

PRESS RELEASE

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FLEXSTEEL®
Industries

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Independent Study Finds Flexsteel® Zecliner Model 3+ Improves Sleep Quality, Sleep Duration, and Perceived Comfort

Multi-week in-home study conducted by SleepScore Labs analyzed nearly 1,700 nights of sleep and found measurable improvements in sleep quality and duration, perceived pressure relief, and waking up feeling well-rested.

DUBUQUE, IOWA | April 1st, 2026- Flexsteel today announced results from an independent in-home study conducted by SleepScore Labs, the research and validation division of Sleep.ai. The findings show that the Flexsteel® Zecliner Model 3+ significantly improved sleep quality and duration, and increased perceptions of weightlessness and pressure relief, for participants who regularly slept in a recliner, chair, or sofa.

The multi-week study analyzed nearly 1,700 nights of sleep and compared participants' baseline sleep on their previous recliner or sofa to their sleep after transitioning to the Zecliner Model 3+ in their home environments. The results demonstrated meaningful improvements in both objective sleep metrics and self-reported sleep experience.

When sleeping on the Flexsteel Zecliner Model 3+, compared to their original recliner or sofa, participants reported:

Improved Sleep Outcomes

- Improved objectively measured sleep quality and duration, adding the equivalent of 4 extra hours of sleep per month on average
- Three additional nights per week sleeping through the night reported by participants
- 101% increase in perceived ability to sleep through the night
- 85% increase in how easy it felt to fall asleep

Enhanced Comfort & Recovery

- 261% increase in perceived weightlessness
- 220% increase in perceived pressure relief
- 71% decrease in number of nights of sleeping too hot reported by participants

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Strong Overall Satisfaction

- 98% of participants said they would recommend Zecliner Model 3+ to friends or family



“These results highlight how thoughtful sleep-focused design can improve both objectively measured sleep and how people feel about their sleep,” said Dr. Sharon Danoff-Burg, Senior Principal Research Scientist at SleepScore Labs. “Participants not only slept longer but also reported greater comfort, improved ability to sleep through the night, and waking up feeling more well-rested.”

The Zecliner Model 3+ is designed specifically for sleep and recovery, combining adjustable positioning, pressure-relieving support, and comfort features that help users maintain a relaxing, supportive sleep posture.

“Many people rely on recliners to achieve a better night’s sleep, yet most options on the market were never intentionally designed for that purpose,” said Anthony Ash, Wellness Product Business Manager. “It’s incredibly rewarding to see this study validate what we set out to accomplish with Zecliner—creating a solution purpose-built for sleep and overnight comfort. Hearing that users are falling asleep faster, staying asleep longer, and waking up feeling more refreshed underscores the meaningful impact that thoughtful, intentional design can have.”

The SleepScore Labs study used an in-home research design to capture sleep outcomes under real-world conditions. Participants first tracked their sleep while using their existing recliners or sofas before transitioning to the Zecliner Model 3+ for several weeks. Sleep was measured using SleepScore Labs’ non-contact sleep monitoring technology along with daily surveys assessing comfort, sleep quality, and overall sleep experience.



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About Flexsteel Industries, Inc.

Flexsteel Industries, Inc., and Subsidiaries (the “Company”) is one of the largest residential furniture manufacturers, importers, and marketers in the U.S., known for crafting comfortable, durable seating and timeless designs for rooms throughout the home. For more than 130 years, Flexsteel has built furniture with care, highlighted by its patented Blue Steel Spring technology that delivers lasting comfort and support. Today, Flexsteel products are available nationwide through retail partners and online channels, helping people create inviting, livable spaces they can enjoy for years to come.

About Sleep.ai

Sleep.ai is a leading healthtech company and the world’s most advanced sleep intelligence platform, powered by nearly 1 billion hours of objective sleep data and more than 250 scientific studies. Through its APIs, SDKs, and consumer applications, Sleep.ai enables partners to integrate clinically validated, AI-driven sleep technology into their products.

SleepScore Labs, the company’s research and validation division, is globally recognized for advancing sleep science through real-world product testing and consumer sleep studies.

Learn more at www.sleep.ai or on [LinkedIn](#).

