

Sleep Number® Smart Bed Research from Over 9,100 Sleep Sessions Shows How Built-In Temperature Programs Improve Sleep, Especially for Women

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Sleep Number presents findings from three temperature-focused studies at SLEEP 2025, including data showing that cooling one's bed significantly improved sleep quality in women with menopause-related symptoms

MINNEAPOLIS--(BUSINESS WIRE)-- Today, **Sleep Number Corporation** (Nasdaq: SNBR) will present new temperature-focused research using real-world Sleep Number smart bed data at SLEEP 2025. The results indicate that personalized bed temperature, a unique feature available in the brand's **ClimateSeries™ smart beds**, can improve sleep quality and overall wellness. The results are especially important for women, including those experiencing menopause symptoms, and show how Sleep Number's smart beds can adapt to and respond to each person's unique sleep needs.

"These studies scientifically prove that our temperature features, like those in the Climate360 and ClimateCool smart beds, help people fall asleep faster and stay asleep longer," said Raj Mills, Head of Health at Sleep Number. "This is especially important for women going through menopause, who often struggle with sleep. Our smart beds don't just offer comfort; they deliver real health and wellness benefits backed by science. That's what sets Sleep Number apart in a crowded market; we combine personalized comfort with proven, data-driven solutions that help people sleep and live better."

Key findings include:

Temperature Programs to Enhance Sleep Quality in Women Experiencing Menopause

Symptoms

An observational study of more than 9,000 sleep sessions from women using Sleep Number's Climate360® smart beds found that adjusting bed temperature—cooling it through most of the night and warming it slightly before waking—may significantly improve sleep quality for those experiencing menopause-related symptoms like hot flashes and frequent awakenings. Developed in partnership with research conducted at Northwestern University's Feinberg School of Medicine, **Sleep Number's temperature programs** help users fall asleep faster, stay asleep longer, and enjoy deeper, more restorative rest; offering a non-medication solution for the **40 to 60 percent of women** who struggle with sleep during menopause.

Bed Temperature Control to Enhance Sleep Quality: Gender-Specificity?

This research, conducted in collaboration with Northwestern University and using data from over 2.2 million sleep sessions, found that men and women respond differently to bed temperature settings. Women saw the greatest improvement in sleep quality when beds started with low heat and then cooled. The most effective programs for both genders followed the body's natural rhythm—warm at bedtime to help people fall asleep then cooler overnight to help them stay asleep—showing smart temperature control can meaningfully improve sleep, especially for women.

Impact of Smart Bed Temperature Programs on Falling Asleep Process: an EEG-based delta-beta ratio analysis

This study found that warming the Sleep Number Climate360 smart bed at the beginning of the night helps people fall asleep faster and reach deeper sleep more quickly. Aligning with the body's natural temperature rhythm, this approach also reduced time spent awake before and after falling asleep and more time in deep sleep. The Climate360 smart bed offers a personalized, science-backed solution with options to heat or cool each side of the bed so sleepers can tailor their sleep experience to their specific needs.

Sleep Number's research partner, the University of Pittsburgh, will also present two studies using Sleep Number data. To learn more about Sleep Number's research, visit sleepnumber.com/science.

About Sleep Number Corporation

Sleep Number is a sleep wellness company. We are guided by our purpose to improve the health and wellbeing of society through higher quality sleep. To date, our innovations have improved nearly 16 million lives. Our sleep wellness platform helps solve sleep problems, whether it's providing individualized temperature control for each sleeper through our Climate360 smart bed or applying our 33 billion hours of longitudinal sleep data and expertise

to research with global institutions.

Our smart bed ecosystem helps people sleep better by offering adjustable comfort and personalized sleep and health insights. Millions of Smart Sleepers benefit from higher quality sleep, and our 3,400 dedicated team members are passionate about creating innovative solutions through our vertically integrated business model, including direct-to-consumer selling in nearly 640 stores and online.

To learn more about life-changing, individualized sleep, visit a **Sleep Number® store** near you, our **newsroom** and **investor relations** sites, or **SleepNumber.com**.

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