

10 Best Hotels for a Good Night's Sleep



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Mar 15, 2019

Bespoke mattresses and pillow butlers? Total snooze. (Which, granted, is pretty much the point of having them at your hotel.) But in the hospitality world's race to bedtime supremacy, the one-upmanship never ends—with some properties simply refusing to rest until you do. So in honor of World Sleep Day (shouldn't that be World Sleep *Night*?), we give you 10. They'll do everything but tuck you in—and actually, number three will even do that.

The Lodge at Vail, a RockResort; Vail, CO

You've skied (the spring conditions are epic), you've aprèd—and maybe you've even hit the [Taste of Vail Food and Wine Festival](#). But if after all that, you still find yourself sleepless in Colorado (an occasional side effect of high altitude), drift off with [Lodge at Vail's](#) new Dream Package. Start out in a mini float tank, where it'll be just you and 800 lbs of Epsom Salt for an hour as your blood and heart rate decrease and your chill factor goes off the charts. Next comes a massage with aromatherapeutic oils—and for good measure—a melatonin-valerian root [cocktail in a dropper](#).

Casa Madrona Hotel & Spa; Sausalito, CA

In this [Victorian-inspired mansion](#) with stunning views of the San Francisco Bay, don't let the quaintness fool you: The hotel is home to Bay Area-grade [RELATED OFFERS](#)

wellness tech, from the Muse headband that tracks your brain activity and helps you meditate to the Eight Sleep smart bed that won't wake you until you're out of REM sleep. Seriously. Once your in-room Alexa confirms that you've slept well, you're ready to explore Sausalito's houseboats or hike the Marin Headlands.

Lake Austin Spa Resort; Lake Austin, TX



At this [hill country waterside spa](#), where the best new treatments and classes involve [literally drifting off](#), sleep tends to come easy. But seal the deal with the Signature Deep Rest Massage, an 80- or 100-minute treatment that incorporates acupressure, Marma points (Ayurvedic energy spots), aromatherapy, crystal healing, sound therapy, and of course, massage. If you love the feeling of being draped in a weighted blanket at the end—note: everyone does—have your therapist take you to the *very, very* quiet Blue Room, nab one of the chaises that flank the fireplace and sack out under the weighted blanket you'll find in there for just such occasions.

The Ritz-Carlton Amelia Island; Amelia Island, FL

In a nod to Amelia Island's past as a pirate, smuggler and general ne'er-do-well hangout, the [Ritz-Carlton](#) offers a daily pirate toast, treasure hunts, and—for those nights when chasing the kids has you knocked on your booty—a pirate

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tuck-in. pirate, a princess, and a parrot arrive at your door with milk and cookies, a treasure chest of goodies, and a pirate storybook to read your little scoundrels to sleep.

Miami Washington Park Hotel; South Beach, FL

Sensory overload is part of the fun of South Beach. But if—after all that **saturated color** and **throbbing music**—you just want to see the inside of your eyelids, this **collection of four restored Art Deco hotels** has just what you need: a melatonin pill, a bottle of water, and a copy of *The Most Boring Book Ever Written*. The dull and lull method: works every time.

The ART, a hotel; Denver, CO



The Denver art scene is booming, anchored by the **Denver Art Museum**, the **MCA Denver** and the overflowing gallery district. Continue your art appreciation into the night at this **hotel-cum-museum**, with a collection of works by Kiki Smith, Deborah Butterfield, and Sol Lewitt, among other bold-faced names. But it's the tapestry by Ed Rushca—titled *Industrial Strength Sleep*—that will have the most profound effect on you: Book the hotel's Industrial Strength Sleep Package, and you'll get a silk sleep mask that bears the tapestry's image—plus lemon essential, lavender pillow mist and arguably best of all, a late check-out (1 pm).



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The Benjamin; NYC

Defying its rep as the city that never sleeps, the Big Apple is home to one of the most restful hotels in the nation—the Neo-Romanesque **NYC Landmark Benjamin Hotel**—where the **Rest & Renew package** involves no fewer than 10 pillow options (or 11, if you count the house meditation pillows); on-demand meditation (naturally, given the aforementioned pillows); a sensory deprivation arsenal (serious blackout curtains, noise machines, ear plugs, sleep masks); a lullaby library; "Bedtime Bites" (small-bite comfort foods with a low caloric footprint that should tide you over til morning) and on-call Sleep Team, whose consulting leader is **Rebecca Robbins, PhD**, a postdoctoral fellow at NYU Langone's Center for Healthful Behavior Change.

Canyon Ranch; Tucson, AZ

If you'd rather an entire medical team tackle your sleep needs, proceed directly to **Canyon Ranch in the foothills of Tucson's Catalina Mountains**, where a panel of physicians and therapists can help pinpoint any problems and find solutions. You may even want to sign up for **polysomnography**, an all-night sleep study at the on-site sleep lab. Of course, there will be plenty to tire you out and de-stress you naturally during the course of an average day, from the gorgeous desert hikes to the warm seaweed Cocoon treatment.

Rancho La Puerta; Tecate, Mexico



If you need an even more serious intervention, consider a wellness variation on sleepaway camp: the Sleep Weeks at Tecate's [Rancho La Puerta](#), where each day brings new sleep seminars and interactive sessions that address the environmental, medical, psychological and spiritual aspects of sleep. The best place to practice what you learn? On the hammocks you'll find all over this magical retreat.

Fairmont Mayakoba; Riviera Maya, Mexico



On the other hand, sometimes all you want is an old-school simple solution—and that's where the [Fairmont Mayakoba](#) comes in. Though there's something inherently de-stressing about a Caribbean retreat with nature trails, boat tours, golf, a spa, and an all-inclusive option, you'll still find a little sleep aid at turndown. Should your anxieties fill your head as soon as it hits the pillow, share them with the Worry Keepers. Then place these the tiny, traditionally dressed Mayan dolls under your pillow, and awaken—per local lore—with not a care in the world.

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