



sleep
like a baby

[O]nce in four-and-twenty hours,
the gay and the gloomy, the witty and
the dull, the clamorous and the silent, the
busy and the idle, are all overpowered by
the gentle tyrant, and all lie down in the
equality of sleep.

- *Samuel Johnson,*
"On Sleep" (1758)

Cover Artist: Unknown



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Artist: S Punekar



FALLING
ASLEEP

Artist: Satish Gujral

Sleep is one of the most mysterious bodily states.

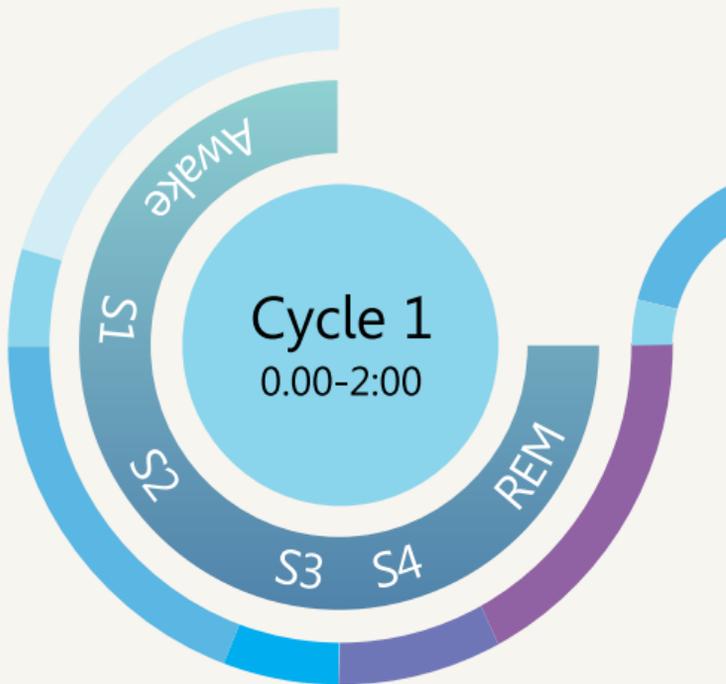
Essential for wellbeing, quality sleep is known to improve alertness, productivity, memory and mood. When we sleep, our bodies begin a healing process. A vital function of sleep is to help our brains sort, store

and consolidate new memories, etching experiences more indelibly.

A good night's sleep is a tiny vacation that is inherent to feeling our best.

THE SLEEP CYCLE

Sleep usually passes through five stages: 1,2,3,4 and REM (Rapid Eye Movement) sleep. A complete sleep cycle takes an average of 90 to 110 minutes. The first sleep cycles each night have relatively short REM sleep and long periods of deep sleep. But later in the night, REM periods lengthen and deep sleep time decreases.



SLEEP HOURS



Infants
14-15



Children
10-11



Adults
7-8



Elderly
5-9



BRAIN WAVES

Awake  Eyes open, responsive to external stimuli.

Stage 1  Drifting in and out of sleep and can be awakened easily.

Stage 2  Eye movement stops and brain waves become slower.

Stage 3  Transitional period between light sleep and a very deep sleep.

Stage 4  Deep sleep that lasts for about 30 minutes.

REM  Increased respiration rate and increased brain activity.

Light Sleep

Deep Sleep

High Brain Activity

IMPROVE SLEEP QUALITY



Keep the temperature comfortably cool, between 60°F-75°F and the room well ventilated.



Avoid bright lights before sleep, use low wattage bulbs instead.



Avoid caffeine (found in coffee, tea, chocolate, cola) for four to six hours before bedtime.



Finish dinner several hours before bedtime and avoid food that causes indigestion.



AT THE
RIGHT PLACE

Artist: Rachna

According to Ayurveda, sleep is one of the supporting pillars of life. Along with diet and lifestyle, sleep is critical to good health and well being.

Vastu Shastra highlights sleep as an important aspect of good health. To enjoy sound sleep, a peaceful environment is of utmost importance, a place that

reverberates with positive and harmonious energy that enables its free flow. Sleeping in the wrong direction can affect a person's wellbeing.

