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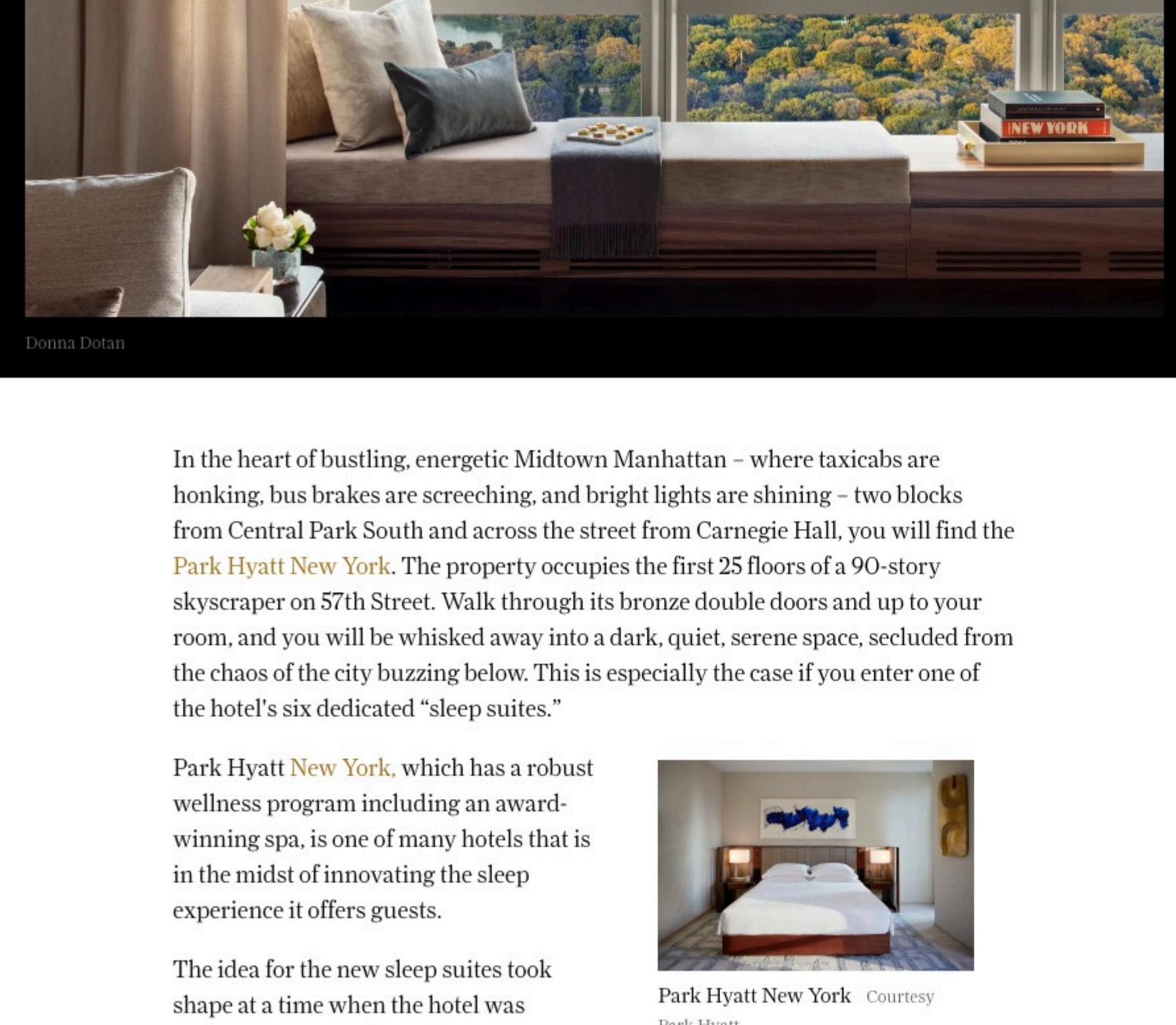
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PLACES TO STAY

Sleep tourism is trending in 2023, with A.I.-equipped hotel beds and glamping under dark skies

If your idea of great nightlife is uninterrupted REM, you'll love these nine hotels, glamping sites, and sleep spas

BY ALEX EREDEKIAN
10 February 2023



In the heart of bustling, energetic Midtown Manhattan – where taxicabs are honking, bus brakes are screeching, and bright lights are shining – two blocks from Central Park South and across the street from Carnegie Hall, you will find the Park Hyatt New York. The property occupies the first 25 floors of a 90-story skyscraper on 57th Street. Walk through its bronze double doors and up to your room, and you will be whisked away into a dark, quiet, serene space, secluded from the chaos of the city buzzing below. This is especially the case if you enter one of the hotel's six dedicated "sleep suites."

