

Colbert Cycles has been lucky enough to get its hands on some 'new to the cycling world' kit to help aid sleep after those hard training sessions or during the hot summer nights.

If, like me, you suffer from high body temperatures during the night due to your metabolism running riot after a training session or simply suffer from night sweats/hot flushes, then you need to take a look at DermaTherapy. One swift phone call to their office at around 12pm on a Friday and hey presto, a package of sheets + 2 pillow cases arrived the very next morning! My wife and I proudly became parents for the first time of February 2011 and I'd be the first to admit, sleep has been think on the ground!! This added to a pretty hectic lifestyle in Motorsport alongside trying to pedal a bike around in some races, meant I was really struggling with the recovery part.....sleep.

The idea behind the bedding is simple, to keep your body at a stable temperature and wick away any moisture that may result from sweating. We as cyclists use the word wicking on a weekly basis when discussing our team kit, winter riding kit etc.....so why not use it on a bed? It was a no brainer for me, with the fact that I was only going to be able to grab 4 to 5 hours sleep a night, I needed it to be deep, recovering sleep.



The logo for Colbert, featuring a stylized 'C' followed by the word 'COLBERT' in a bold, sans-serif font.

I can honestly say, a week into sleeping on the sheet and pillow case, I'm never going to be without it again!! It's coming with me when I travel too. A massive thank you to Gerard Gray (personal fitness coach) for mentioning this product and an even bigger thank you to Jo at DermaTherapy for bringing a bit of quality sleep into our lives again.