Towards North:

Worst sleeping direction; increases sickness & sleep deprivation

Towards West:

Good sleeping direction; gives name, fame & prosperity



Towards East:

Good sleeping direction for students; increases memory & concentration

Towards South:

Good sleeping direction; increases wealth, happiness & prosperity



Artist: Unknown

HOW TO UNWIND BEFORE BEDTIME

These methods will ensure that you are able to fall asleep easier:

Inhale through your left nostril:

This yoga method is thought to reduce blood pressure and calm you. Holistic sleep therapist Peter Smith says: “Lie on your left side, resting a finger on your right nostril to close it. Start slow, deep breathing in the left nostril.” Experts say this technique is particularly good when overheating or hot flushes are preventing sleep.

Squeeze and relax:

Relaxing all your muscles can prepare your body for sleep. Anxiety expert Charles Linden says: “Lying on your back, take a deep, slow

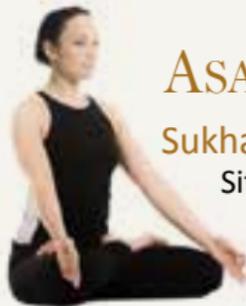
breath in through your nose and at the same time, squeeze your toes tightly as if you are trying to curl them under your foot. Then release the squeeze.”

Try to stay awake:

Challenge yourself to stay awake - your mind will rebel! It’s called the sleep paradox, says psychotherapist Julie Hirst. She explains: “Keep your eyes wide open, repeat to yourself ‘I will not sleep’. The brain does not process negatives well, so interprets this as an instruction to sleep and eye muscles tire quickly as sleep creeps up”.

THE “4-7-8” EXERCISE

1. Throughout the exercise, place the tip of your tongue against the tissue ridge right above your upper front teeth.
2. Exhale completely through your mouth, making a whoosh sound as you do so.
3. Close your mouth, inhale slowly through your nose, counting to four.
4. Hold your breath for a mental count of seven.
5. Exhale completely through your mouth for a mental count of eight. Make the same whoosh sound from Step Two.
6. Repeat for a total of eight renditions.



ASANAS

Sukhasana

Sit on the floor with legs stretched out. Fold the left leg and tuck it inside the right thigh. Then fold the right leg and tuck it inside the left thigh. Keep the hands on the knees. Sit erect keeping the spine straight. Relax your whole body and breathe normally. Maintain this position for as long as comfortable.



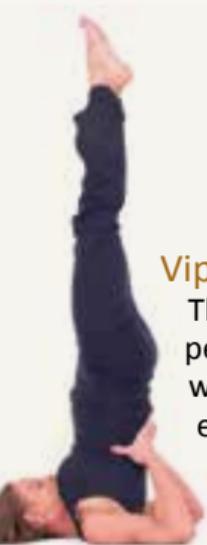
Uttanasana

To perform this pose, stand with the feet about six inches apart. Fold the torso to the ground, reaching towards the ground or bending the arms and grabbing opposite hand to opposite elbow. In addition to helping to relieve headaches and insomnia, the pose can also be helpful for lowering stress levels.



Balasana

Known as the child's pose, this helps to calm the mind and relieve tension in the body. Fold the torso over the legs with the arms extended, or by the sides, and rest the forehead on the ground.



Viparita Karani

This simple pose, performed against a wall is excellent for evening relaxation and stress relief. Stay in the pose for as long as five minutes, with the eyes closed, using a soothing eye pillow if desired.



Surya Bhedana

Inhale through your left nostril. This yoga method reduces blood pressure and calms you. Lie on your left side, resting a finger on your right nostril to close it. Start slow, deep breathing in the left nostril.

A POINT (OR TWO) TO PRESS ON

Based on the use of deep massage and applied pressure to energy meridians and pressure points, **acupressure** is thought to help remove toxins, improve circulation, reduce muscle pain and release endorphins.

- Between your eyebrows, apply gentle pressure to the small depression on the level of your brows, right above the nose for a minute.



