

WHAT IS A SLEEP SYSTEM?



Sleep System

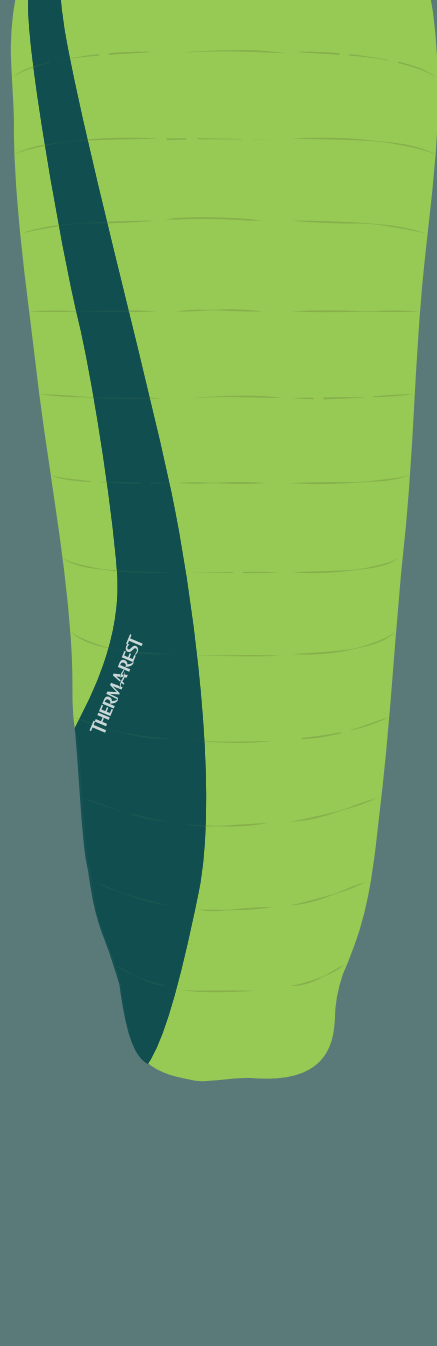
The combination of your insulation, mattress and other equipment that have been tasked with helping a camper rest better.

1 Insulation

Insulation is the core of your sleep system. Check the temperature ratings of your gear before heading out. Layer multiple pieces for colder weather.

2 Mattress

Your mattress provides a comfortable sleeping surface and insulates your back when the bottom of your sleeping bag becomes compressed.



Pro Tip: R-Value

If you are camping in freezing weather, make sure your pad has an R-value greater than 3.4.

3 Clothes

The most overlooked part of the sleep system. A warm hat and fresh socks stave off frigid temps, while a dry base layer ensures your sweat doesn't leave you chilled.



WHAT DOES IT DO?



MAXIMIZES THERMAL EFFICIENCY

by providing the correct amount of warmth and breathability.



SAVES WEIGHT

in your pack with more efficient gear choices.



SAVES ENERGY

by protecting you from harsh conditions and retaining body heat.



PROVIDES VERSATILITY

to keep you comfortable and protected in a wide range of conditions.

HOW TO BUILD YOUR SLEEP SYSTEM

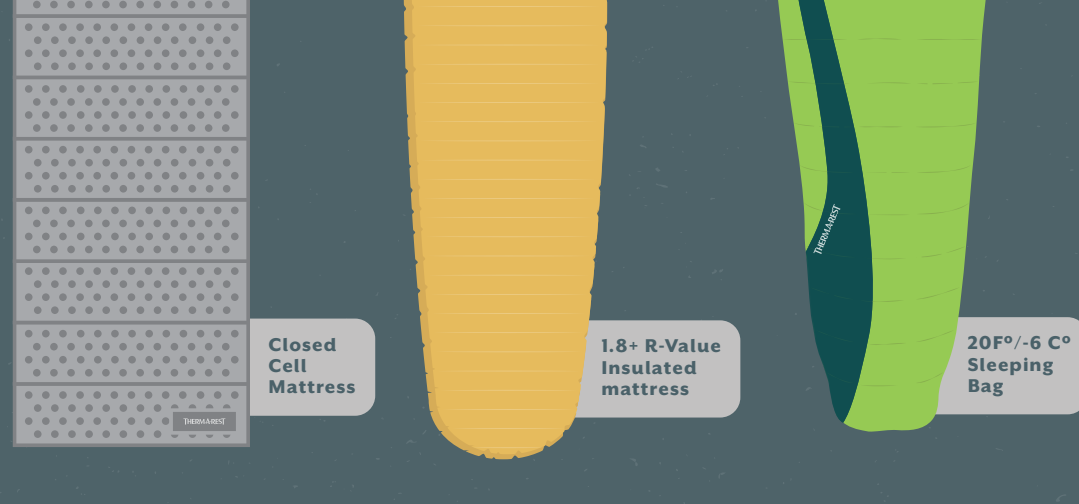
As an example, we built a year-round sleep system using four of our favorite Therm-a-Rest products: a NeoAir XLite mattress, Corus 35F/2C quilt, Z Lite mattress and the Questar 20F/-6C.

