



# THESE 6 HOTELS WANT TO RID YOU OF YOUR SLEEP ISSUES

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*Photo: Courtesy of Sangha*

For a few years now, I've traveled with a DIY sleep kit. This consists of a silky pouch stuffed to the drawstring with rest-inducing aids: sleep mask, earplugs, lavender essential oil, CBD oil, selenite crystal, Guatemalan worry dolls, and Tylenol PM. Because I struggle terribly with falling asleep, I'd be more upset if I forgot this pouch at home than, say, my toothbrush or clean socks. The variety and abundance of items included in my kit sums up my general sleep-therapy philosophy: Gimme all the treatments. That's why I was excited to stumble across sleep therapy on the spa menu at Enchantment Resort during a relaxing weekend in Sedona, Arizona. And while the treatment, which consisted of simply chatting

for an hour with a specialist about my sleep habits, didn't yield another goody for my literal bag of tricks, it did inspire an epiphany. While I described myself as "just a bad sleeper by nature," my specialist explained that "insomniac" isn't innate to who I am and that my issues had an origin somewhere in my past. If we could pinpoint that starting point, the specialist said, we could cure it. Low and behold, my sleep struggles, which I assumed had always been there—like my spleen or right kidney—actually *truly* began with the loss of someone close to me about five years ago. Once we figured out the timeline, my specialist then walked me through an anxiety-busting mindfulness technique, which I have been using ever since with snooze-worthy success. And while I still pack my kit (I love a tchotchke and a ritual), I have at least ditched the Tylenol PM.

In the sleep department, I'm certainly not alone. Up to 70 million adults in the U.S. have a sleep disorder, according to the American Sleep Association. And in the healing department, Enchantment Resort is also not alone. More and more hotels are rolling out programs to make sure their guests catch a solid eight hours, not only during their stay, but when they head home, too. Beyond comfy pillows and high-thread-count-sheets, these hotel therapies, detailed below, include body-movement monitors, targeted massage, breathing workshops, personal consultations, and, to my delight, a healing crystal or two.

## International hotels with sleep programs



Photo: Courtesy of Sangha Retreat

## **Sangha Retreat by Octave Institute, Suzhou, China**

Suzhou, AKA the “Venice of the East,” is known for its ancient canals, silk factories, and freshwater pearls. Now, thanks to Sangha Retreat, the city just outside Shanghai (a mere 23 minutes by high-speed train) has also gained a reputation for wellness. After snagging a pair of silk pajamas, the sleep-challenged would do well to book the recently-unveiled Sleep Recovery program at Sangha, which takes place over six nights and seven days. This includes an in-depth evaluation of the roots of your sleep disruption, healing through traditional Chinese medicine, and a rest-inducing massage. Guests also receive a full health assessment at the property’s onsite AT ONE Clinic, access to the spa’s 12-step hydrothermal circuit, sound baths, daily fitness classes, mindfulness workshops, and three low-calorie meals from a two-star Michelin chef each day. And if that’s not sufficient, rest easy knowing there’s a healing crystal built into the bed frames in each of the lakefront suites.