



# TRAVEL + LEISURE

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## A GOOD NIGHT'S SLEEP IS WORTH THE JOURNEY

After a year without precedent, travelers are looking for ways to unlock the secret of sweet, sweet slumber.

BY JONATHAN THOMPSON

Each Tree House room at Post Ranch Inn has a skylight for bedtime stargazing.

SLEEP IS A LOT like love," says clinical psychologist Michael Breus, Ph.D., addressing our small group in the sun-drenched herb garden. "The more you look for it, the less it shows up."

Breus, a.k.a. the Sleep Doctor, has come to Post Ranch Inn—the iconic cliff-top hotel and spa set amid the towering redwoods and crashing surf of Big Sur, California—to help each of us find a night of truly restorative rest. Collective anxiety has soared during the pandemic, and the quality of our sleep has been seriously affected.

Post Ranch Inn's new sleep program aims to combat what some experts have dubbed *coronasomnia* with a holistic assault on insomnia. The retreat includes carefully curated meals, handpicked spa treatments, and—most importantly—detailed coaching from the Sleep Doctor himself.

I felt at peace as soon as I arrived. On my clock-free night table I found a neatly boxed collection of bedtime amenities: soothing sprays concocted with valerian root and magnolia bark,

blue-light-blocking glasses, and one of the most ridiculously luxurious sleep masks I've ever seen.

The next two days were a crash course in sleep science. I learned about chronotypes, which

determine our bodies' natural inclination to sleep at a certain time, and upgraded my pre-bed preparation with tart cherry juice and a hot shower. I also picked up a breathing exercise to cope with

## Where to Drift Off Across the Globe

### THE HIGH-TECH APPROACH: GERMANY

Tucked away in the foothills of the picturesque Bavarian Alps, **Lanserhof Tegernsee's** sleep program is part science, part *Star Trek*. Using polysomnography, the hotel's experts record all of your sleep data, from brain waves and breathing to heart rate and eye movement, to resolve even the most fiendish of

issues. [lanserhof.com](http://lanserhof.com); **LANS Med Cure Classic** program from \$9,400 for seven nights with accommodation, meals, and sleep therapies.

### THE HOLISTIC APPROACH: MALDIVES

During the 90-minute Sleep Ritual at the palatial **One&Only Reethi Rah**, a trainer will identify your current sleep patterns and guide you through meditation, breathing, and visualization techniques to erode stress and anxiety. It all culminates in a deep-tissue body-and-scalp massage to clear your

mind. [oneandonlyresorts.com](http://oneandonlyresorts.com); sleep ritual from \$388 per person.

### THE NATURAL APPROACH: DOMINICA

**Secret Bay**, an all-villa rain-forest resort, offers a Slept Away program in which guests can choose their own mattresses, sleep aids, and pillows before enjoying über-tranquil days beginning with sunrise treetop yoga and ending with a cup of specially brewed herbal tea. **secretbay.dm**; villas, including sleep program, from \$833 per night.



## Hotels Are Keeping House Like Never Before

For a more rigorous approach to sustainability, properties around the world are creating their very own ecosystems.

BY ELIZABETH CANTRELL

middle-of-the-night disruptions (inhale for four seconds, hold for seven, exhale for eight, repeat).

Each evening, I dined from a special sleep menu (created by Reylon Agustin, former executive chef at nearby Rosewood Sand Hill) designed to supplement the body with ingredients like magnesium, which is nature's sleeping pill, as well as spark production of melatonin, known to encourage deeper sleep. Meanwhile, my days were filled with treatments like *yoga nidra*, a form of guided meditation sometimes known as yogic sleep, and the Sound Sleep Experience, a sound bath that was said to "harmonize my brain waves." These were combined with more hands-on activities, like blending my own bedtime tea from the herb garden.

As you'd expect from a hotel that's frequently named among the best in the world, Post Ranch has also mastered the pillow alchemy of the perfect bed. All the mattresses are organic (handcrafted by an artisan in nearby Monterey), and the cotton bedding is a butter-soft 600 thread count—a dream for anyone who, like me, is used to tossing and turning when traveling, like Superman under Kryptonite sheets.

So did it work? Unequivocally, yes. I floated out of Big Sur after two of the best nights of sleep I've had in years. Some (well-rested) people might dismiss these retreats, but I came away from Post Ranch Inn with a new set of practices I could easily apply at home. I can truthfully say I've been sleeping soundly ever since—even on my decidedly not-artisanal mattress.

*postranchinn.com; doubles from \$1,425; sleep program an additional \$675 per person per night.*

### CLOSED-LOOP FOOD SOURCING IN THE U.K.

**Heckfield Place**, a Georgian manor with a working farm in Hampshire, England, recently became the first hotel estate in Britain to be certified 100 percent biodynamic. This approach to agriculture forgoes chemicals and treats the farm like a complete living system, even going so far as to determine harvests based on the cycles of the moon. Guests can tour Heckfield's seven greenhouses; visit with the resident sheep, pigs, cows, and chickens; and enjoy a meal made using only ingredients grown on the estate and at a partner biodynamic farm nearby. *heckfieldplace.com; doubles from \$490.*

### OFF-THE-GRID ENERGY IN NORWAY

Set to open late next year, **Svart**—a property at the foot of Svartisen, Norway's second-largest glacier—will use solar panels to operate completely off-grid as the world's

first energy-positive hotel. (Excess power will support projects like a greenhouse and a charging station for electric boats.) The design also pays homage to its Arctic environment: set on stilts above a glacial lake, the building mimics the architecture of traditional *rorbuer*, seasonal houses used by fishermen, and *fiskehjeller*, A-shaped structures for drying the day's catch. *svart.no; rates not available at press time.*

### ETHICAL SUPPLY CHAINS IN MOZAMBIQUE

Situated on a quiet lagoon on the Nhamabue peninsula, about 500 miles north of the capital, Maputo, the six thatched-roof bungalows at **Sussurro** (which means "whisper" in Portuguese) are constructed entirely from native Mozambican plants and timber. Inside, everything from the stonewashed linens to the minimalist furniture—which is built and carved on site—is regionally sourced and made by local craftspeople. *sussurro.co; from \$489 per person, all-inclusive.*

### LOW-IMPACT CONSTRUCTION IN COLORADO

The **Pad**—a 36-key property in Silverthorne, just a 30-minute drive from six major ski areas—is on track to become the first hotel in the state to achieve B-Corp certification, meaning it meets high standards for transparency and impact on workers, suppliers, community, and the environment. Built partially from upcycled shipping containers, the Pad offers both private rooms and hostel-style dorms with custom bunk beds made from repurposed lumber. *thepadlife.com; dorms from \$45.*

From left: A greenhouse at Heckfield Place, in England; Svart, which is suspended over a glacial lake in Norway.

