



ChiliPad 139

This was first introduced to me by Kelly Starrett (page 122) and Rick Rubin (page 502). Rick and I both set it to the coldest temperature possible about 1 hour prior to bed.

Let's paint a familiar scene. A man and a woman are sleeping in bed under the same set of sheets and blankets. The woman's temperature is running at roughly 700°F, giving off the heat of a pizza oven. The guy gets sweaty and kicks one leg out and on top of the sheets. Then he gets cold 10 minutes later and puts the leg underneath, repeating this cycle ad nauseam. He might even yank the

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covers like a child, upsetting the woman. It's a huge headache for everybody. Sleep temperature is highly individualized.

The ChiliPad allows you to put an extremely thin — almost imperceptibly thin — sheet underneath your normal sheets that circulates water through a bedside contraption at a very precise temperature of your choosing. There are versions with two zones, so two people side by side can choose different numbers. Maybe your magic sleeping temperature is 55°F. Or 61°F, or 75°F? If you're cold, you can increase the temperature of the ChiliPad underneath you instead of throwing a thick blanket on top that's going to make your partner sweat to death. It can modulate between 55 and 110°F. Experiment and find your silver bullet.

Several of my close friends in Silicon Valley sheepishly admitted that, of all the advice I've ever given in my books and podcasts, the ChiliPad had the biggest impact on their quality of life.