

REAL SIMPLE Announces First-Ever REAL SIMPLE Sleep Awards

2021 List Includes 11 Winning Sheets, Pajamas, Apps and More for a Restful Night

Bose, FitBit, Sleep Number and Philips Among Winners

NEW YORK, Jan. 27, 2021 /PRNewswire/ -- **Meredith Corporation's** (NYSE: MDP) **REAL SIMPLE** today announced The Sleep Awards featuring the top bedding, sleep tech and more innovations to sleep better and wake up refreshed. REAL SIMPLE editors inspected and analyzed over 65 products and narrowed it down to the top 11 on the market. These products feature unique cooling features, relaxation techniques and more, to help consumers calmly and comfortably drift off to sleep. The honorees will be featured in the February 2021 issue on newsstands now and the full list can be viewed online [here](#).

"A good night's sleep is essential to our health and well-being and these editor-approved products aim to make hitting the pillow easier. Our first-ever Sleep Awards expand on what REAL SIMPLE does best – making life simpler through expertly-curated ideas and products," said Editor in Chief Liz Vaccariello.

Research conducted by the Meredith Data Studio reports 60% of Meredith women note having had difficulty sleeping since the pandemic began and having good sleeping patterns currently ranked #1 among them for 'what is a healthy life' – ahead of healthy eating, happiness, strong emotional relationships and limiting bad habits. Featured in the 2021 list are state-of-the-art products that are affordable, effective, and solve sleep problems that many women and families face, such as a comforter that is designed to each individual's preferences for dueling couples and an alarm clock that analyzes room temperature, noise levels, light and humidity. To generate the final list for the Sleep Awards, editors and testers rated these products on their innovativeness and effectiveness in creating a peaceful sleep environment.

The February issue of REAL SIMPLE is on newsstands now and the list can be read below and at [REALSIMPLE.com](https://www.realsimple.com).

REAL SIMPLE's Sleep Awards:

Best Bedding

- Comma Home Bamboo Weighted Blanket
- Sleep Number Create Your Perfect Comforter
- My Sheets Rock The Regulator Cooling Sheets

Best Sound Machines

- LectroFan Classic
- Bose Sleepbuds II

Best Relaxation App

- Sleep by Headspace

Best Pajamas

- Soma Cool Nights

Best Pillow Spray

- This Works Deep Sleep Pillow Spray

Best Alarm Clocks

- Philips SmartSleep Connected Sleep and Wake-Up Light
- Loftie

Best Wearable Tech

- Fitbit Sense

ABOUT REAL SIMPLE

REAL SIMPLE makes life easier and more meaningful for today's busy woman, providing inspiring ideas and practical solutions to help her simplify her life. REAL SIMPLE understands the modern woman, creating a positive, supportive community in which women can connect and share their ideas. Through print and digital, REAL SIMPLE reaches an audience of nearly 14 million every month. Follow **REAL SIMPLE** on **Facebook**; **Twitter**; **Pinterest**; and **Instagram**.

ABOUT MEREDITH CORPORATION'S NATIONAL MEDIA GROUP

Engaging 95 percent of American women across every stage and every day of their lives, Meredith Corporation's National Media Group is home to 40+ iconic brands, including PEOPLE, Better Homes & Gardens, Allrecipes, Southern Living, REAL SIMPLE and Magnolia Journal. The company provides trusted content and experiences that resonate with a massive, highly receptive audience, reaching consumers where they are across digital, magazines, social platforms, video, audio and connected home assistants. Meredith's powerful brands have enabled the company to become the No. 2 licensor globally, including more than 3,500 SKUs of branded products at **Walmart**. Meredith's businesses also include leading affinity marketer **Synapse**, award-winning creative content studio **Foundry** and the Meredith Data Studio.

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