Park Hyatt New York, which has a robust wellness program including an award-winning spa, is one of many hotels that is in the midst of innovating the sleep experience it offers guests.

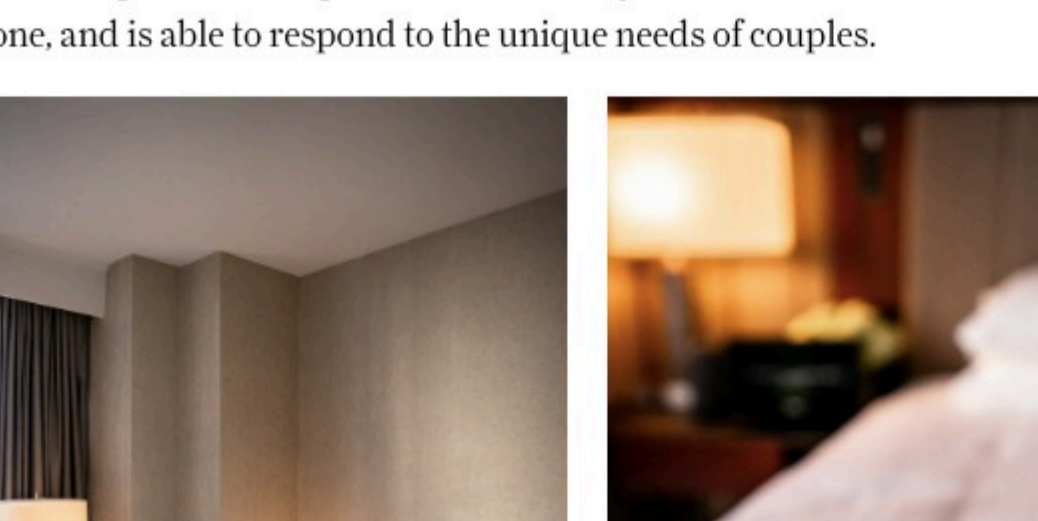


Park Hyatt New York Courtesy Park Hyatt

The idea for the new sleep suites took shape at a time when the hotel was reimagining its wellness story: in April 2021, as it reopened following a 376-day closure due to the pandemic. The concept revolved around a partnership with A.I. mattress startup Bryte.

"The partnership with Bryte came at the perfect time post-pandemic," general manager Laurent Ebzant says. "Focusing on the attributes of a room that has a prime sleeping area was a point of focus for us."

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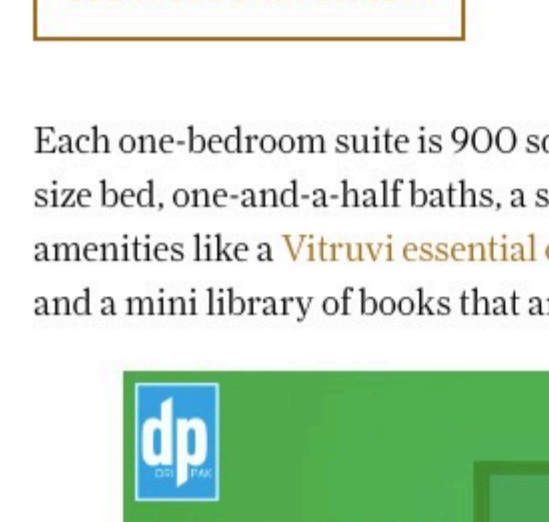


