

Catch Some Serious ZZZs With These Trending Sleep-Themed Vacays

The perfect dream vacation awaits travelers who opt for sleep-focused vacays that are all about the three R's: relaxing, restoring, and resting.

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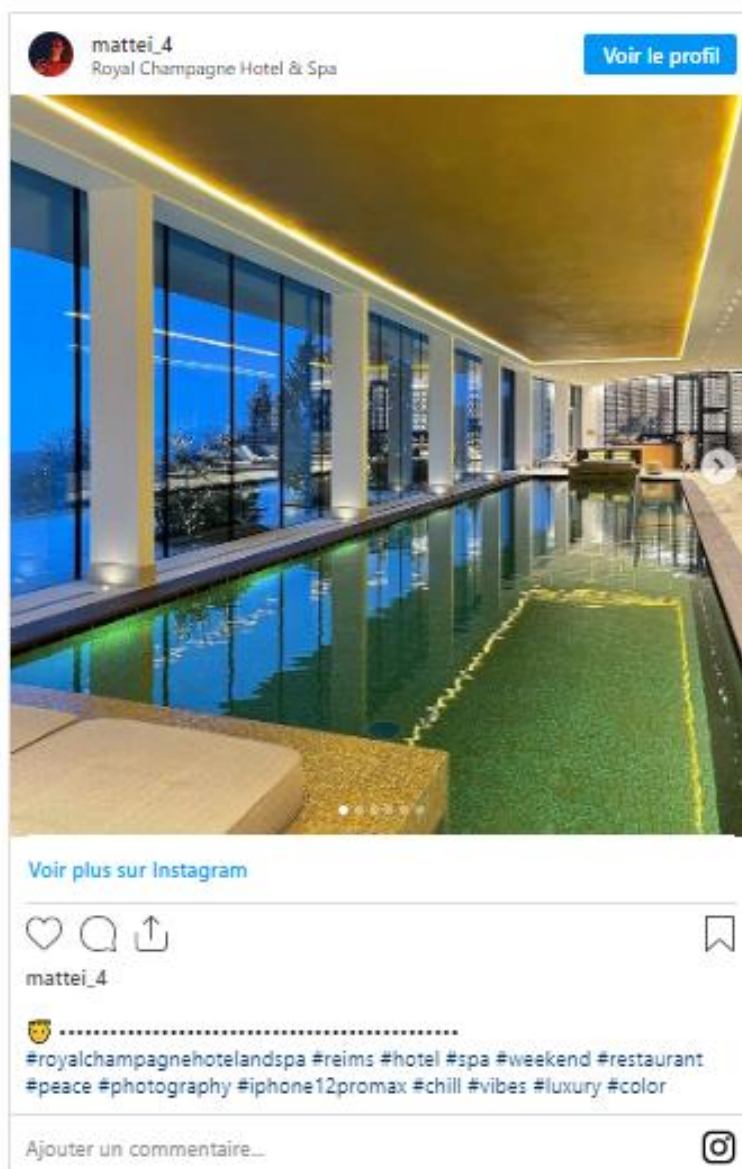
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Travelers looking for their next relaxing retreat won't want to *sleep* on one of the hottest new vacay trends: sleep-focused stays and getaways. And, no, this doesn't mean snoozing through your entire vacation—rather, these coZZzy destinations are packed with packages meant to restore, refresh, and relax vacationers, all with the goal of promoting a more restful sleep cycle.

From stunning settings devoted to wellness experiences for calming and relaxing the mind and body; to niche treatments and luxe, lavish rituals to soothe the spirit, the following experiences are some of the best spots for maxing and relaxing—a cavalcade of circadian rhythm boosting getaways that are all about the ZZZs.

A Sleep-Centric Getaway Fit For Royalty

Luxe pampering and wow-worthy wine country surroundings are just *some* of the amazing perks offered by the Sleep Experience package at the **Royal Champagne Hotel & Spa**. Restore, relax, and refresh are this spectacular spot's mantra: and its dreamy vineyard views are just the tip of the iceberg for guests looking to soak up the stunning scenery—and some serious ZZZs.



- **Where It's At:** 9 rue de la république, 51160 Champillon, France
- **Hotel Perks:** Two swimming pools; steam room, sauna, and jacuzzis; yoga studio and fitness room; beauty bar; treatment cabins; onsite restaurant
- **Rates:** About \$1560 and up/night
- **Sleep On It:** Experience includes a stay in one of the hotel's junior suites with all the perks: soundproofed room surrounded by nature; luxe linens; French beauty brand AIME's Sleep & Glow kit complete with sleep mist and melatonin drops; screen-free Morphée meditation device; one-hour candle massage; dinner at Le Bellevue (and "Sleeping Beauty" mocktail); nightly bedtime routine for sweet dreams