

Often overlooked are the sheets that you use. It is similar to spending lots of money investing in a pair of running shoes and then wearing a pair of old cotton socks, making your feet sweat lots and not getting the most out of your investment. You would spend the money on the better socks because you can see the benefit when you run, and the same can be said of the sheets. Athletes can sweat a lot more than normal people, and I am very prone to allergies, especially during the summer months.

There is a company called DermaTherapy that produce a range of specialist bedding, which is designed to channel moisture away from the skin by using the uniquely structured microfibrils. DermaTherapy is 37% smoother than cotton sheets and feels a lot nicer on your body than normal sheets. A wonderful side affect of all this technology is that the sheets will dry much quicker than normal sheets, just like all your moisture wicking running tops you own.

I used the sheets during the summer when I suffer very heavily from Hay Fever and they really helped reduce the amount of irritation that I was suffering with. The sheets are fantastic at controlling temperature when you are sleeping, which can be a huge contributory factor to not sleeping well, so well worth your investment.



Ben's profile:-Ben joined Full Potential in the Autumn of 2009 as a fresh faced graduate with a serious geek side. Whilst he has developed his geekiness no ends, even making it chic in some quarters, he has also started running a bit, an occupational hazard. Ben is usually found touring the country with his Adidas footscan and trail shoes, offering biomechanical advice and giving people the chance to try the latest in Adidas footwear.

Ben spends his life handling footwear and apparel-based questions, so don't be afraid to come up to him at any Full Potential event and gather his opinion on anything running related. You're also likely to catch Ben on a Runzone podcast or by reading his articles on the Full Potential website.

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