Why you should visit Japan in 2023

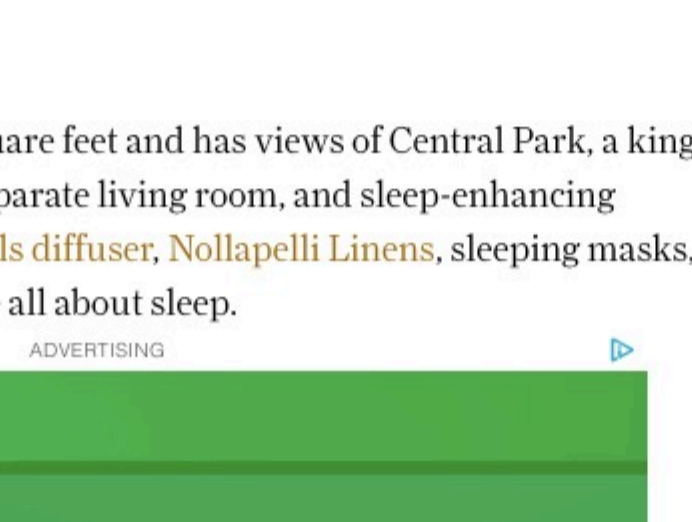
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The five-star hotel unveiled the suites in January 2022. The Bryte mattresses are the hallmark of them – each one has 90 intelligent cushions that sense, adjust to, and relieve the body's pressure points. The mattress also controls the climate, tracks and provides sleep statistics and insights that can be accessed on your phone, and is able to respond to the unique needs of couples.



A Park Hyatt sleep suite, featuring a Bryte mattress. Park Hyatt New York



Accessories found in the sleep suites. Park Hyatt New York

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Each one-bedroom suite is 900 square feet and has views of Central Park, a king-size bed, one-and-a-half baths, a separate living room, and sleep-enhancing amenities like a Vitruvi essential oils diffuser, Nollapelli Linens, sleeping masks, and a mini library of books that are all about sleep.



"I don't think this technology is a fad and will disappear," Ebzant says. "We can see major brands are really embarking into this technology. In a post-COVID environment, there's a lot of interest. It's about what you eat, what you drink, and how you sleep."

Bryte mattresses can also be found in the rooms of the Carillon Miami, the Four Seasons Beverly Hills, and other hotels across the country.

As we reported late last year, sleep tourism is among a number of travel trends predicted to sweep the industry in 2023, including the rise of swanky airport lounges, upscale all-inclusive resorts, artist-owned hotels, and psychedelic wellness retreats.

It makes perfect sense, right? The sole purpose of any hotel is to be slept in. And is there anything on earth like sinking into a fresh, smooth hotel bed after a red-eye or a long day of trawling an unfamiliar city? Some might say it's the best part of the trip.

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Travel specialist Dawn Oliver, who is an expert in wellness experiences abroad and has been vetted by *Traveller*, has also seen increasing interest in a more thoughtful sleep setup. Having previously owned an organic textile company, which made fabric goods like sheets and bedding, she says she understands just how personal sleep really is.

Most of the trip-related conversations about sleep that she has with her clients involve their preferences and individual needs. Every person has internal and environmental sensitivities that affect their sleep, including temperature, sounds, aromas, textures, surfaces, and their physical and mental health.

"Some people have a hard time sleeping somewhere else because they're a creature of habit," Oliver says. "Sometimes there are allergies, and definitely there's pain. Women's health, too – things like hormones, periods, and menopause can make it hard to sleep."

Wherever they are in the world, it's clear that sleep is a top priority for travellers and that the industry is taking note, bringing more attention and creativity to this quintessential hotel experience. Whether it's a snooze-inducing aromatherapy list, in-room melatonin, a nightly menu of teas, or a highly customisable bed, there are so many ways that sleep can be enhanced while travelling.

For those interested in sleep tourism, and who love nothing more than some good shut-eye, here are eight other hotels around the world where you can have a top-quality sleep experience.

