

These Hotels Will Help You Sleep Better

Are you a weary traveler? Consider taking a sleep-cation

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Some hotels are geared toward welcoming solo travelers. Others offer fabulous food and entertainment. Still others are supposedly haunted—and perfect for a spooky weekend getaway. But there's a new trend in hospitality, and it's aimed at helping address the world's epidemic of insomnia (it's estimated that up to 30% of people suffer from bouts of sleeplessness).

If you're one of these weary-eyed travelers, you might want to consider taking one of these 'sleep-cations.' With special meditation classes and spa treatments, customizable pillows and mattresses, and interesting in-room add ons (noise-blocking sleep bands, anyone?), these properties are offering rest as the ultimate amenity. Suite dreams!

The Retreat Costa Rica



THE RETREAT COSTA RICA

Could you imagine a more ideal location for a restful escape than the rain forests of Central America? Indulge in this resort's five-night Art of Resting package, where you'll enjoy one-on-one access to The Retreat's Ayurvedic doctor, who will offer personalized suggestions on how to improve sleep quality (eating too heavily or attached to your devices before bedtime?). Part of The Retreat's approach is to nourish with anti-inflammatory meals that won't stress the digestive system so you can drift off easily. Also on tap: deep-breathing exercises, a sound-healing session, and an hour-long aromatherapy treatment. You'll also receive a gift kit with a sleep mask, comfy socks, a relaxing lavender essence, plus a gourmet tea tasting featuring relaxation-promoting herbal blends.