- Press that area between your first and second toes, on top of the foot, for a few minutes until you feel a dull ache.



- Find the distance one-third back from the tips of your toes and press on the sole of your foot for a few minutes.



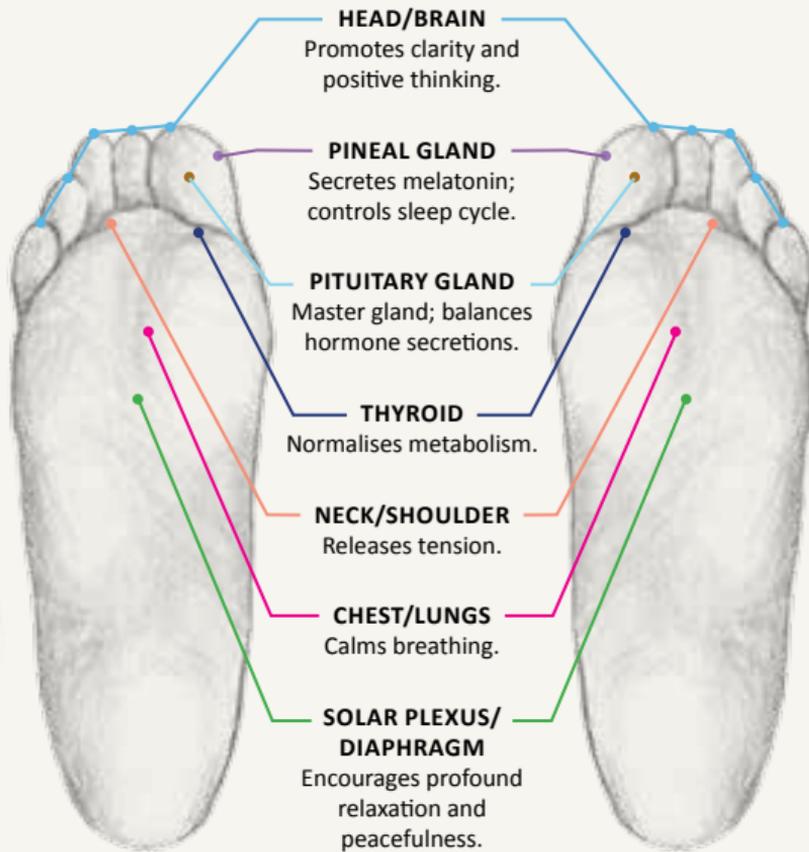
- Massage both your ears for a minute.



Reflexology is the practice of applying pressure to specific areas of the feet to produce benefits in different parts of the body. When massaged or stimulated in certain ways, points on the feet can promote healing in the related area or organ. With nearly 15,000 nerves in the feet alone, foot reflexology is a calming, soothing and effective method to release tension and help sleep.

Try this 15-minute routine for a better sleep:

- Relax the feet, one at a time, with simple relaxation techniques such as pressing and squeezing. Finish by pressing and holding your thumb on the solar plexus point of each foot for 5-10 seconds each.
- On the bottom of each foot, “walk” your thumb up from the base of the heel to each toe (imagine your thumb is a caterpillar inching its way up your foot), then press these reflex points with the outer edge of your thumb or tip of your forefinger. If you have other particular areas of your body that are stressed, you can press the corresponding reflex area or point.
- End with “breeze strokes” — lightly running your fingertips down the tops, bottoms and sides of each foot in a feathery motion, barely touching the skin. Repeat this several times.



RIGHT SOLE

A Guide to Foot Reflexology

LEFT SOLE

WHITE NOISE

White noise, when used to encourage healthy sleep, helps drown out sounds that might otherwise prevent you from either falling asleep or waking up whilst asleep.

Sleep Waves and Music

One of the most pervasive misconceptions about sleep is that sleep is just a matter of our bodies “turning off” for several hours, followed by our bodies “turning back on” when we awake.