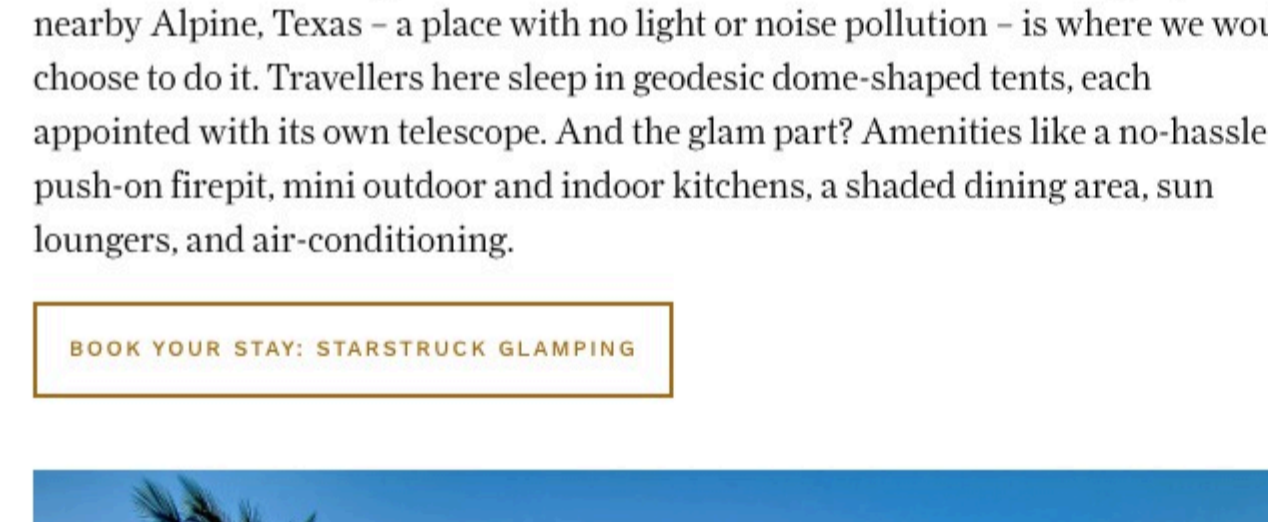
- Hästens Sleep Spa
- StarStruck Glamping
- Carillon Miami Wellness Resort
- Four Seasons Bali
- Hôtel de Crillon, a Rosewood Hotel
- Royal Champagne
- Six Senses Ibiza
- The Cadogan, a Belmond Hotel

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Hästens Sleep Spa

Swedish mattress purveyor Hästens, which makes some of the world's most luxe and expensive mattresses, has opened its very own Sleep Spa hotel in Coimbra, Portugal. What's special about this experience is the opportunity to sleep on a dreamy, queen-like mattress that is so exclusive you are unlikely to ever encounter one like it in your regularly scheduled life. (If you were curious about Drake's mattress after hearing the iconic *God's Plan* lyric "I only love my bed and my momma I'm sorry," know that he sleeps on a \$395,000 bed designed by Hästens.)

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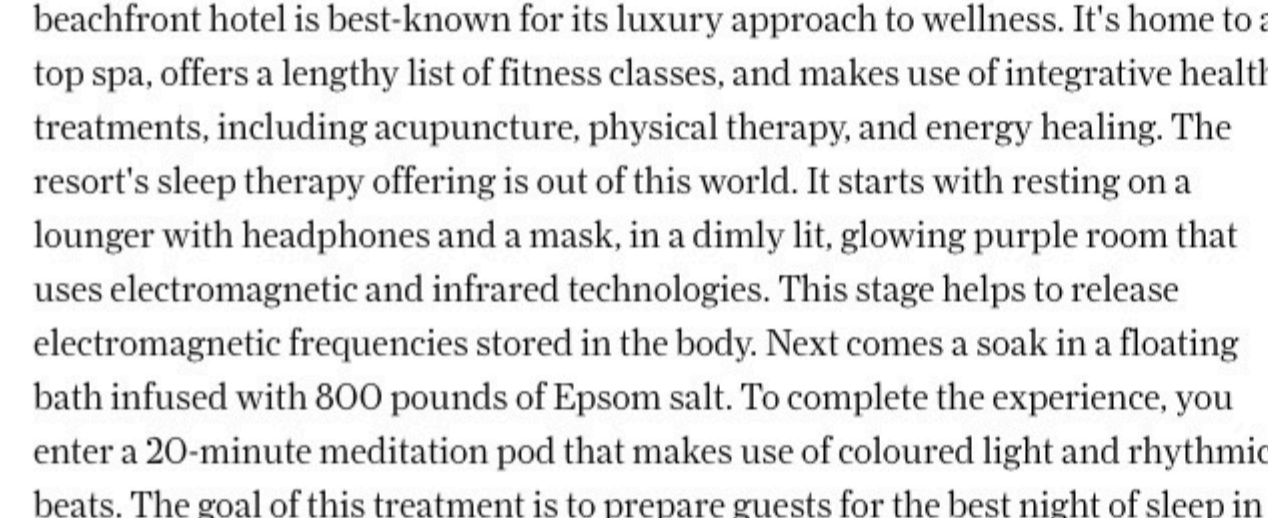


