

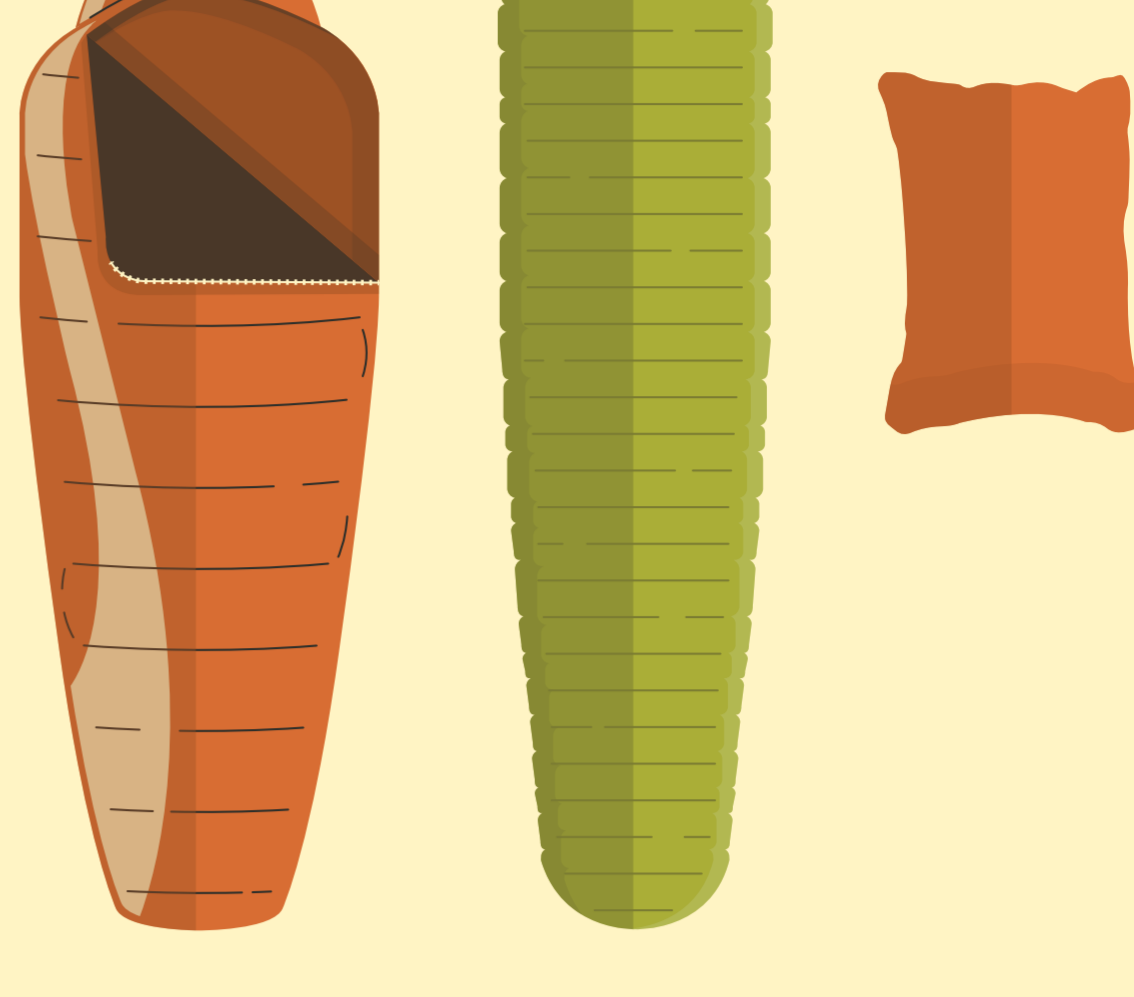


12 ESSENTIAL TIPS FOR SLEEPING WELL IN THE OUTDOORS

You've got to rest well to play well. Follow these tips to make sure you do.

BEFORE YOU GO

#1 Figure out your system
Your mattress and sleeping bag/blanket make up your sleep system. Tailor the combination to deliver the warmth to match the forecast.



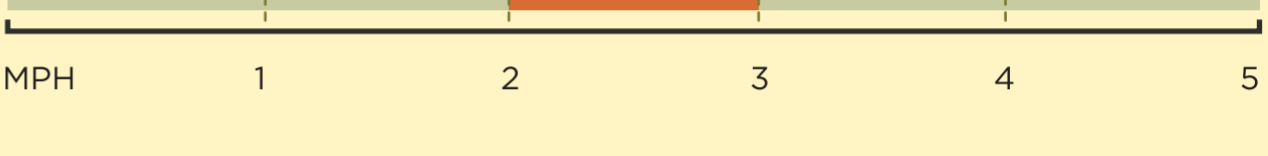
#2 Pill-oh-so-good
Never underestimate the value of a pillow. Bring one. You'll be happier.