Beta waves are those associated with day to day wakefulness. However, during periods of relaxation, while still

awake, our brain waves become slower, increase in amplitude and become more synchronous. These types of waves are called **alpha waves** and are often associated with states of relaxation and peacefulness during meditation.

During sleep, theta and delta waves take prominence. The first stage of sleep is characterised by **theta waves**, which are even slower in

frequency and greater in amplitude than **alpha waves**. **Delta waves** are the slowest and highest amplitude brain waves. Delta sleep is our deepest sleep, the point when our brain waves are least like waking.

ITC Hotels' Sleep Music

- Based on the Five Elements (Fire, Earth, Air, Water and Wind), the Nature sounds include the sounds of the wind and breeze

across the mountains, providing a calming and soothing effect on the on the body and soul.

- The Rag Nilambari and Rag Sama have been traditionally used to enhance sleep and put you in a relaxed state of mind.

Sleep enhancing music is available on the last listed In Room channel and a flash drive.



Artist: Unknown

MOBILE APPS TO DE-STRESS AND MEDITATE

These mobile applications will assist you in getting a sound night's sleep.

BREATHE2RELAX

Created by the National Center for Telehealth and Technology, Breathe2Relax guides you through breathing exercises and offers the option of listening to music during each session. As a recent article published by Harvard Medical School outlines, practicing deep breathing exercises reduces stress levels in the same manner as guided imagery, yoga, and meditation.

Using scientifically sound principles, Breathe2Relax helps you achieve this kind of deep breathing and helps clear your mind. Instead of guided meditation, Breathe2Relax focuses on breathing and stress reduction tools.

Besides the app's built-in graphing function, it includes stress tracking and other helpful resources. As a bonus, the app is completely free to use and is compatible with both

tablets and phones. Breathe2Relax is a helpful app for anyone who wants to practice deep breathing but isn't experienced in doing so.

CALM

As opposed to static-like noise running in the background, Calm offers serene musical notes with calming imagery. In the web browser version, Calm is one large HD video loop of rain falling on leaves, waves rippling along a beach, or particles of light falling from the sky. The same is true for the app versions; just on a smaller scale.

Calm also helps you portion your relaxation based on the time you have available. Are you rushing back to work and have 5 minutes to

spare? Calm makes it easy to time relaxation sessions if you're juggling a full schedule. You can set your Calm time for two, five, 10, 15 or 20 minutes.

HEADSPACE

To sleep, focus and feel better, your brain may need more than soothing music. Meditation, a proven calming activity, enhances relaxation by honing your concentration. Available on the web or mobile, Headspace's basic features are free to access and provide an introduction to meditation. The free version includes ten 10-minute meditation sessions and an introductory course on meditation, while paid subscriptions unlock access to

subject-specific sessions and additional courses.

Headspace addresses certain areas of life associated with stressors, such as relationships and health, by integrating mindfulness meditation sessions with these situations in mind.

ADDRESS STRESS

Address your stress with this simple but powerful relaxation app. The Address Stress relaxation exercises use a combination of soothing sounds and guided breathing to help settle your body and calm your mind. The exercises are designed to be accessible anywhere, anytime you have a few moments spare to unwind.

Based on scientific principals, the Address Stress Exercises can bring the benefits of profound relaxation to beginners and experts alike. All you have to do is sit comfortably, close your eyes and be guided by the App. The free version of the app will give you access to a series of ten minute relaxation exercises, as well as a 'quick relax' two minute exercise (The Pressure Valve) to use anytime you feel stressed throughout the day. If you enjoy the exercises, the Upgraded version of the app will allow you to access a wider range of relaxation exercises. It will also give you access to three 14 day programs that will provide the structure you need to bring some valuable calm into your daily routine.

NOISLI

Noisli includes many high-quality sounds to help you to focus and concentrate while working or studying, relax while reading or before going to sleep, boost your creativity and much more. Mix different sounds and create your perfect sound ambience tailored to your personal need and taste. Activate one or more sounds and adjust the volume slider to create an always different and pleasing sound environment. With Noisli you can boost your focus and enhance your productivity or just lay back, listen, and enjoy falling asleep.

