

CASE STUDY: STEPHEN COLBERT

How I used science to beat the heat

"I'd had an issue with my sleep for some years, but cycling really highlighted my particular problem. All winter, I'd trudge around building base fitness, but once I got to January, February and March I'd start throwing in threshold and VO2max sessions. I used to find, four or five hours after finishing those sessions, I'd start to feel very warm. And if I did those sessions in the late afternoon or evening, I'd be climbing into bed

with my core temperature rising and I'd sweat through the night. Initially I tried to combat it by turning down the central heating and opening any window I could get my hands on, even in the middle of winter, but none of those things worked.

"We all wear cycle clothing that wicks away moisture but I never put two and two together until my personal trainer Gerard Gray mentioned that he had heard that

the British Race Across America team really rated DermaTherapy — a new material they were using for bed linen. So I contacted the company that made it and pleaded with them to send me a set.

"It felt a little strange to begin with; it's kind of a silky material, but within a couple of nights I was used to it. I can still feel those night sweats coming on but when I lie on the sheets — because they're

wicking away the moisture completely, unlike normal bed linen which would stay damp — I'm more comfortable and my body temperature is lower.

"I manufacture bikes and race with our team Colbert Cycles, so psychologically I need my sleep just to make sense of a hectic day. But from a sporting point of view, it's also when my muscles recover and I've noticed my riding has really improved."

