



## SLEEP RESTORATION PROGRAMME

Deep, restful sleep is incredibly important for our overall health. Struggling to fall asleep or battling frequent wake-ups not only affects quality of life but could be a signal of a deeper problem. To help you sleep better, our Sleep Restoration Programme combines an in-depth sleep test, TeleMed consultation with a sleep doctor and a variety of measures to improve your sleep hygiene.

After measuring the quality and quantity of your sleep, we will address sleep issues related to stress, anxiety, imbalance in nutrition and difficulty of switching off with spa and wellness services, including mindfulness activities, movement workshops, spa treatments, music therapy and more. For patients suffering from sleep apnea, a continuous positive airway pressure (CPAP) machine will be suggested.

## PROGRAMME

### DAY 1

- Arrival and check-in
- Meet with the Anantara Spa team
- Mindfulness Sunset session: choice of private yoga or singing bowl sound healing therapy
- Evening sleep test in the privacy of your room
- CBD (Cannabidiol) relaxing bath
- Golden Turmeric Milk for a restful sleep
- Sleep music by our Deep Sleep Scientist

### DAY 2

- Tele Med consultation with a sleep doctor
- Mindfulness session: choice of private yoga or meditation
- 90-minutes Cannabis Stress Release Massage
- CPAP equipment is provided during the following nights' stay if diagnosed with sleep apnea
- Peaceful sleep bath
- Buddha Tea

### DAY 3

- Mindfulness session: choice of private yoga or holistic stretching
- 45 minutes Chi Nei Tsang (Abdominal Massage)
- 60 minutes Shirodhara Ayurvedic treatment

Price for 2 nights and 3 days – THB 29,000 net per person (excluding accommodation)