Sweet dreams are made of this

Ever feel like the princess and the pea? Be more sleeping beauty at these plush pads, which go the extra mile to give guests the ultimate slumber. In time for World Sleep Day on 17 March, *High Life* investigates pillow menus, bedtime cookies, sleep tracking and other zzz-enhancing delights

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Sleep tourism is nothing new. For centuries, people have journeyed far and wide in search of peace and quiet, or a bit of recuperation. But it’s undeniably exploding in popularity right now with the rise of wellness travel – and as a counterpart to our busier-than-ever, switched-on lives. Our approach to sleep tourism is evolving with the times, growing ever-more medically attuned, technology-focused and brag-worthy on social media.

“There is some solid science behind sleep tourism,” says Martin Seeley, sleep expert and CEO at MattressNextDay. “Sleep plays an important role in brain function and overall health, but between 50 and 70 million Americans have sleep-related problems, as do 16 million Brits.

“Chronic sleep deprivation has been linked with an increased risk for heart disease, diabetes and hypertension. And that's not all – lack of sleep can even affect your brain function, making it harder to concentrate or think clearly. Going on a sleep retreat could help anyone.”

Most of these stays offer a baseline of doze-inducing massages, yoga, meditation or reflexology so, regardless of health reasons, they’re tempting propositions. Pack your sleep mask and earplugs and check into one of these groundbreaking sleep retreats.

Preidlhof Luxury DolceVita Resort, Italy

Cutting-edge sleep science meets age-old spa therapies on the Sleep Better programme at this multi-award-winning wellness resort in Italy's snow-capped Tyrol mountains. For a minimum six-night stay, guests wear a discreet bracelet that sends health and sleep quality data on to a lab. The in-house doctor analyses it all, giving recommendations for diet changes and treatments – ranging from soporific massages to more eclectic approaches to treating insomnia: gong 'sound baths' on a quartz bed, or therapeutic tummy rubs to treat anxiety. Start each day with sleep yoga and gentle movement classes, and finish in the jaw-dropping spa: ten swimming pools and a six-floor 'sauna tower' provide mountain views, accompanied by freezing plunge pools and daily rituals (we love the body scrub sessions in the steam room).

HIGH LIFE SAYS

The rooftop saltwater infinity pool delivers unparalleled views of the surrounding mountain peaks and plays soothing jazz underwater.

Book a stay

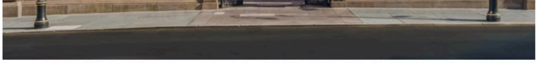
Royal Champagne Hotel & Spa, France

This luxury newcomer might be just 40 minutes by train from Paris, but it feels light years away from the capital's traffic and bright lights. Shaped like an amphitheatre, with floor-to-ceiling windows embracing rolling views of Champagne vines, this rural retreat would be conducive to a good night's sleep even without its Royal Sleep Experience Package. But we'd advise you to upgrade. You'll get a soundproofed suite (opening image) with blackout curtains, an hour-long massage with softened candle wax and an extra-digestible menu at in-house restaurant Le Bellevue to aid a sound snooze. And that's not to mention the specialist kit awaiting your arrival, complete with satin sleep mask, meditation box, herbal tea, pillow mist and melatonin-infused drops.

HIGH LIFE SAYS

Spend an hour or two in the enormous downstairs spa or take a leisurely dip in the outside infinity pool (whatever the weather) for golden-hour vineyard vistas.

Book a stay



Lotte New York Palace & Towers, New York

For the soundest of sleeps in glamorous Manhattan, look no further than the Lotte. Its eight resplendent Royal Suites feature beds from Swedish firm Hästens – the last word in hand-sprung comfort, as serious sleep geeks will know. Check into the Hästens Ultimate Sleep Suite to kip on a Vividus bed (the top-tier model, with a six-figure price tag to match). Your concierge, meanwhile, will ensure that every detail is just so, from the sizing of your complimentary PJs to the timing of your bedtime herbal tea.

HIGH LIFE SAYS

Head to the Gold Room's gilded surrounds for a nightcap. Its bar staff mix a memorable old-fashioned, laced with port-aged bourbon.

Book a stay

Six Senses Laamu, the Maldives

Marooned on a coral-edged atoll in the southern Maldives, this is the perfect place to recharge and reset, with a two-night sleep-tracking trial offered to all guests. At night, drop off to the lapping of the waves on an organic bed that breathes and minimises temperature shifts, then sneak in daytime siestas in a hammock over the lagoon. In need of a thorough overhaul? Sign up for the full sleep programme, which spans tracking, meditations and dreamy Ayurvedic massages.

HIGH LIFE SAYS

To unwind at the end of the day, spot constellations at a private stargazing session, with a telescope set up on the beach and the resident astronomer on hand.

Book a stay

Four Seasons Resort Bali at Sayan

Serene stays come as standard at this jungle hideaway, with its thatched villas, floating lotus pond and holistic spa. Start your trip as you mean to go on, with an afternoon siesta like no other – a 'Sacred Nap' in the Dharma Shanti Bale, an airy, bamboo-built pavilion backdropped by lush rice paddies. Blissfully cocooned in an aerial silk hammock, a scented mask over your eyes, you're lulled to sleep with a singing bowl, mantras and stories from the Buddha's life.

HIGH LIFE SAYS

Drop off to the sound of the Ayung river in a River Front Villa – sublime hideaways with canopied beds and lotus-dotted meditation ponds.

Book a stay

The Westin London City

Welcome to the perfect Thameside pied-à-terre – the sleek, glass-fronted Westin. It's known for its signature 'Heavenly Beds', which live up to their billing, with pillow-top mattresses, snowy duvets and plump, down-filled pillows. It's like sleeping on a cloud (one that comes with Egyptian cotton covers). To seal the deal, there's a complimentary lavender balm to rub on your temples and wrists, along with a special menu of sleep-inducing snacks.

HIGH LIFE SAYS

The spa's low-lit pool is flanked by padded day beds and therapy rooms. Book in for a pre-bed Relax and Sleep treatment – the last slot is at 8pm.

Book a stay

Park Hyatt Beaver Creek Resort and Spa, Colorado

Nowhere does the great outdoors quite like Colorado, and this Rocky Mountains retreat is perfectly located (think ski-in convenience in winter, plus summer river-rafting and hikes). There's plenty to tire kids out, but this place leaves nothing to chance, with a genius turndown service that'll have them clamouring for bed. Staff can set up a small tepee for 'in-room camping', with a sleeping bag, fabric campfire and chef-prepped s'mores kit for the real firepits outside. The finishing touch? A pair of take-home pyjamas.

HIGH LIFE SAYS

A ski valet will make sure the whole family hits the slopes in record time, while the ski school is conveniently positioned right next door (as is the ice-skating rink).

Book a stay

Four Seasons Hotel Hong Kong

This harbourside five-star hotel truly excels when it comes to creating a sanctuary for sleep. A pillow and mattress-topper menu? Tick. Superb soundproofing and blackout blinds? It has it covered, along with sleep consultations, yoga nidra sessions, and bath and foot-massage rituals. The in-room sleep menu, served from 7pm, is a stroke of genius, running from melatonin-boosting snacks to cups of chamomile tea. Try the homemade oatmeal and honey cookies with a cinnamony hot chocolate or a glass of warm milk on the side.

HIGH LIFE SAYS

Dress up for the hotel's restaurants, which are scattered with Michelin stars. French-inspired Caprice holds three, as does the Cantonese Lung King Heen, whose signature crispy suckling pig has the city's foodies hooked.

Book a stay

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