



Plan a sleep-cation at these 10 hotels where you'll have the best sleep ever

Sweet dreams are made of this

By [Lois Alter Mark](#)

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Providing a place to sleep has always been the main purpose of hotels but it's kind of been taken for granted. Basically, they give you a nice – or, at least, acceptable – bed and you spend a few hours in it between meetings, eating and sightseeing. But, according to a global study commissioned by [IHG](#), one of the world's leading hotel companies, lack of sleep is actually a primary concern for travelers, with 80 percent admitting they have trouble sleeping when they're away from home. That means even their vacations aren't relaxing.

Luckily, that's starting to change.

Because sleep issues are surging, more and more hotels are starting to focus on sleep as an important activity in itself. They're offering special wellness packages, pillow menus, high-end mattresses – anything that will help guests rest their weary heads. IHG is even introducing circadian lighting in partnership with Healtie by Lighting Science Group to help promote better sleep.

In fact, with researchers discovering that the pandemic has had serious effects on people's sleep – which can then have serious effects on their health – many hotels have transformed into highly-coveted destinations for sleep-cations. They're putting the emphasis on sleep, so you can get a change of scenery and some guilt-free shuteye.

Here are 10 hotels that get an A for helping guests get their zzz's.

The Retreat Costa Rica - Atenas, Costa Rica



Enjoy the calm at

The Retreat Costa Rica — [Photo courtesy of The Retreat Costa Rica](#)

Founded by Diana Stobo, an innovator and leader in the global wellness industry, this award-winning and aptly-named resort is all about self-care – which starts with sleep. If the breathtaking views of the lush Costa Rican rainforest and the ocean aren't enough to relax you, the five-night [Art of Resting](#) package will get you right back on track. It includes three delicious organic meals per day, a variety of spa and natural healing treatments and a dreamy kit that comes with a sleep mask, sleeping socks, an intention crystal and a mini lavender essence.

All 19 rooms are infused with selenite, a crystal used for good luck and protection, and feature diffusers with essential oils to reduce stress and promote good health. There are no TVs or landlines in the rooms, so you can fall asleep to the sound of the birds, whose tweets are the only ones conducive to keeping a chill vibe.