SMILING MIND

Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind. A not-for-profit organisation that works to make mindfulness meditation accessible to all, Smiling Mind's programs are designed to assist people across different age groups, in dealing with the pressure, stress and challenges of daily life.

STOP, BREATHE & THINK

The Stop, Breathe & Think app is a free mindfulness, meditation and compassion-building lifestyle tool that is simple, fun and easy to use. Take a break from the stress and anxiety of daily life to relax with meditations for the body and mind. Self-healing begins with a quick check-in. Tune in to how you are thinking and feeling, and select emotions that guide you to recommended meditations. Emotions like happiness, stress and anxiety can be tracked pre and post meditation, and you can even share your favourite calming exercises with friends!

THE MINDFULNESS APP

Through the Mindfulness App you can simply 'call yourself up' from time to time to check whether you really are there. All the meditations that you have done are stored in the statistics section so that you have a possibility to follow how your meditation practice is developing over time. By setting reminders at times and days of your choice you can get a message when it's time to meditate. You can choose if you want to sit for a shorter or longer period. You can be guided by a voice or just sit in silence with bells ringing at different times. You can

also design your own meditation for as long as you want it to last. Finally, you can set Mindfulness Notices at chosen times that can help you to increase your presence in the moment.

THUNDERSPACE 5K

Thunderspace teleports your mind to a place far away from stress. Far away from the noise. So you can focus on your work, sleep better and relax. Thunderspace's spectacular 3D audio sound field reproduction technology delivers a realistic, high-quality open space sonic ambience over regular stereo headphones. Precisely synchronized lightning flashes, frequent updates with new

premium quality thunderstorms, a carefully crafted user interface, and highest quality recordings from Emmy-award winning nature sound recordist Gordon Hempton separate Thunderspace from all other relaxation apps. During the day, Thunderspace won't let you focus on all the noise around you. And at night it will make you very sleepy.

SAHAJA MEDITATION

This is a handy application to get your self-realization according to the SahajaYoga Technique. This app will help you awaken the dormant energy in your sacrum bone. It includes guided meditation sessions, progressive classes for beginners with 10 enlightening levels,

Meditation Music to take you into a higher state of ascent. You can enjoy your meditation sessions better with videos, which follow along to help you, focus, with a custom option to select a specific chakra in the subtle system. The attractive user interface lets you view the placement of each chakra.

SLEEP GENIUS

Sleep Genius is a scientifically designed sound program for sleep . The Sleep Genius app was created following decades of research to develop algorithms that trigger your brain into sleeping faster, longer and deeper than ever before.

The neurosensory algorithms in Sleep Genius help your brain get ready for sleep, guide your brain through each stage in the sleep cycle, and wake you with a gentle, refreshing alarm.

PZIZZ

Pzizz is an app designed to help you fight insomnia and take power naps during the day. The app generates new sounds each time you use it, so your mind can't get used to the same overplayed sounds. You don't need to organise a sound library or make your own mix.



SLEEP LIKE
A BABY

ITC Hotels has ensured, through comprehensive research on the science of sleep, that every guest gets a good night's sleep and wakes up refreshed.

ACCORDING TO

ITC HOTELS' EXECUTIVE DIRECTOR NAKUL ANAND,

“I can give you all the bells and whistles, but if I haven't invested in giving you good sleep, I have no reason to be in the business.”

With its 300-thread count linen, duvets composed of 100% cotton sheet fabric and a 40'x40' 200 GSM thread count silk ionised polyfill in diamond quilting, ITC Hotels makes it a point to ensure you get a good night's sleep.

Sleep in the lap of luxury...



SLEEP® ENSEMBLE

The Sleep® Ensemble includes an eye mask and ear plugs. Pillow Mist and Stress Reliever Spray and a flash drive with music to enhance your sleep experience.

To improve your sleep experience, you could also request for:

- A bath ritual with relaxing salts
- Children's storybooks for bedtime reading
- Listen to soothing and relaxing music for a better sleep, available on the last listed In Room channel

Artist: M F Husain

AROMAS

Essential oils are natural remedies for occasional sleeplessness.

