

## A Sleep Therapist From Rosewood Bermuda Shares Tips for Getting a Better Night's Rest



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Wanting to combat the stress, anxiety, and insomnia people are experiencing during these uncertain times, **Rosewood Bermuda** (Hamilton Parish) recently introduced the Sleep Well Journey (\$430, three hours), which is designed to calm one's mind and body. It begins with a personal consultation with local sleep therapist Holly Paiva, who evaluates guests' overall sleep health and lifestyle habits. It is also an opportunity for guests to share their concerns. "Once established, guests enter a designated program that most suits their needs, whether it be to alleviate insomnia, related sleep disturbances caused by anxiety, and even COVID-19 dreams," says Paiva. "Perhaps, they are looking to reset their body clocks due to jet lag. Whatever the underlying issue, the program will be deciphered during their consultation prior to going into a specific therapy designed uniquely for them." The journey includes a customized 90-minute acupressure massage incorporating a blend of essential oils, such as chamomile, geranium, and lavender, to help induce sleep. The chef has also created a healthy lunch menu with a host of sleep-inducing ingredients, like turkey and spinach, to be enjoyed poolside at Sense, A Rosewood Spa.

If you're struggling to get a good night's rest, Paiva recommends the following:

- Get plenty of sunlight, as sunlight helps with the production of melatonin, which is a hormone that naturally helps to regulate the sleep-wake cycle in your body.
- Avoid alcohol, caffeine, and spicy foods a few hours before bedtime.
- Turn off blue screens, such as tablets or phones, and leave them outside the bedroom at night.
- Turn down the thermostat. For optimal sleep conditions, the temperature should range between 60 and 67 degrees Fahrenheit (15.6 to 19.4 degrees Celsius).

"The average human sleeps one third of their lives," says Paiva. "It is a time for rest and restoration, without which people would experience negative results in physical performance, relationships, productivity, and overall health." This pandemic has caused enough disruptions, a good night's sleep shouldn't be another.