade between Iran and India could rise to \$16 billion from the present \$2 billion, he stressed. The ambassador urged the need for Iran and India to focus on non-sanctioned items, including agricultural, pharmaceutical, and food items.

**Iran launches energy optimization market**

The head of the National Iranian Gas Company (NIGC) Majid Chegeni has officially unveiled the country's energy and environment optimization market in the Iran Energy Exchange (IRENEX), Shana reported. Speaking during the unveiling ceremony on Saturday, he said that the launch of the energy optimization market is one of the tools for people's participation in managing the country's energy consumption. "Over the past three years, important achievements in the field of gas and energy management were achieved, one of which is the launch of the energy optimization market as one of the tools for people's participation in the energy sector," he said.

The license to supply 125 million cubic meters of gas in IRENEX has been obtained from the country's Planning and Budget Organization (PBO), and a part of it is being sold in the market today, the official said, noting that the considered ceiling for issuing saving certificates is 10 billion cubic meters. According to Note 4 of the Budget Law of 1403, the Ministry of Petroleum has been obliged to issue 40 thousand billion rials of energy-saving certificates for optimization projects, he explained.

The deputy oil minister also stated that simultaneously with the release of the first saving certificates, the memorandum of understanding to replace one million low-efficiency heaters with high-efficiency ones will be signed between the Iran Gas Trading Company and a capable domestic company and will be implemented soon. NIGC will make every effort to use the capacity and capabilities of domestic producers to implement the heater replacement plan, he noted.

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**Iran's military leaders pledge support for president-elect Pezeshkian**



Iran's top military officials have voiced their readiness to support and collaborate with President-elect Masoud Pezeshkian's administration following his decisive victory in the runoff election. Major General Mohammad Baqeri, Chief of Staff of the Iranian Armed Forces, extended his congratulations to Pezeshkian in a message on

Sunday. Baqeri highlighted the significant turnout in the election, describing it as a pivotal moment for national unity and a robust response to adversarial threats. Baqeri stated, "As in the past, we announce the readiness of the Armed Forces of the Islamic Republic of Iran to cooperate and interact with the 14th government." He emphasized

the importance of bolstering defense capabilities, aiming to enhance the nation's security and uphold the ideals of the Islamic Republic. Baqeri expressed optimism that under Pezeshkian's leadership, Iran would see substantial advancements in defense and deterrence. Masoud Pezeshkian, a seasoned parliamentarian and

cardiac surgeon, secured more than 16 million votes, surpassing his opponent, former nuclear negotiator Saeed Jalili, who received over 13 million votes out of a total of more than 30 million cast. The voter turnout was nearly 50 percent, reflecting substantial public engagement in the election process.

**Army ready to cooperate with Pezeshkian's administration**

In a separate message on Sunday, Major General Abdolrahim Mousavi, Chief Commander of the Iranian Army, praised the enthusiastic participation of Iranian voters and congratulated Pezeshkian on his election victory. Mousavi affirmed the Army's readiness to work with the new administration and leverage its extensive capabilities to support the government's success.

"The fervent presence of Iranian voters at the polls demonstrates their commitment to the nation's future," Mousavi stated. He pledged the Army's cooperation with Pezeshkian's government to achieve the administration's goals.

**Defense minister promises full support for president-elect**

Iran's Defense Minister Brigadier General Mohammad Reza Ashtiani also extended his congratulations to Pezeshkian, expressing his best wishes for the president-elect's success during his tenure. Ashtiani assured Pezeshkian of the Defense Ministry's full support, particularly in the realms of defense, science, and technology.

"I, hereby, announce the readiness of the scientists and servicemen in the field of defense and science and technology in the Ministry of Defense for all-out cooperation [with the new government] and protection of the achievements of the Islamic Republic of Iran," Ashtiani declared. He also expressed hope that the new government would take effective measures to enhance the country's prosperity and welfare.

Pezeshkian's administration, the 14th since the 1979 Islamic Revolution, is set to be inaugurated and sworn in by late July.



**Wheat purchase from local farmers hit 6.3m tons since April**

According to a senior official with the Agriculture Ministry, the Iranian government has purchased some 6.3 million tons of wheat worth over \$2.22 billion from farmers since April in carrying out a national plan that guarantees the purchase of domestic production of the crop. Sohrab Sohrabi said the figure is 562,000 tons (10 percent) more than that of last year's corresponding period when the government purchases stood at 5.741 million tons, IRNA reported.

