

# Sleep Facts

## Racing To Bed For Better Performance

### World-Class Triathletes Incorporate Sleep In Daily Training Regime

(NAPSA)—Swim...bike...run... SLEEP? Yes, that's right. World-class triathletes Gwen Jorgensen and Melissa Stockwell say that sleep is as important as their training and nutrition routines.

Jorgensen and Stockwell represent the U.S. while competing against the world's best athletes. Both agree that sleep is integral to their athletic performance and rely on Sleep Number® beds to ensure individualized comfort.

They've had very busy competitive seasons and both athletes will represent the United States at the Olympic and Paralympic Games in Rio this summer. Jorgensen, a two-time world champion, has secured multiple World Triathlon Series wins, while Stockwell is a U.S. veteran, mom, Paralympian and three-time world champion. Given the pressure and the travel, you'd think they may want to skimp on sleep to get the most out of every training opportunity...but you'd be wrong.

The latest sleep science is clear: sleep optimizes performance. A study by Stanford Sleep Disorders Clinic and Research Laboratory, published in SLEEP, showed that Stanford University basketball players were able to improve performance by increasing the amount of sleep they got each night. After an initial two-to four-week period of normal sleep, players were asked to increase sleep to 10 hours each night for five to



**Stockwell with her Purple Star and her Sleep Number bed.**

seven weeks. The additional sleep resulted in faster timed sprints, improved shooting accuracy and decreased reaction times. With the additional sleep, subjects reported improved physical and mental well-being during practices and games.

“Sleep is often overlooked in training. I take my sleep very seriously when I'm preparing for a triathlon, it's another discipline of my training,” said Jorgensen. In addition to prioritizing eight hours of shut-eye at night, Jorgensen schedules naps into her triathlon training plan to ensure her body is recovering properly. “I nap 30 minutes or less, six times a week,” she explained.

Jorgensen also loves the biometric sleep data provided by SleepIQ® technology, which is integrated into her Sleep Number bed. “I am so intrigued that my bed can track my sleep; not only do I know my bio-



**Jorgensen training for her 2016 race season.**

metrics—like heart rate and breathing rate—it also offers tips to help me sleep better; like a personal sleep coach!” she said. “Knowing how I slept helps me listen to my body and adjust when I need to rest or push myself in training.”

Stockwell also relies on her bed to deliver the sleep she needs in order to maximize her performance in the water, on the bike and on the road. “Our Sleep Number bed lets my husband and I individualize our comfort—to set separate Sleep Number settings. It has been wonderful to adjust the comfort of my bed as my training intensifies, and we can both sleep comfortably,” said Stockwell.

As these athletes gear up for this summer's Olympic and Paralympic Games, they rest assured knowing that their individualized, comfortable sleep is contributing to their training routine.