

Sleep Team
available 24 hours a day

— REST & RENEW —
MENU

Please dial "0" for recommendations
on amenities and services

**EXPERTLY CURATED AMENITIES
FOR OPTIMAL REST**

Adequate rest improves alertness,
productivity, memory and mood.
Enter Rest & Renew at The Benjamin.

Rest & Renew is helmed by sleep
medicine expert and *Sleep for Success*
co-author Rebecca Robbins.
Ms. Robbins trains the Sleep Team to
implement the latest solutions and tools
for sleep optimization.

POWER NAP
—\$20—

Bereft of a full night's sleep, the body
and mind benefit from a power nap of
either 20 or 90 minutes. Short-term rest
supports the sleep cycle, and is ideal for
those with jet lag.

Signature Eye Mask
Aromatherapy Temple Treatment
Bottle of Water
Naptime Turndown
Wake Up Call

BEDTIME BITES BY THE NATIONAL

Nutrition plays a significant role in
determining the quality of sleep. A rule
of thumb is to consume most of your
calories in the first half of the day, avoid
heavy meals at dinnertime, and have a
light turndown snack to tide the body over
until morning. We recommend eating 90
minutes before bedtime.

HOUSE-MADE GRANOLA
Served with skim milk **\$11**

PEANUT BUTTER SANDWICH
On toasted wholegrain **\$14**

FRESH FRUIT SALAD
Ginger, lime **\$12**

**TEA SELECTION
BY PALAIS DES THÉS**

—DECAFFEINATED RED TEA—

ROOIBOS À LA VERVEINE \$8
A delicious blend of polyphenol-rich
rooibos and soothing verbena.

—DECAFFEINATED HERBAL TEA—

INFUSION CAMOMILLE \$8
Renowned for its relaxing effects.
Highly aromatic with a pronounced flavor
perfect for after a meal.

IN-ROOM DINING AVAILABLE 6AM TO MIDNIGHT.
\$4 ADMINISTRATIVE FEE AND
17% SERVICE CHARGE APPLIES.

CUSTOM PILLOWS

Choose your pillow based on your natural sleep position. If you'd like a recommendation,
please call guest services to arrange a consultation.

—BACK SLEEPER—

Swedish Memory

This heat-sensitive foam pillow shapes to the body and responds to temperature,
staying cool in the summer and warm in the winter. It also provides great neck support
while conforming to your head.

Cloud 10

Our most requested pillow for two consecutive years. Over 10 million air beads keep you
cool at night and provide firm support for the head and neck.

Anti-Snore

By elevating the chin from the chest and keeping nasal passages open, this pillow reduces
snoring and promotes a deeper, more restful sleep.

Sleep for Success Back Sleeper

This pillow has an exclusive baffled design, a firm outer chamber that properly supports the
neck, and a soft center chamber that gently cradles the head. The fill power is lower so as
not to push the head upward, instead allowing it to fall in alignment with the spinal column.

—SIDE SLEEPER—

Five-foot Body Cushion

Our longest pillow, this cushion aligns the spine for better posture while reducing neck,
back and joint pain. A great choice for pregnant guests, those recovering from surgery,
or those who like to have knee support.

Sleep for Success Side Sleeper

A two-inch baffled panel design provides a raised, even sleep surface for proper neck
alignment and support. This pillow has the highest fill power so as to support the neck
with regard to spinal positioning.

—STOMACH SLEEPER—

Lullaby

Tucked well within its hypoallergenic fiberfill, ultra-thin speakers earn this pillow its
namesake. Plug the headphone jack into any MP3 player for an intimate and soothing
sound experience.

Water-filled

This pillow is all about preferences; warm water or cold, more water for increased
firmness or less water for suppleness. This choice positions the head and neck naturally,
providing instant relief from headaches and neck pain.

Sleep for Success Stomach Sleeper

Tapered ends provide a gently sloped surface, minimizing pressure on your neck.

—CHILDREN—

Sleep for Success Children's Pillow

This unique, down alternative pillow is made especially for children. Inside is a secret
storage pouch for keeping their latest treasures.