

Crowne Plaza Sleep Advantage® CD

This audio program was developed by SoundSleep Solutions to relieve stress and allow you to fall asleep easily and peacefully. Guided physical and emotional relaxation is accompanied by soothing music.

1. Introduction 1:11
2. Body Relaxation 12:24
3. Mind Relaxation 5:18
4. Floating 7:42
5. Cloudland Canyon 6:01
6. Starry Sea 5:00
7. Twilight 17:10
8. Transitions 1 (excerpt) 7:22

We hope this CD helps promote the proper sleep you need and deserve. To learn more, visit crowneplaza.com or consult a sleep expert.

Information provided by SoundSleep Solutions. To learn more, visit soundsleepsolutions.com. This information is strictly educational in nature. Each individual is different and may respond differently. If necessary, consult with a sleep specialist. © 2007 InterContinental Hotels Group. All rights reserved.

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SLEEP SOUNDLY.

With the Sleep Advantage® CD.



CROWNE PLAZA®

HOTELS & RESORTS

THE PLACE TO MEET.

crowneplaza.com

Crowne Plaza Sleep Tips *(developed by SoundSleep Solutions)*

- 1. Relax before retiring.** Take some time for a pre-sleep ritual to break the connection between stress and bedtime. Try listening to the enclosed CD, reading, meditating, light stretching, lavender aromatherapy or a hot shower.
- 2. Watch the caffeine.** Coffee and many teas and sodas contain caffeine and may keep you up. If you've already had too much, consider eating some carbohydrates like bread or crackers to help reduce the effects.
- 3. Watch the alcohol.** It may initially help you fall asleep, but as your body clears it from your system, alcohol can also cause nightmares, sweats and headaches that disturb sleep. To help reduce some of these effects, try drinking one glass of water for every alcoholic beverage consumed.
- 4. Exercise at the right time.** Regular exercise relieves stress and encourages good sleep. However, if a little exercise really gets your blood pumping, you'd be wise to avoid working out in the evening or just before bedtime.
- 5. Cut down on noise, light and extreme temperatures.** Try earplugs, a night light, an eye mask or drape clip. The best temperature for sleep is 68° to 72°F.

- 6. Eat right, and sleep tight.** Avoid eating a large meal just before bedtime or going to bed hungry. It's about balance. Also, whenever possible, opt for foods that promote sleep, such as milk, tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, peaches, walnuts, apricots, oats, asparagus, potatoes and bananas.
- 7. Understand jet lag.** Before you cross time zones, try waking up later or earlier to help your body adjust to the time difference. And remember, it takes a few days for your body to catch up.
- 8. Remember the purpose of the bed.** Avoid TV, eating and emotional discussions while in bed. The mind and body associate bedtime activities with being in bed. So don't let a bad habit keep you awake.
- 9. No drinks after 8 p.m.** To enjoy sleep uninterrupted by bathroom breaks, shut down your fluid intake early.
- 10. Nap smart.** A 20-minute power nap early in the day can really refresh you. But sleep too much and you may spend the night staring at the ceiling.



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Welcome to the Crowne Plaza Sleep Advantage®

We know how important it is to sleep well when you're on the road. So instead of just giving you a bed, we give you our exclusive Sleep Advantage. Created with the help of renowned sleep expert Michael Breus, Ph.D., of SoundSleep Solutions, it's everything you need to get a great night's sleep:

- The enclosed, doctor-recommended sleep tips and CD, with advice and sounds conducive to sleep
- Comfortable new beds and plush duvets
- Quiet floors to ensure sound sleep
- Guaranteed wake-up calls to eliminate anxiety about oversleeping
- Sleep amenities such as an eye mask, earplugs and lavender aromatherapy spray for your linens
- A drape clip to keep out unwanted light, and a nightlight to provide soothing, soft lighting

Have a great night's sleep. And thanks for turning in at Crowne Plaza®.



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