ALL DAY



#3 Play hard
If you're exhausted from a big day, you're going to sleep like a baby.

2-3 MPH average trail speed of most backpackers



#4 Clearly hydrated
Drink fluids regularly, even if you don't feel thirsty. Hydration is essential to performance and recovery.

If your pee isn't clear, you're not drinking enough

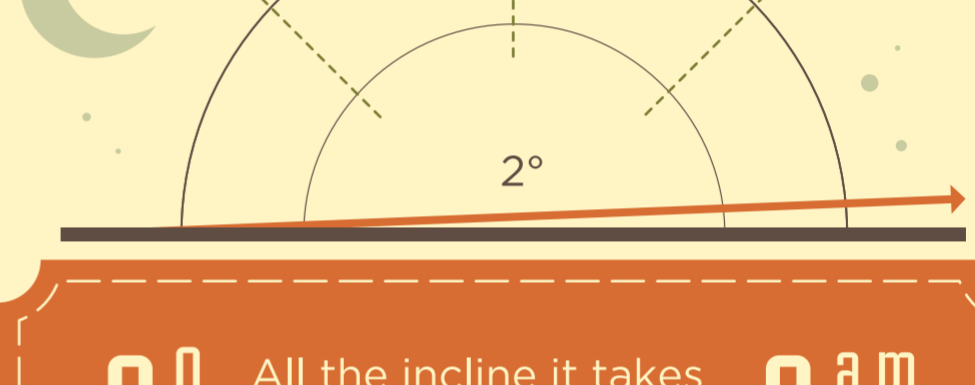
ADEQUATE INTAKE OF FLUID PER DAY



Expect to drink more when you're playing hard!

AT CAMP

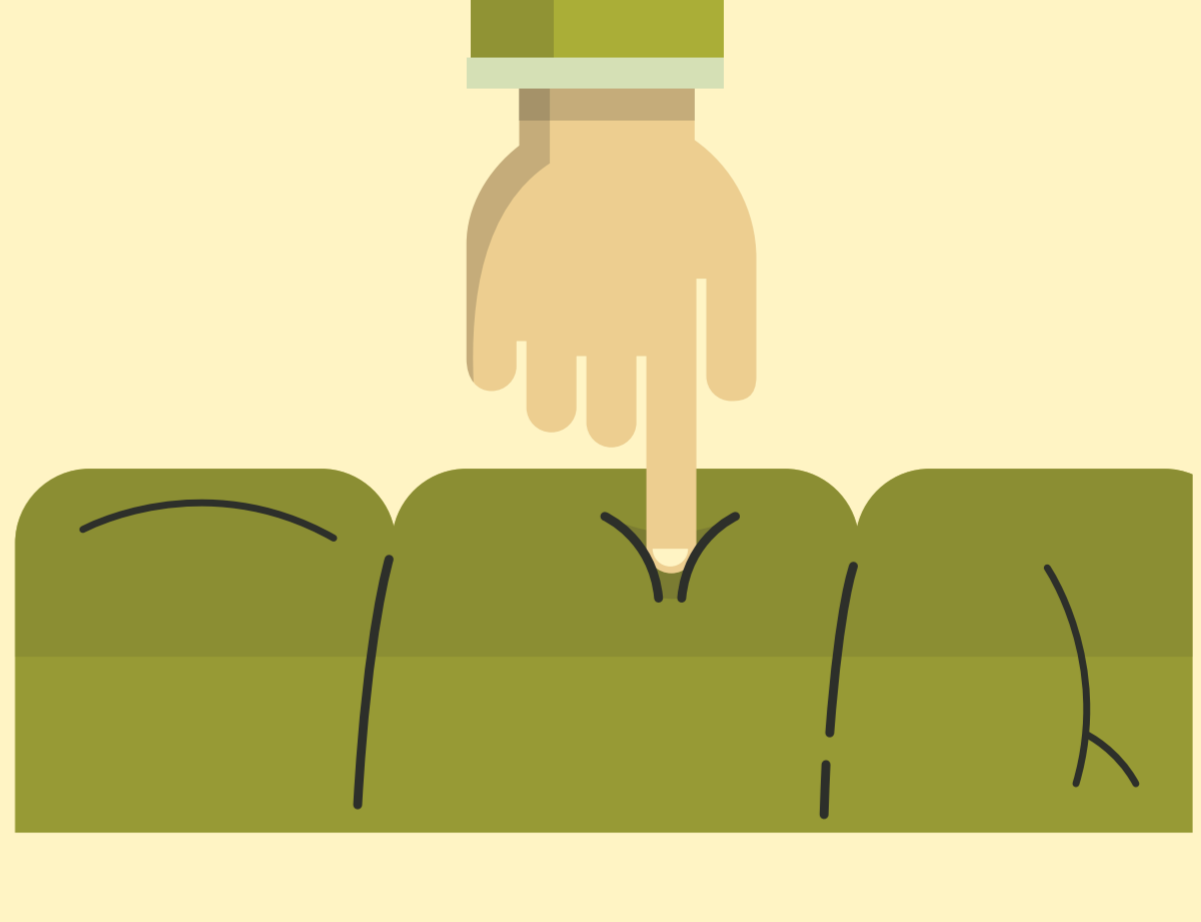
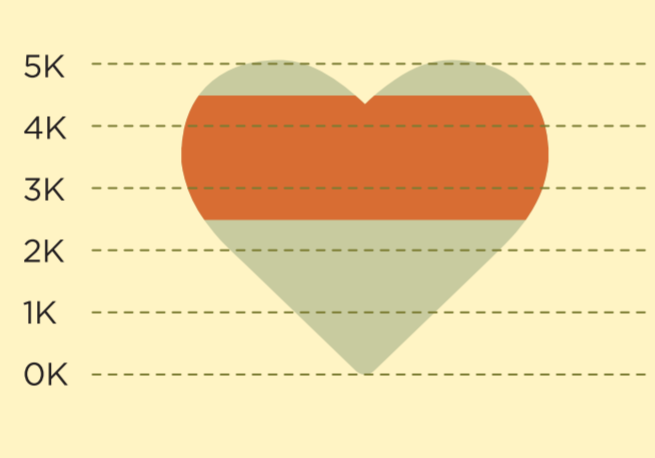
#5 Sleep flat
Lay down in your tent before you stake it out. Is it really flat?



