

q health: SLEEP LIKE A BABY

Chiva-Som Hua Hin New Sleep Enhancement Specialisation to Support Guests in Unlocking the Long-Term Health Benefits Of A Good Night's Rest

Pioneering transformative wellness destination Chiva-Som Hua Hin, Thailand, is addressing the widespread sleep issues many of the population are facing with the launch of its sleep enhancement services, which can be added to any of the resort's 16 retreats. Specially designed to help guests improve their sleep quality and overall wellbeing, the new Sleep Enhancement



Specialisation programme combines advanced sleep hormone and sleep apnea testing, nutrition consultations, a range of supportive wellness treatments and a tailored room set-up.

Sleep quality is crucial to an individual's health and impacts both the mind and body. Good quality sleep can help maintain a healthy weight, lower the risk of certain health problems such as chronic disease reduce stress, increase attention span and support heart health. Whereas poor sleep can negatively affect the brain's ability to function, impair productivity, and reduce energy, stamina and immunity.

SLEEP ASSESSMENTS

The Sleep Enhancement Specialisation includes two advanced sleep assessments, a Sleep Hormone test and Sleep Apnea screening, providing comprehensive evaluations of sleep patterns and behaviours to identify potential disorders, as well as areas for improvement.

Repeating roughly every 24 hours, the circadian rhythm is the body's natural way of regulating the sleep-wake cycle, influencing a variety of physiological and behavioural patterns in line with the earth's day-night cycle. Cortisol and melatonin are the two key hormones that control circadian rhythms and when these hormones become imbalanced, sleep issues commonly occur, such as trouble falling asleep or waking frequently during the night.

The Sleep Hormone test looks specifically at an individual's melatonin and cortisol hormone levels at four key points throughout the day to assess any potential imbalances that may be affecting sleep quality. Following this, a variety of treatments and therapies, including supplements and tailored exercise and nutritional plans can be introduced to help correct the imbalance.

Sleep apnea is characterised by repeated interruptions in breathing during sleep, which disrupts oxygen levels in the blood. In the immediate term, individuals may experience fatigue, headaches, irritability and difficulty concentrating, while in the long term it increases risks of heart disease, high blood pressure, chronic pain and other health issues.

Chiva-Som's new Sleep Apnea Screening takes place in the comfort of the guest's room and focuses on several physiological parameters during sleep, including airflow, oxygen saturation, heart rate and brain activity. Chiva-Som's resident doctor discussed the results with each guest, assessing their sleep apnea diagnosis and providing recommendations to help alleviate this.

IN-ROOM SLEEP SUPPORT

Helping guests achieve a healthy night of sleep, Chiva-Som is introducing In-Room Sleep Support, which optimises the sleep environment. Blackout curtains decrease light, supporting melatonin levels during key times, mist diffusers aid relaxation with carefully crafted blends of essential oils, herbal teas such as lavender and chamomile help create sleep rituals and the smart sleep clock mimics natural light, allowing guests to wake up gradually and naturally at their desired time.



Additionally, increased pillow options provide optimal support, positioning and comfort, while Chiva-Som's library offers a selection of sleep-focused books to support guests understanding.

ADDITIONAL WELLNESS TREATMENTS AND THERAPIES TO IMPROVE SLEEP

The Sleep Enhancement Specialisation programme also includes a 30 percent discount on up to three selected supportive wellness treatments, including Seiketsu Shiraku Acupuncture, Mien Acupressure, Soothing Back Brush, Signature Herbal Massage and Jet Lag Therapy.

NATUROPATHIC CONSULTATION



An included Naturopathic Consultation focuses on holistic therapies, support and strategies to

promote healthy sleep. Tailored to each individual's needs, the naturopathic approach addresses factors such as sleep hygiene and counselling, incorporating dietary and lifestyle changes, natural remedies and therapies.

Led by Chiva-Som's renowned physiotherapist team, the resort's newly launched Better Sleep Class, is also open to all guests and included in the activities programme within all retreats.



On the launch of the sleep enhancement services, Chanyapak Suwankantha, Wellness Director at Chiva-Som Hua Hin, underscores, 'Consistent, high-quality sleep is essential for maintaining a healthy weight, mitigating the risk of health conditions such as diabetes, reducing stress levels, improving cognitive function, and supporting cardiovascular health.'

The Top-Up Sleep Enhancement Specialisation programme can be added to any Chiva-Som Hua Hin Retreat from THB 29,400 ++ per person (approx. AU \$1,200 ++ per person)

ABOUT CHIVA-SOM

For 29 years, the award-winning Chiva-Som has pioneered transformative wellness practices to global acclaim. Its commitment to an innovative, holistic approach which expertly balances mind, body and spirit continues to this day with its flagship resort in Hua Hin, Thailand, and the latest addition to the Chiva-Som family, Zula Wellness Resort by Chiva-Som in Khasooma, Qatar.

Optimal, bespoke wellness lies at the heart of each Chiva-Som experience. With its unique synergy of indigenous traditions and evidence-based wellness, Chiva-Som partners with guests on highly personalised wellness journeys focused on complete lifestyle transformation. At the new Zula Wellness Resort, these extend to the entire family. Guests are motivated throughout their journey by knowledgeable and caring staff, who address their goals with the unique heart of Chiva-Som hospitality.

Chiva-Som's approach to wellness extends to the wider community, with educational opportunities and global sustainability initiatives at the core of everything we do.

A few of Chiva-Som Hua Hin's recent awards:

- 'Wellness & Spa Retreat' - Thailand Tourism Gold Awards 2023
- 'Medical Wellness Retreat Global' - Readers' Choice, Global Spa Awards 2023
- 'Best Destination Spa in the World' - Condé Nast Traveler's Readers' Choice Awards 2022
- 'Fighting Fit' - Tatler Spa Awards 2022
- 'Thailand's Best Wellness Retreat' - World Spa Awards 2022
- 'Top Destination Spa Resort in the World' - Condé Nast Traveler's Readers' Choice Awards 2021
- 'Gold Award' - Thailand Tourism Awards 2021
- 'Asia's Best Wellness Retreat' - World Spa Awards 2021