

Hotels Are Selling Better Sleep

ARTICLE READING

Some hotels are creating special rooms for travelers who want better sleep. The rooms may have dark curtains, quiet walls, comfortable pillows, and lights that become softer at night. Guests may also receive a sleep mask, calming tea, or a short guide for relaxing before bed. The idea is different from a normal holiday, where people try to do as many activities as possible. A sleep-focused hotel asks guests to rest and wake up feeling fresh. This can be useful for people who travel for work or arrive in a new time zone. Of course, a quiet room cannot solve every sleep problem. A guest may still hear a neighbor, worry about tomorrow, or wake up because of an exciting dream.

If you could book a holiday designed only for sleep, what surprising service would the hotel offer?

1. What helps you sleep well when you are away from home?
2. What would your perfect hotel pillow or bed be like?
3. Would you choose a sleep holiday instead of an exciting sightseeing trip?

4. What sound would help guests relax before bed?
5. What funny hotel service could help a guest have a strange dream?
6. Why can good sleep be important for travelers and workers?