2° All the incline it takes to drive you nuts at **2 a.m.**

#6 Eat well
A full belly will replenish your muscles and provide the fuel to keep you warm all night.

2,500-4,500
Estimated calories per day recommended for backcountry travel



#7 Don't over-inflate
Most people are more comfortable on a slightly under-filled mattress.

#8 Fluff it
Unpack your sleeping bag right away and fluff it up, allowing it time to re-loft before bed for maximum warmth.

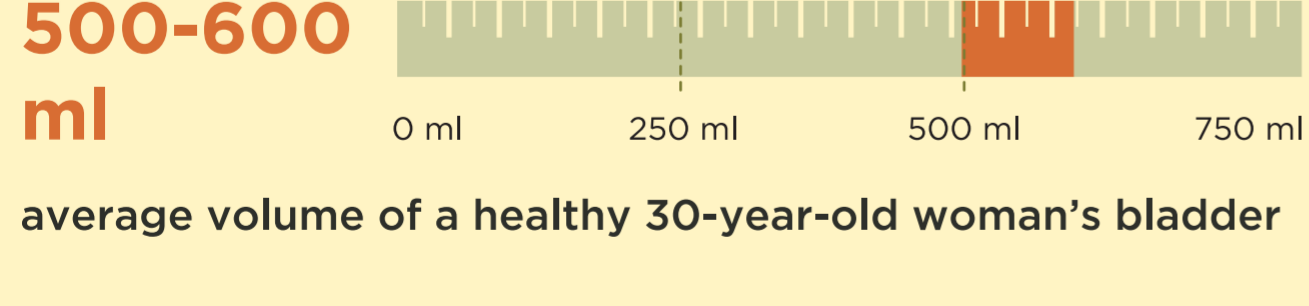
Note that your mattress can gain or lose pressure through the night as it warms or cools.

BED TIME

#9 The naked truth
Naked is great but: A light base layer moves moisture away from you and keeps your body oils from negatively affecting your mattress and sleeping bag fill.



#10 Heed the call
Sleeping with a full bladder doesn't work. Your body is working overtime to keep all that liquid warm. Lose it so you can snooze.



#11 Regulate your temp
Your head is great at dissipating heat. Wear a hat if it's cold, lose it if it's hot. And try a technical blanket in the summer for even better temperature regulation and comfort.

#12 Be glad you brought a pillow
Seriously. Bring a pillow. Trust us.

And then in the AM, get up and do it all again! Repeat often.

MORE NIGHTS UNDER THE STARS = MORE HAPPINESS.

THERMA-REST
CREATING LASTING COMFORT FOR OVER 40 YEARS™

SOURCES
Therm-a-Rest: Over 42 years of experience perfecting the science of sleeping well under the stars.
http://www.huffingtonpost.com/dr-christopher-winter/best-temperature-for-sleep_b_3705049.html
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<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256>
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