The Pillow Mist can help you relax before you go to bed and ease restlessness.

For a Restful Sleep: This delicate blend of pure essential oils that include steam distilled Indian rose, cardamom, grapefruit, lavender, nutmeg, patchouli, calms the senses and induces sleep.

Stress Relief: This blend of pure essential oils including steam distilled lime, lavender, peppermint and lemon, uplifts the senses and eases anxiety.

Please contact the Housekeeping Concierge, who will suggest the ideal aroma to help you sleep better in a room that is fragrant and relaxing.

SPA THERAPIES

Relax and rejuvenate before tucking in, with these exclusive 20-minute spa treatments:

Kaya Kalp Mini Indulgence:

A soothing massage that concentrates on the head, neck, back, shoulders and arms to relieve muscular tension.

Energy Revival: This ancient healing therapy stimulates the pressure points of your feet, restoring the natural flow of body energy.

Soothing Touch: This intensive neck, shoulder and scalp massage uses a therapeutic hot stone to target those tight knots and alleviates muscle stiffness.

Express Escape: This treatment focuses on select vital points to relax sore muscles in the upper body, including the face, scalp, neck and shoulders. It relieves headaches, eyestrain, sinus pressure, nasal congestion and insomnia.

Please contact the Spa Concierge for reservations.

SUPPLEMENT YOUR SLEEP, NATURALLY

Choose from options especially crafted by our Chefs, which may help you sleep better

- Certain beverages help the body sleep. Milk, with soothing herbs and spices, helps you get the rest you deserve.
- An after-dinner cereal bowl calms the active energy of the body.

Please call In Room Dining for assistance. Our Chefs would be delighted to prepare dishes, especially for your sound sleep.

PILLOW COMFORT

Choose a pillow that will enable a sound sleep:

Relaxed Support: Absorbs the weight of the head evenly in all directions, providing consistent comfort and complete relaxation; especially useful when suffering from headaches.

Supersoft: Specially designed with a three-way support for those who love to sink in deep.

Silk Cotton: 100% natural hypoallergenic comfort with the added softness of silk cotton.

Slim Rest: Soft, but thin. Provides good support without raising the head too high.

Ortho Care: Helps relax the neck and the shoulders, treating muscle rigidity, insomnia and snoring.

Cotton Comfort: 100% natural filling of the finest cotton for hypoallergenic protection.

Air Care: Recommended for those suffering from spondylitis, L'oreiler d'air can be customised to your particular comfort requirement.

Please contact the Housekeeping Concierge for the comfort pillows.

SLEEP WEAR

ITC Hotels, the masters in the 'code of sleep', and Wills Lifestyle come together to craft a range of the finest sleepwear for you. Made using breathable, super-soft and light weight modal fabric, this range promises to instantly nestle you into the 'cradle of slumber'.

Please contact the Housekeeping Concierge for further information or please visit Wills Lifestyle Store in the Hotel, if available.

These paintings are a part of the
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the property of ITC Hotels.



Unknown Artist



S Punekar



Satish Gujral



Rachna



Unknown Artist



M F Husain



S Punekar

References (Articles, Books, Essays):

- The Sleep Cycle Infographic
by Sihang Li
- The Definitive Guide to White Noise and Sleep
by Jeff Mann
- Feet First: A Guide to Foot Reflexology
by Laura Norman
- How Sleep Works
by The National Sleep Foundation

Sleep® Ensemble

- Images used in this book are the property of ITC Hotels.
- Music developed by Anil Srinivasan exclusively for ITC Hotels
- ITC Hotels' Sleep® Ensemble includes:
An Eye Mask | Ear Plugs | Pillow Mist & Stress Reliever Spray |
A Handbook on Sleep | Flash Drive with Soothing and Relaxing Music

**Please call WelcomAssistance for further information.*

For feedback or suggestions, please write to
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Artist: S Punekar



ITC HOTELS

RESPONSIBLE LUXURY

