

TRAVELLER

SMART TRAVELLER // DO IT NOW

BEATING *insomnia*

Plagued by restless nights?
Find out where to go and
who to see for some serious
shut-eye.

THE POWER NAPPY

The Metronap rest pods at Phuket's **Kata Rocks** are designed to lull guests to sleep by playing soothing sounds and putting you in the perfect position for a nap, taking pressure off the cardiac system. katarocks.com

THE DREAM MATTRESS

Malaga's Healthouse Las Dunas GL Health & Beach Spa is the world's first hotel to feature NGMatt intelligent mattresses that monitor the movements, position and phases of your sleep. Results are sent to the pioneering Austrian sleep laboratory Institute Proschlaf, whose feedback is used to create a tailor-made 'Insomnia Programme'. healthouse-naturhouse.com



FROM TOP: Ocean Loft Sky Villas,
Kata Rocks; Energypod at Kata Rocks;
Relaxation area at Champneys Tring



THE SLEEP RETREAT

Champneys Tring's new two-night Sleep Retreat with sleep expert Jason Ellis could be a dream come true. A professor of psychology at Northumbria University and director of the Northumbria Centre for Sleep Research, Ellis is on a mission to show how getting an average of just six-and-a-half hours' shut-eye a night can affect your mood and ability to carry out everyday tasks. champneys.com

THE SLEEP CONCIERGE

For those who fret, toss and turn, a Six Senses resort may be the solution. New initiatives include special pyjamas, mattresses and

linens, plus a personal sleep ambassador. Monitor your sleep with a sleep tracker, then get tips from a wellness practitioner, trained by internationally renowned sleep doctor Michael J. Breus (Ph.D). sixsenses.com

THE SLEEP BAR

Has a Paris city break worn you out? If you're after a good night's sleep, but don't have the time, you can pay for a 25-minute nap at this sleep bar. From €12 (£10.55). barasieste.com **SAM LEWIS**

THREE TO TRY

- 1 // Sleep retreat focused on nutrition and Ayurveda at the Shanti Maurice, Mauritius. shantimaurence.com
- 2 // Laughter therapy at the SHA Wellness Clinic in Spain, a favourite among celebrities. apa-in-spain.com
- 3 // Chiva Som's Cranial Relief programme in Thailand. chivasom.com