

Name of thesis:

Influence of sleeping pads on thermal comfort of sleeping bag

Abstract:**The goals:**

The objective is to test different types of sleeping pads using the same sleeping bag in the specific stable conditions. Find and state test results for every sleeping pads. Conclusion of the thesis contain decision, which sleeping pad is the best for thermal comfort in sleeping bag.

Methods:

Testing was conducted at 5 different sleeping pads using the same sleeping bag for each of the pads. Four temperature sensors were placed inside sleeping bag. the sensors measured at least every three hours. The temperature of the ambient air was in the range of 8.5 ° C - 10 ° C.

Results and conclusion:

After testing of sleeping pads I found that, the greatest thermal comfort has inflatable sleeping pad brand Therm a Rest – Prolite 4 plus. The average temperature inside the sleeping bag reached 26 °C with it. Sleeping pad Yate Alu Matte and isothermal foil had the worst results to thermal comfort. Using both of them, the temperature inside sleeping bag reached just 21.6°C.

Keywords:

sleeping pads, thermal comfort, sleeping bag