



## Listen to the full episode here:

### ‘Bought a sleeping mat yesterday. It still hasn’t woken up.’

From the old-school inflatables to self-inflating technology, Ben and Lauren discuss the queries and considerations involved in choosing your dream sleeping mat.

We understand if you’d rather sleep on it first – but if you snooze, you lose! Watch or listen to the ultimate lullaby right here.



*Ben and Lauren discuss the considerations involved in choosing your dream sleeping mat.*

## Shortcuts:

00:00 – Intro  
00:53 – New Gear  
08:34 – ‘What Sleeping Mat Should I Choose?’  
11:45 – Weight and Packed Size  
13:18 – In-Use Thickness  
14:19 – R-Value  
17:36 – Price  
18:41 – Styles  
28:51 – Width  
31:48 – Fitted Sheets  
32:47 – Mat Couplers  
33:28 – Compatibility: Stretchers and Swags  
36:27 – Story of the Week

## Mentioned in this Episode:

### Other Episodes:

[Ep11 – Sleep System Ratings with Sea to Summit](#)

[Ep56 – Will That Stretcher Fit?](#)

### Blogs:

[R-Value & ASTM Standard for Sleeping Mats Explained](#)

### Brands:

[Petzl](#)

[Darche](#)

[Exped](#)

[OZtrail](#)

[Zempire](#)

[Sea to Summit](#)

### Products:



### ***New or Updated Gear***

[Petzl Tikka 350 Headlamp](#)

[Petzl Tikka Core 450 Rechargeable Headlamp](#)

[Petzl Tikka 300 Headlamp](#)

[Petzl Actik 450 Headlamp](#)

[Petzl Actik Core 600 Headlamp](#)

[OZtrail Fast Frame 3 Person Tent](#)

[Skratch Labs](#)

### ***Sleeping Mats and Accessories***

[Darche 900 Wide All Terrain Mattress](#)

[Exped MegaMat](#)

[OZtrail 3D Fatmat 1500](#)

[Exped MegaMat Max 15 LXW Self Inflating Mat](#)

[Zempire sleeping mats](#)

[Sea to Summit Comfort Plus Self Inflating Rectangular Sleeping Mat](#)

[Air Filled Mats](#)

[Self-Inflating Mats](#)

[Foam Mats](#)

[Sea to Summit Sleeping Mat Coupler Loops](#)

## **Thanks for listening, tune in again for next week's episode!**

Thanks for tuning in to this week's episode of the Snowys Camping Show Podcast. Don't forget to subscribe to us on [YouTube](#), [Spotify](#), [iTunes](#), [Amazon Music](#), [iHeartRadio](#), [Pocket Casts](#), [Podcast Addict](#), or [Stitcher](#) so you never miss an upload.

If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we'd love to hear from you.

Catch you out there!