



Cycling Improves Sleep Quality, Study Finds

Description

Is the Tour de France the most competitive sleep environment in sports? Dr. Jon Greenwell, Head Doctor for EF-Education EasyPost, suggests it probably is. Professional cyclists face unique demands during the race, which spans nearly a month. They must recover sufficiently to perform at their best each day while often staying in different hotels. With only two rest days, securing adequate sleep is crucial; without it, they cannot race effectively.

Dr. Greenwell's primary task during the Tour is ensuring riders get high-quality sleep nightly. On the first rest day, I spoke with him and Walid Karim, who manages the team's sleep equipment. The team's approach incorporates cutting-edge technology, and last year, riders averaged over eight hours of sleep each night.

Attention to sleep has surged in recent years. When Greenwell joined the team a decade ago, sleep practices were less refined, with many relying on uncomfortable hotel bedding. Cycling has advanced not only in this area but also in sports science overall. As athletes seek to optimise performance, the pursuit of health has become a common goal.

The desire for optimal well-being has intensified amid modern pressures. Yet, effective approaches largely involve straightforward habits: prioritising sleep, nutrition, and mental health. These fundamental practices are accessible compared to the high-tech solutions often presented in wellness culture.

At the Tour de France, sleep is meticulously managed. Cyclists' physical conditions are monitored extensively, with many wearing sleep trackers. After races, they are cooled down, fed promptly, and provided with restorative drinks. Individualized pillows cater to their specific needs, and Greenwell avoids sleep medication, preferring to cultivate a natural sleep environment.

Teams rely on the Amaury Sport Organization (ASO) for hotel arrangements during the race. Though they receive quality accommodations, surprises can occur, as seen when some riders faced unexpected room issues. Innovations, including smart mattress toppers tailored to individual riders' preferences, enhance their sleep quality, while routines emphasise hydration and relaxation techniques.

While cutting-edge sleep technology can be prohibitively expensive, the fundamental actions required for quality rest remain within reach for everyone. Ultimately, the best sleeping practices emphasise accessible methods, demonstrating that professional cycling teams like EF are striving to achieve the same essential goal: restful sleep.

Vocabulary List:

1. **recover** //rɪ'kʌvər// (verb): get back strength or health after effort



2. **crucial** //ˈkruːʃəl// (adjective): very important and needed for success
3. **technology** //tekˈnɒlədʒi// (noun): machines, tools, or knowledge used for tasks
4. **monitored** //ˈmɒnətəd// (verb): watched or checked regularly for changes
5. **restorative** //rɪˈstɔːrətɪv// (adjective): helping the body or mind get better
6. **accessible** //əkˈsɛsəbəl// (adjective): easy to reach, use, or obtain

Comprehension Questions

Multiple Choice

1. Who is the Head Doctor for EF-Education EasyPost during the Tour de France?
Option: Walid Karim
Option: Dr. Jon Greenwell
Option: Amaury Sport Organization
Option: Unidentified Team Manager
2. How many rest days are there during the Tour de France?
Option: 1
Option: 2
Option: 3
Option: 4
3. What average amount of sleep did riders get per night last year?
Option: 6 hours
Option: 7 hours
Option: 8 hours
Option: 9 hours
4. What is a primary focus for cyclists in the Tour de France according to Dr. Greenwell?
Option: Nutrition
Option: Mental health
Option: High-quality sleep
Option: Hydration
5. What type of monitoring do cyclists undergo to enhance sleep quality?
Option: Heart rate monitors
Option: Sleep trackers



Option: Wearable fitness trackers

Option: Blood pressure monitors

6. What does Dr. Greenwell prefer to use instead of sleep medication?

Option: Caffeine

Option: Natural sleep environment

Option: Sleeping pills

Option: Meditation

True-False

7. Dr. Jon Greenwell suggests the Tour de France is not competitive with sleep.

8. Cyclists at the Tour de France often stay in the same hotel.

9. The desire for optimal well-being among cyclists has decreased in recent years.

10. Riders are provided with individualized pillows to enhance their sleep.

11. The Amaury Sport Organization is responsible for arranging hotel accommodations for teams.

12. Sleep technology is always affordable for professional cyclists.

Gap-Fill

13. Cyclists face unique demands during the race, which spans nearly a month, and must recover sufficiently to perform at their best each day while often staying in different hotels. With only two rest days, securing adequate sleep is crucial; without it, they cannot race _____ effectively.

14. Dr. Greenwell's primary task during the Tour is ensuring riders get high-quality sleep _____ night.

15. The team's approach incorporates cutting-edge technology, and last year, riders averaged over eight hours of _____ each night.



16. Cycling has advanced not only in this area but also in sports science _____ .
17. At the Tour de France, sleep is meticulously managed, with many wearing sleep _____ .
18. While cutting-edge sleep technology can be prohibitively expensive, the fundamental actions required for quality _____ remain within reach for everyone.

Answer

Multiple Choice: 1. Dr. Jon Greenwell 2. 2 3. over eight hours 4. High-quality sleep 5. Sleep trackers 6. Natural sleep environment

True-False: 7. False 8. False 9. False 10. True 11. True 12. False

Gap-Fill: 13. effectively 14. nightly 15. sleep 16. overall 17. trackers 18. rest

CATEGORY

1. Sci/Tech - LEVEL6

POST TAG

1. cycling
2. ESL learning
3. esl news
4. Level 6
5. sleep

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