He added that the government has so far paid over \$1.05 million to the farmers which is nearly half of the sum that has to be paid.

The southwestern province of Khuzestan has been the number one province in the supply of wheat with 1.62 million tons of supply, followed by the provinces of Golestan, Fars and Ilam which ranked second to fourth, respectively, the official said.

It is estimated that between 14.5 and 15.5 million tons of wheat will be harvested from both irrigated and rainfed fields by the end of the crop year which will totally meet the domestic needs.

Wheat production in Iran increased by six percent in 2023, putting the Islamic Republic in 14th place among the world's top producers of the strategic grain, according to the United States Department of Agriculture (USDA)'s World Agricultural Production report.

Based on the said report, Iranian farmers managed to produce 14 million tons of wheat in the 2023 crop year, 800,000 tons more than the figure for the previous year in which the total production stood at 13.2 million tons. According to USDA, Iran was the world's 13th largest wheat producer in 2022.

The department has also predicted that Iran will produce 14 million tons of wheat in 2024, which will not change compared to 2023.

The increase in Iran's wheat production during 2023 comes as the world's total wheat production this year has decreased by about seven million tons to reach 782 million tons. According to this report, Iran, which is the 18th most populous country in the world, has produced more wheat than many countries including Brazil and Egypt.

**Tehran condemns continuation of Israeli atrocities in Gaza Strip**



The Iranian Foreign Ministry spokesman denounced the ongoing war crimes and the brutal massacre of Palestinians, especially innocent children, by Zionist forces in the Gaza Strip. Nasser Kanaani made the remarks in a message on his social media platform X, formerly known as Twitter, on Sunday. The message comes amidst escalating

tensions and violence in the region, prompting renewed international concern. According to official Palestinian sources cited in the message, the death toll from the conflict since October 7 has tragically climbed to 38,153 individuals, with an alarming 87,828 wounded. The toll includes a significant number of innocent civilians, underscoring the severe

humanitarian crisis unfolding in Gaza. The message further highlighted the dire situation with more than 10,000 individuals still missing and buried under rubble, reflecting the widespread devastation and loss caused by recent military actions. Additionally, the spokesperson noted with sorrow that in the past 12 hours alone, five journalists lost their lives in Gaza, bringing the total number of journalists killed to 158, as they bravely reported on the unfolding humanitarian catastrophe.

Iran's Foreign Ministry also criticized nations that openly support the Zionist regime while purportedly championing human rights principles. The spokesperson condemned such nations for what was described as shameless interference in the internal affairs of sovereign states, a move seen as exacerbating tensions and prolonging the suffering of the Palestinian people.

The spokesperson concluded by emphasizing that those complicit in supporting Zionist atrocities in Gaza would forever carry a stain on their reputa-

tions. Kanaani also called for immediate international action to address the crisis and uphold the principles of justice and humanitarianism.

The situation in Gaza continues to draw international attention and calls for urgent diplomatic efforts to bring an end to the violence and alleviate the suffering of civilians caught in the crossfire. Despite a UN Security Council resolution calling for an immediate ceasefire, Israel's ongoing actions in the besieged enclave have drawn widespread global condemnation.

UN agencies warn that over one million Palestinians in Gaza could face severe starvation by mid-July as the hunger crisis worsens due to Israel's continued blockade of humanitarian aid.

UN Secretary-General Antonio Guterres has highlighted the dire and chaotic conditions in Gaza, describing the situation as "total lawlessness." More than eight months into the conflict, large areas of Gaza lie in ruins, with a crippling blockade affecting the supply of food, clean water, and medicine.

**Leader's advisor hails election as 'historic milestone'**

The political advisor of the Leader of the Islamic Revolution described the fourteenth presidential election as a symbol of pride and honor in the country's history.

Ali Shamkhani, former Secretary of the Supreme National Security Council of Iran, congratulated Masoud Pezeshkian on his election as the ninth President of the Islamic Republic of Iran in a congratulatory message, saying, "By divine grace and with the informed presence of the noble people and the situation-aware Islamic Iran, the fourteenth round of presidential elections has been registered as a symbol of honor and instructive in the history of our country." He pointed out that in this election, once again it was



proven that democracy and people's rule are based on the valuable and historical teachings of the late Leader of the Islamic Revolution, Imam Khomeini,

who said "The benchmark is the people's vote."