StarStruck Glamping Ziad Almufli

StarStruck Glamping

In the wilds of Southwest Texas, Big Bend National Park lies below one of the world's darkest stretches of sky. Having the least light pollution of the lower 48 states' national parks, shows of dazzling meteors, wispy edges of the Milky Way, and crisp constellations show themselves to a sparse population of stargazers in the Chihuahuan Desert. Then, after the night show, dreamers get to rest their heads in a place with pristine sleeping conditions. If there's any outdoor destination where sleep itself is a draw, it's here. And StarStruck Glamping in nearby Alpine, Texas – a place with no light or noise pollution – is where we would choose to do it. Travellers here sleep in geodesic dome-shaped tents, each appointed with its own telescope. And the glamp? Amenities like a no-hassle push-on firepit, mini outdoor and indoor kitchens, a shaded dining area, sun loungers, and air-conditioning.

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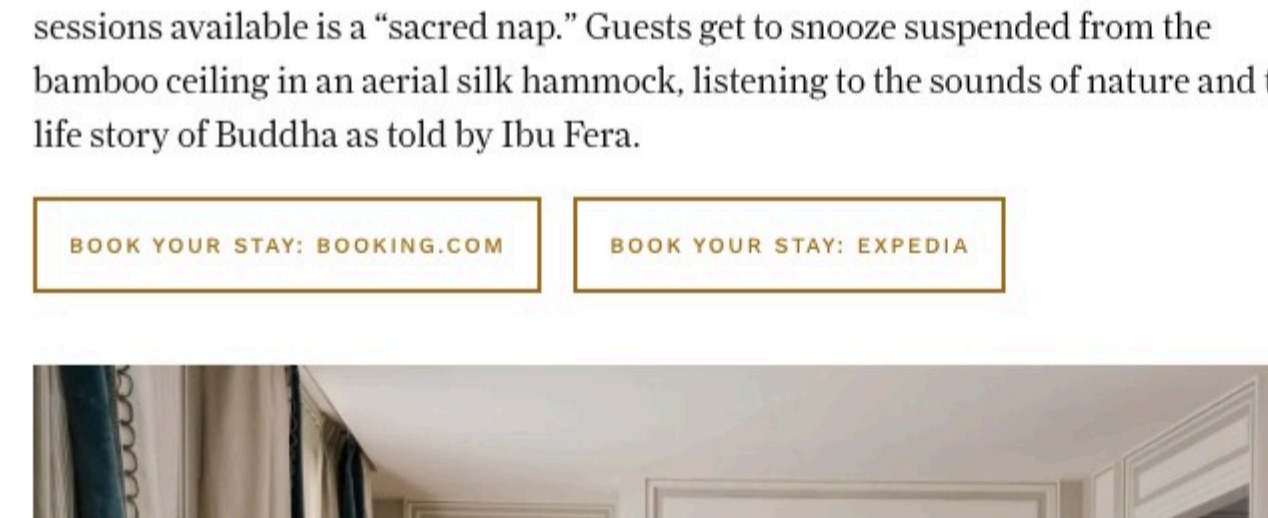
Carillon Miami Wellness Resort Courtesy Carillon Miami Wellness Resort

