



sleep matters
BY CHUAN

Sweet Dreams Are Made of These

Did you know that a good night's sleep can help improve your memory, decision-making and creativity the next day? And that a habitual lack of sleep can seriously impact your health? Because we know how much sleep matters, we are committed to making sure you get the best sleep possible when you stay with us, from soothing in-room accessories to well-being programmes designed to help you relax, unwind and drift off.

Please enjoy the ear plugs with our compliments for a sound sleep. You can also use any of the items below. Please dial 0 to contact The Langham Service and we will deliver the items directly to your room.

To Borrow, Enjoy In Room

Yoga Mat

Yoga Ball

Fitness Kit (Stress ball, Resistance Band, Massage Ball)

White Noise Sleep Machine

For Purchase

SOM Sleep Drink \$7

Kettle and assortment of calming herbal teas \$18

Sleep Mask \$28

Healthy Dining

Healthy options are available for breakfast, lunch, dinner and drinks. Please see the Private Kitchen Menu or dial 3700 for details.