In continuation of his address to Masoud Pezeshkian, the political advisor to the Leader stated, "Your Excellency, by the vote of the majority of our compatriots in Iran and around the world, in a completely competitive and healthy election, you have been chosen as the ninth President of the Islamic Republic of Iran. Congratulations on the valuable trust that the noble and appreciative people of Iran placed in you. I wish you a continued success in your path of sincere and effective service to the honorable nation of Iran, and I hope for your comprehensive efforts to solve their problems using all the capacities and capabilities of the country."

**Terrorists involved in attack on ballot boxes arrested in southeastern Iran**

Iran's intelligence forces have arrested 8 individuals responsible for a June 28 attack on election ballot boxes in the Southeastern province of Sistan and Baluchestan, the province's intelligence department announced.

The attack, which targeted a vehicle transporting ballot boxes in the Jakigoor rural district of Rask County during the first round of Iran's recent presidential elections, resulted in the death of two soldiers and injury of several others.

"In response to the heinous act, intelligence forces swiftly launched a thorough investigation to identify and neutralize the perpetrators, both within the country and beyond its borders," The intelligence ministry's

Sistan and Baluchestan branch announced in a statement.

"After a series of meticulous operations conducted across various locations and terrorist hideouts in the province, a decisive final stage culminated in the apprehension of all eight members of the terrorist cell, including both operational and support personnel. Additionally, authorities uncovered caches of weapons, grenades, handheld radios, and substantial quantities of explosives during the operation," the statement said, adding that the terrorists were arrested at around 4 a.m. local time (0030 GMT) on July 5, hours before voting was set to commence for the second round of the presidential elections.

The statement also revealed that the captured terrorists were being directed from a neighboring country. "They were preparing to carry out full-blown acts of terror in the days following Iran's presidential election."

While intelligence forces have not specified which foreign country the terrorists were receiving instructions from, analysts have pointed the finger of blame at terror outfits based in Pakistan, which have targeted people living southeast of Iran multiple times in the past. Tehran has been strengthening its collaboration with Islamabad to tackle the security challenges posed by terrorists located in Pakistan. Additionally, it has initiated the construction of a barrier along its eastern borders.

**Kharrazi voices readiness to cooperate with president-elect**

Seyed Kamal Kharrazi, the head of the Strategic Council on Foreign Relations, expressed in a message his readiness to offer all its expertise to the new government. Kharrazi emphasized the use of prominent experts in the field of foreign policy by the president, indicating that the council is ready to assist the government in solving problems arising from

unjust Western sanctions against the Iranian people and securing the country's interests with dignity and authority. The Strategic Council on Foreign Relations, formed by order of the Leader in 2006, works to create coordination in the field of foreign relations and develop comprehensive strategies in the foreign policy of the Islamic Republic of Iran.

**Electricity consumption in Iran hits new record high**

Peak electricity consumption in Iran exceeded 76,000 megawatts (MW) on Saturday as a new heat wave hit the country, Head of Iran's Power Generation, Distribution, and Transmission Company (known as Tavanir) Mostafa Rajabi Mashhadi said. According to the official, electricity consumption in the country reached 76,768 MW on the mentioned day, while the consumption stood at 71,486 MW on the same day last year, IRNA reported.

The simultaneity of the increase in temperature in the south and north of the country has caused a sharp increase in electricity consumption and the country is spending its hottest days. In order to meet the electricity demand in the peak summer period, the Iranian Energy Ministry has put several programs on its agenda among which increasing electricity production and managing consumption are the major ones.

The ministry is going to implement a comprehensive program during the summer, based on which low-consuming households are going to be rewarded while the subscribers whose consumption exceeds the normal level will face a penalty. Over the past decade, constant temperature rises and the significant decrease in rainfalls across Iran have put the country in a hard situation regarding electricity supply during peak consumption periods.

Iran's Power Generation, Distribution, and Transmission Company (known as Tavanir) has repeatedly announced that the company is implementing a variety of programs for managing the situation and preventing blackouts in the country. Earlier this month, an official said that Renewable power plants with a total capacity of 13,000 megawatts are under construction in Iran, including a 780-megawatt plant being built in the southeastern Sistan and Balouchestan province.