Carillon Miami Wellness Resort

A top hotel with a sleep program worth knowing about is the Carillon Miami Wellness Resort – a four-time *Readers' Choice Award* winner. The all-suite beachfront hotel is best-known for its luxury approach to wellness. It's home to a top spa, offers a lengthy list of fitness classes, and makes use of integrative health treatments, including acupuncture, physical therapy, and energy healing. The resort's sleep therapy offering is out of this world. It starts with resting on a lounger with headphones and a mask, in a dimly lit, glowing purple room that uses electromagnetic and infrared technologies. This stage helps to release electromagnetic frequencies stored in the body. Next comes a soak in a floating bath infused with 800 pounds of Epsom salt. To complete the experience, you enter a 20-minute meditation pod that makes use of coloured light and rhythmic beats. The goal of this treatment is to prepare guests for the best night of sleep in their life. Carillon Miami Wellness Resort also has Bryte A.I. mattresses.

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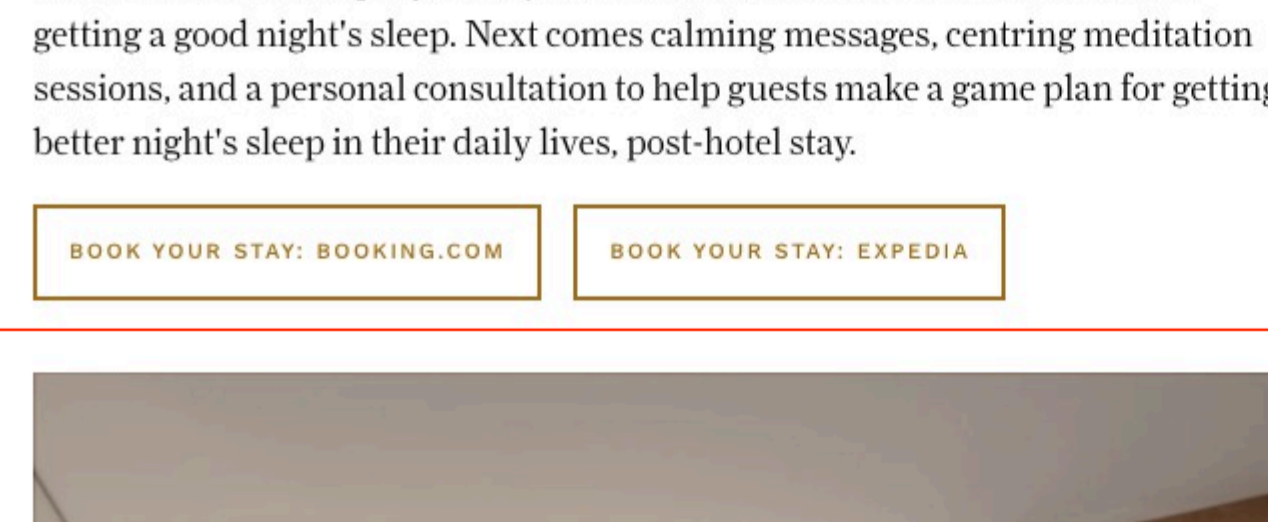
Four Seasons Resort Bali at Sayan Christian Horan/Courtesy Four Seasons Resort Bali at Sayan

Four Seasons Resort Bali at Sayan

Four Season Resort Bali at Sayan – a lush, jungle, five-star property in the Sayan Valley frequented by celebrities and rivalled by none – offers a Life Talks and Meditation series that is at the core of its wellness program. One of the 60-minute sessions available is a "sacred nap." Guests get to snooze suspended from the bamboo ceiling in an aerial silk hammock, listening to the sounds of nature and the life story of Buddha as told by Ibu Fera.

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Hôtel de Crillon, A Rosewood Hotel Courtesy Hôtel de Crillon, A Rosewood Hotel

Hôtel de Crillon, a Rosewood Hotel

Hôtel de Crillon is one of *Traveller* editors' most-loved hotels in all of Paris. The four-time *Gold List* winner and five-time *Readers' Choice Awards* winner is located in a palatial building originally commissioned by Louis XV, and by 2023 standards live up to that level of luxury. In tandem with Rosewood Hotel Group's *Alchemy of Sleep* program, launched in 2022, Hotel de Crillon welcomes guests with an in-room *Sleeping Beauty* set, which features amenities that assist in getting a good night's sleep. Next comes calming messages, centering meditation sessions, and a personal consultation to help guests make a game plan for getting a better night's sleep in their daily lives, post-hotel stay.