SUMMER



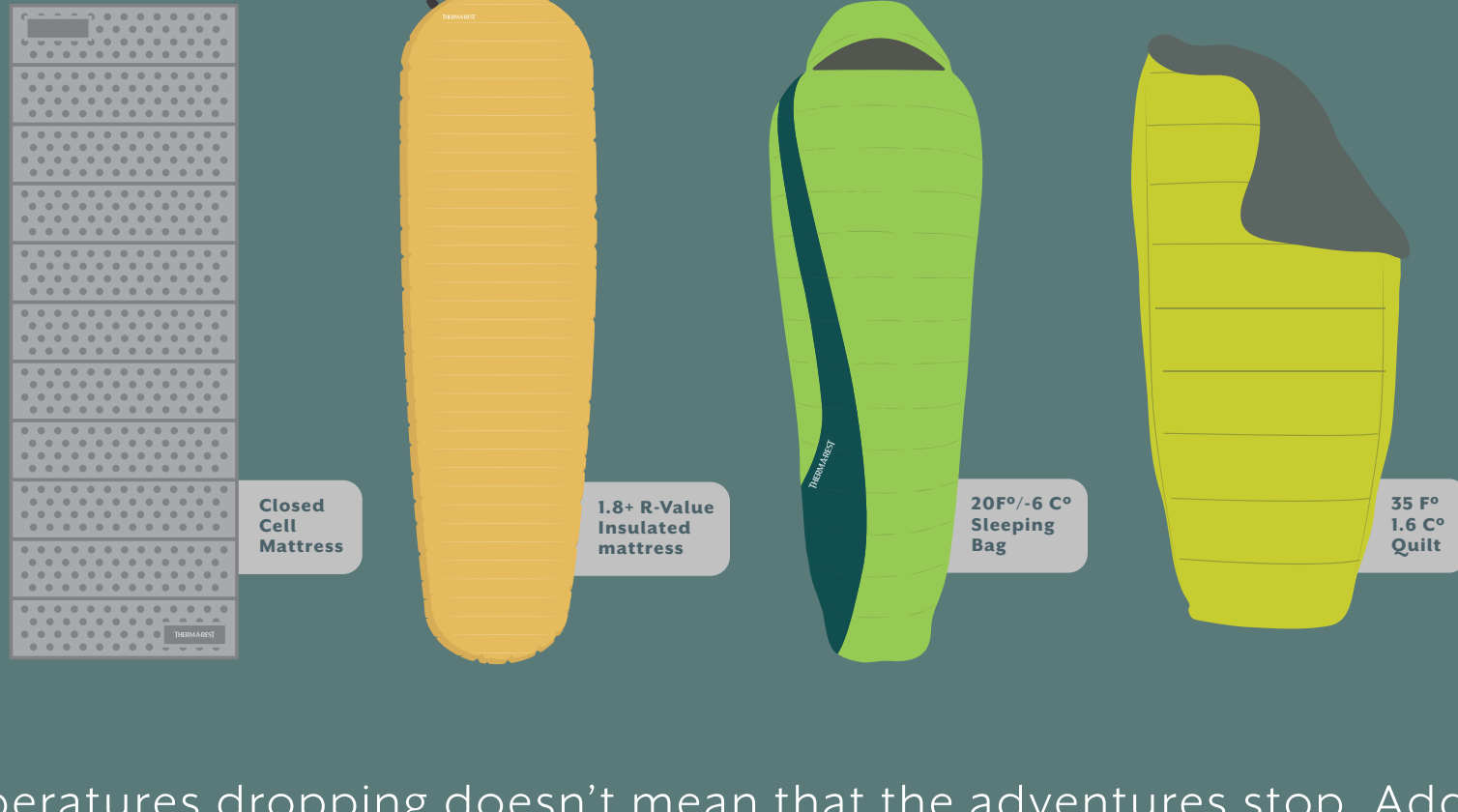
A lightweight kit will get you through the mild summer nights. A quilt offers customizable breathability, while a NeoAir® mattress provides a plush sleep surface that packs down small.

FALL



As temperatures drop, it's time to pull out your favorite puffy and trusty down sleeping bag. Consider adding a closed cell mattress for an extra boost to your ground insulation.

WINTER

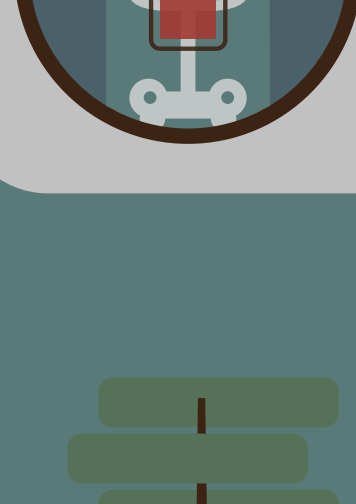


Temperatures dropping doesn't mean that the adventures stop. Add a blanket or quilt to stay comfy in frigid conditions and use both mattresses to keep the cold, hard ground from ruining your night at camp.

SPRING



The world is coming back to life, but the rain and cold weather linger. Lighten your load by leaving the extra pad at home while keeping your insulation options open.



You're the battery.

Your sleep system relies on the heat that your body produces to keep you comfortable at camp.

Pro Tip: Keep your battery / body charged by staying hydrated and well fed.

THERMAREST

REST BETTER. PLAY BETTER.

Visit Thermarest.com to start building your sleep system.