Alireza Parandeh Motlaq, the deputy head of the Renewable Energy and Energy Efficiency Organization of Iran (SATBA) for technical and engineering affairs, stated that Sistan and Balouchestan is one of the richest provinces in the country in the field of renewable energies and enjoys high capabilities in different sectors including wind energy and geothermal energy.

Currently, there is a 60-megawatt renewable power plant installed in Sistan and Balouchestan province, including a 10-megawatt unit that had been installed in Zahedan region and a 50-megawatt unit constructed in the northern part of the province in recent years.

Parandeh Motlaq pointed to the high advantages of the generation of wind energy in Mil Nader region, the northern part of Sistan and Balouchestan, where a 50-megawatt wind power plant has been installed and is generating 210,000 megawatts/hour of electricity.

He went on to say that the wind energy generated in Sistan and Balouchestan province not only can meet the electricity demand of this southern province, but also there is the possibility of exporting the electricity to neighboring Afghanistan.

**How to Sleep Better in Hot Weather, According to Sleep Experts**

Source: <https://www.verywellhealth.com/sleeping-in-hot-weather-8652716>

By: PARISA JAMADI

**Key Takeaways**

- High temperatures can disrupt your sleep, which in turn can harm your overall health.
- Breathable pajamas and cooling beddings might help keep your body cool at night.
- A warm shower can actually signal your body to cool off. But if it's too warm, it may just exacerbate sweating and discomfort in a hot bedroom. Studies show that high temperatures make it hard to fall asleep and stay asleep, which harms the immune system, cardiovascular system, cognitive performance, and mood.<sup>23</sup> "Sleep is important for a number of areas of our waking success. It allows us to wake up and be refreshed and productive.

Throughout the night, the body cycles through different sleep stages.<sup>4</sup> Because your body's temperature regulation is less effective during certain stages, a hot room might wake you up so that your body can resume thermoregulation, Robbins said. "That's why temperature is such a critical component of a healthy night's sleep," she added. Robbins recommends keeping your bedroom temperature between 65 to 69 degrees Fahrenheit for optimal sleep, which isn't always possible without air conditioning or increasing your electricity bills. Here are some other strategies that can also help you stay cool and sleep better in hot weather.

**Make Your Sleeping Environment Cooler**



Thinking creatively about your sleeping arrangements can help, so try to find the place in your home that is the "coolest and has the most airflow," Robbins said.

Using shutters or curtains and opening windows during the day can help cool off your room before bedtime.<sup>5</sup> Using a fan can also help improve airflow during hot summer nights.

**Try Breathable Pajamas and Cooling Pillows**

Pajamas and beddings made from breathable fabrics like cotton and linen can help keep your body cool, according to Monica Kalra, DO, a primary care physician at Memorial Hermann in Sugar Land, Texas.

Cooling mattress toppers or pillows might also help lower the temperature.

"Cooling pillows contain gel overlays which absorb body heat and keep the head and neck cool throughout the night," Kalra told Verywell in an email. Putting an ice pack under your pillow isn't the best option, but you can keep ice on your bedside table to use as needed. Robbins suggested keeping a towel and ice nearby to cool off the hands and the forehead before bed if you're struggling to fall asleep.

**Take a Not Too Warm Shower**

While taking a cold shower seems like an obvious way to cool down quickly, studies have shown that hot-water bathing a few hours before bedtime before can make it easier to fall asleep.<sup>6</sup>

"A warm shower will send your body into cooling mode, which we know

can help promote sleep as your body temperature normally falls during the night," Bazil told Verywell in an email. "But if it's too warm, it may just exacerbate sweating and discomfort in an overly warm bedroom. In that case, a mildly cooling shower may actually be better."

**Practice Good Sleep Hygiene**

It's not always possible to create the perfect sleep environment, especially in hot weather. Keeping a good bedtime routine is still essential in the summer, as stress and anxiety can reduce sleep quality.

Sleep experts say that general sleep hygiene habits—such as keeping a consistent bedtime and turning off your screens an hour before bed—can help you sleep better, even in hot weather.

**Iran becomes board member of Turin Education Center**

The Islamic Republic of Iran was selected as a member of the Board of Directors of Turin Education Center in Italy, which is affiliated with the International Labor Organization (ILO).