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Royal Champagne Hotel & Spa Courtesy Royal Champagne Hotel & Spa

Royal Champagne Hotel & Spa

Wine and wellness lovers will be drunk on the fantasy of a visit to *Royal Champagne Hotel & Spa*. The premier luxury wellness destination of Champagne, France – 45 minutes from Paris – is a top stay for foodies and spa enthusiasts alike. Within the past year, the hotel launched its *Royal Sleep Experience*. This new wellness program is a partnership with French beauty brand AIME. Guests receive AIME products that promote quality sleep, such as calming essential oil sprays and melatonin-based drops that help to regenerate skin overnight. In-room amenities of note include a meditation box, satin face mask, and candle massage.

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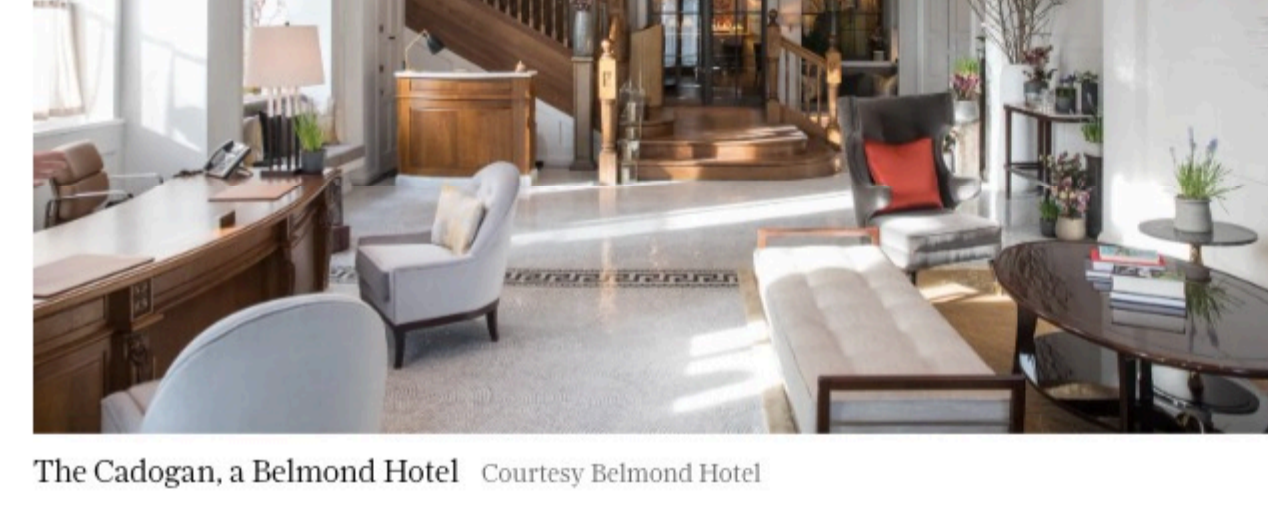
Six Senses Ibiza Six Senses

Six Senses Ibiza

At *Six Senses Ibiza*, a wellness-focused oasis of calm on Spain's Balearic archipelago, travellers can opt to book a three- to seven-night sleep treatment. The program is ideal for those seeking to improve sleep patterns; restore mood, memory, and energy levels; reduce stress; or establish a sustainable sleep routine. Components include a consultation with the property's resident sleep doctor; 45-minute general wellness screening; yoga nidra (a traditional sleep-inducing meditation); massages; fitness classes such as yoga, Pilates, or personal training; sleep amenities; and sleep tracking throughout the duration of your stay.

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The Cadogan, a Belmond Hotel Courtesy Belmond Hotel

The Cadogan, a Belmond Hotel

At the Cadogan, a Belmond Hotel in London's Chelsea, located alongside the neighbourhood's famed boutiques and mansions, there is a sleep concierge service available, which includes a meditation by Harley Street hypotherapist and sleep expert Malininder Gill. Guests also get to customize their beds with a choice of weighted blankets, pillows, pillow mists, and more.

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A version of this article originally appeared on *Condé Nast Traveler US*.