

# REST & RENEW MENU

Sleep team available 24 hours a day. Please dial "0" for recommendations.

## CLEAR MIND, IMPROVED WORK, BETTER SLEEP

With scientifically backed tools and tips from sleep medicine & meditation expert, Dr. Rebecca Robbins, author of Sleep for Success, we have developed a comprehensive program of sleep optimizing and self-renewal solutions. Enter, Rest & Renew at The Benjamin to help you be at your best.

### ON DEMAND MEDITATION

Your health is your wealth. Studies show meditation can mirror the restorative powers of deep sleep. Allow The Path, NYC-based meditation organization, to guide you through a meditation session.

Dial "MEDITATION" on your in-room phone and choose from two-recorded 10 minute sessions.

Mantra: helps you feel more relaxed, balanced and creative

Mindfulness: helps generate deeper focus and awareness

Meditation cushions and kits are available upon request through Housekeeping

### TEA SELECTION BY PALAIS DES THÉS

Responsibly-sourced and of the highest quality, our tea selection is designed to help ease you to sleep.

DECAFFEINATED RED TEA  
Rooibos A La Verveine \$8

A sumptuous blend of mineral-rich rooibos and calming verbena

DECAFFEINATED HERBAL TEA  
Infusion Camomille \$8

Relaxing, aromatic and rich. A perfect after-meal infusion

### POWER NAP

Need an energy boost? Rejuvenate with a 20 or 90-minute nap. Perfect for jet lag or that mid-day slump.

\$20 Kit

Signature Eye Mask

Aromatherapy Temple Treatment

Bottled Water

Naptime Turndown

Wake Up Call

### BEDTIME BITES BY THE NATIONAL

A light snack 90 minutes before bedtime is a great way to ensure you get ample rest. \*Available until midnight

Home Made Granola  
With skim milk \$11

Peanut Butter Sandwich  
On toasted wholegrain \$14

Fresh Fruit Salad  
With ginger & lime \$12

## CUSTOM PILLOWS

Pillows curated by Dr. Rebecca Robbins with your unique sleep position in mind. Please consult guest services for a recommendation.

### BACK SLEEPER

**Swedish Memory**

Body shaping. Heat sensitive. Conforms to provide great neck support.

**Cooling Cloud 10**

10 million air beads to keep you cool and provide custom support.

**Anti-Snore**

Elevates chin and opens nasal passages to reduce snoring.

**Sleep for Success Back Sleeper**

Prevents the head from sinking down, ensuring spinal alignment.

### WINKS' KIDZZZ

**Sleep for Success Children's Pillow**

A secret pocket to stash treasures, for a fun sleepy-time alternative.

### STOMACH SLEEPER

**Lullaby**

Ultra-thin speakers tucked within provides a port for any MP3 player.

**Water-Filled**

Banish headaches and neck pain by customizing hot or cold preference.

**Sleep for Success Stomach Sleeper**

Minimizes neck pressure with its sloped tapered ends.

### SIDE SLEEPER

**Five-Foot Body Cushion**

Length aligns spine, reducing neck, back and joint pain.

**Sleep for Success Side Sleeper**

Provides spinal alignment with an even sleep surface.

Please feel free to take your pillow home, and a charge of \$100 will be added to your folio.