The Turin International Education Center, which was established in 1964, is known as an educational and training arm of the ILO. This center aims to improve the capacities of ILO member states in various fields including sustainable development, merited work, and social justice.

Providing specialized training services in the fields related to

work and employment, exchange of experiences and best working practices among member countries, development of human resources and promotion of workforce skills at the international level are among the main goals of the center.

This selection strengthens Iran's position as an important player in the Middle East region in the field of education and development of the workforce, Mehr news agency reported.

Also, Iran will have the opportunity to share its experiences in the fields of education and employment with other countries and benefit from international experiences.



**Iran demands Israel's suspension from International Railway Union**



Iran has called for the suspension of the Israeli regime's membership in the International Union of Railways (IUC), citing the recent atrocities committed by Israel in Gaza which have so far resulted in the deaths of over 37,000 Palestinian civilians.

Miad Salehi, Head of the Islamic Republic of Iran Railways (RAI), made the proposal during virtual meetings with IUC officials last week. Salehi, who exchanged views with IUC Director General François Davenne, argued that the IUC should not tolerate the Israeli regime's actions and should take steps to address its heinous alleged crimes against Palestinians.

The IUC is a global organization focused on advancing the railway industry. They are responsible for developing international standards to ensure interoperability between railway systems, promoting knowledge sharing and best practices, advocating for railway-friendly policies,

and fostering international cooperation on projects that benefit the global railway sector. The IUC has 218 members across five continents.

Salehi's call comes after the IUC suspended the participation of Russian and Belarusian railways following the conflict in Ukraine. He criticized the IUC for applying double standards by taking action against Russia and Belarus while remaining silent on Israel's actions.

"Iran views the IUC as a technical organization and has expressed concern over attempts by previous leadership to politicize its operations," Salehi said, urging the IUC to uphold its principles and act decisively in condemning Israel's actions. Rights groups have accused various international organizations of turning a blind eye to Israeli crimes against humanity under the influence of Western states. They point out the global condemnation and shunning of Russia due to its 2022

invasion of Ukraine, which has resulted in far less death and destruction in the span of two years compared to Israel's military 9-month campaign in Gaza.

Besides being dropped by the IUC, Russia has been banned by several sporting bodies including FIFA and UEFA which have so far refused to address calls asking for the same treatment toward Israel.

Israel's latest war in the besieged Gaza Strip has been termed the most destructive war of the 21st century. Besides killing and maiming tens of thousands of people, the regime has tried to make Gaza uninhabitable by destroying all of the enclave's hospitals, schools, universities, homes, and resources. UN Secretary-General António Guterres previously characterized the situation in Gaza as "dangerous and horrific," saying Palestinian children trapped there are essentially living in "hell on earth."

**Iran, Russia ink monetary agreement**



Governor of the Central Bank of Iran (CBI) Mohammadreza Farzin said a monetary contract has been signed between Tehran and Moscow for carrying out bilateral trade exchanges.

Farzin told reporters on Saturday that he and his Russian counterpart had a meeting in Saint Petersburg last Thursday where they finalized agreements already signed between the two countries.

During the meeting, the chief bankers of Iran and Russia also signed a memorandum of understanding (MOU) on joint measures to be taken by the two countries for the expansion of economic and monetary ties. According to Farzin the new monetary contract enables Iran and Russia to trade in local currencies.

He added that based on agreements between the specialized delegations of the two countries, Iran's Shetab banking system will link Russia's MIR interbank system by the end of August.

The official said that the new scheme would allow Iranian nationals to take

ruble from Russian ATMs using their Iranian banking cards.

"During the meeting, the two sides finalized the requirements to connect Russia's Mir payment system to Iran's Shetab and this project has entered the operational phase," Farzin said.

He added that the scheme will further develop in the next phases to allow Russian nationals to use their banking cards in Iranian ATMs and will then enable using Iranian cards at the Russian poses.

"The second stage [involves the possibility of] paying with Russian citizens' cards in Iran," Farzin said, adding that in the third stage, Iranians will be able to pay with a Shetab card in Russian stores via an ordinary bank terminal.

In April 2024, the Iranian Foreign Ministry announced that the project to use Mir cards had entered the implementation stage. In May 2022, Russian Deputy Prime Minister Alexander Novak said that the countries were discussing how to connect the Mir and Shetab payment systems.





