

Science Behind Sleep video series gives guests and members expert tips on how to enhance sleep routines

CHICAGO (NOVEMBER 14, 2024) – Hyatt’s award-winning loyalty program, World of Hyatt, in collaboration with [Headspace](#), the world’s most accessible and comprehensive mental health platform, today debuts a new exclusive video series, *Headspace’s Science Behind Sleep, presented by World of Hyatt* extending care for guests and members by providing access to expert and science-backed tips on how to get better sleep while traveling. The new sleep series is available in guestrooms at nearly 400 Hyatt hotels and within the Headspace app beginning today, Nov. 14.

Three-in-four consumers say that sleep quality is the most important factor when traveling and are more likely to take advantage of amenities designed to improve their sleep, based on a recent survey* Hyatt conducted. Filmed at Park Hyatt Aviara Resort, Golf Club & Spa in Carlsbad, Calif., the series explores sleep’s vital role in maintaining our overall wellbeing both pre, during and post-trip through a science-based approach. Created in collaboration with World of Hyatt, led by Headspace’s Dora Kamau, Meditation and Mindfulness Teacher, and advised by renowned Sleep Expert and Psychologist, Dr. Aric Prather, each episode is infused with scientific research and tips for managing common sleep struggles.

Rest Assured with World of Hyatt & Headspace

Traveling can often stir a whirlwind of emotions – from the anticipatory thrill to the underlying stress of planning. These emotions can significantly impact travelers’ sleep once they reach their destination. The series explores practical scientific-backed steps travelers can take before and during their trips to seamlessly transition into a restful state, ensuring they can fully savor their trip or stay focused on their work projects without the interference of sleep troubles.

The series will take guests through five episodes:

- Befriending Jet Lag – includes tips to handle circadian misalignment to lessen the impact of jet lag
- Creating a Travel Bedtime Routine – provides suggestions to make new environments feel more like home to help with the transition process while traveling
- Eat and Drink Smarter – mindful choices to make when traveling to protect your sleep and not interrupt your sleep cycle
- Dealing with Night Time Wake-Ups – covers tools to help you get back to sleep for every scenario
- The Power of Morning Sunlight – explores ways to naturally support your internal body clock using the sun and boosting your overall wellbeing

“Traveling, whether for business or pleasure, brings with it a range of emotions, including excitement, anxiety and stress, all which can affect our sleep quality,” says TJ Abrams, Vice President of Global Wellbeing, Hyatt. “To ensure guests and members are feeling their best, no matter where they lay their heads, the video series is designed to help our guests, members, customers and colleagues on their wellbeing journeys.”

Travelers can check out the first episode of the new series on [Hyatt’s YouTube Channel](#) today and guests and members will have access to the entire series on guestroom TVs across nearly 400 participating Hyatt hotels.

“Through the synergy of Headspace’s expertise in sleep hygiene and scientific insights, combined with Hyatt’s commitment to world-class hospitality and guest wellbeing, together, we’re uniquely positioned to help guests unlock the secrets to their best sleep yet,” said Emma Nemtin, Head of Consumer Partnerships and Distribution at Headspace. “We hope that Hyatt guests learn useful tips with each video and are able to apply them to their daily lives and sleep routines to better their mental health and wellbeing.”

Hyatt and Headspace’s industry-leading collaboration began in 2019, to make mindfulness exercises, guided meditations and sleep content more accessible to guests, World of Hyatt members and customers, as well as for global Hyatt colleagues who have access to a complimentary Headspace subscription. In 2023, Hyatt and Headspace continued to expand their offerings with premium colored noise content. Available via the World of Hyatt app and in-room televisions at select properties across the U.S., Canada and Mexico, guests, members and colleagues can enjoy a complimentary sampling of relaxing sounds from Headspace’s premium colored noise collection to help them drift off, relax or focus.

In addition to guests, members and colleagues, Hyatt is extending its purpose of care to help enhance sleep routines, Hyatt is also providing complimentary, one-year subscriptions to Headspace to support non-profit organizations, including Salt & Light Coalition Chicago, ReStore NYC, University of Maryland Safe Center for Human Trafficking Survivors, Safe House Project, BEST Alliance and Survivor Alliance.

As part of Hyatt’s holistic wellbeing offerings, guests and members can find additional sleep offerings at Hyatt hotels globally, from sleep suites to turndown services. For more information on Headspace offerings through World of Hyatt, visit hyatt.com/headspace.

The term "Hyatt" is used in this release for convenience to refer to Hyatt Hotels Corporation and/or one or more of its affiliates.

For further information:

About Hyatt Hotels Corporation

Hyatt Hotels Corporation, headquartered in Chicago, is a leading global hospitality company guided by its purpose – to care for people so they can be their best. As of September 30, 2024, the Company's portfolio included more than 1,350 hotels and all-inclusive properties in 79 countries across six continents. The Company's offering includes brands in the *Timeless Collection*, including **Park Hyatt®**, **Grand Hyatt®**, **Hyatt Regency®**, **Hyatt®**, **Hyatt Vacation Club®**, **Hyatt Place®**, **Hyatt House®**, **Hyatt Studios**, and **UrCove**; the *Boundless Collection*, including **Miraval®**, **Alila®**, **Andaz®**, **Thompson Hotels®**, **Dream® Hotels**, **Hyatt Centric®**, and **Caption by Hyatt®**; the *Independent Collection*, including **The Unbound Collection by Hyatt®**, **Destination by Hyatt®**, and **JdV by Hyatt®**; and the *Inclusive Collection*, including **Impression by Secrets**, **Hyatt Ziva®**, **Hyatt Zilara®**, **Zoëtry® Wellness & Spa Resorts**, **Secrets® Resorts & Spas**, **Breathless Resorts & Spas®**, **Dreams® Resorts & Spas**, **Hyatt Vivid Hotels & Resorts**, **Alua Hotels & Resorts®**, and **Sunscape® Resorts & Spas**. Subsidiaries of the Company operate the World of Hyatt® loyalty program, ALG Vacations®, Mr & Mrs Smith™, Unlimited Vacation Club®, Amstar DMC destination management services, and Trisept Solutions® technology services. For more information, please visit www.hyatt.com.

***Sample Description:** The sample is nationally representative of US adults, ages 21-75, who have traveled for business or leisure in the past 12 months. The survey responses gathered took into account the balance of the general population based on age, race/ethnicity, gender, and household income.

Survey Design: These findings come from a 5-minute online quantitative survey conducted by Material+, a globally recognized market research firm, between September 18-25, 2024. The results were used to determine key statistics on physical and mental wellbeing considerations for travelers during their hotel stays.

About World of Hyatt

World of Hyatt is Hyatt's award-winning guest loyalty program uniting participating locations in Hyatt's Timeless Collection, including in the Park Hyatt®, Grand Hyatt®, Hyatt Regency®, Hyatt®, Hyatt Vacation Club®, Hyatt Place®, Hyatt House®, and UrCove brands; Boundless Collection, including in the Miraval®, Alila®, Andaz®, Thompson Hotels®, Dream® Hotels, Hyatt Centric®, and Caption by Hyatt® brands; Independent Collection, including in The Unbound Collection by Hyatt®, Destination by Hyatt®, and JdV by Hyatt® brands; and Hyatt's Inclusive Collection, including in the Impression by Secrets, Hyatt Ziva®, Hyatt Zilara®, Zoëtry® Wellness & Spa Resorts, Secrets® Resorts & Spas, Breathless Resorts & Spas®, Dreams® Resorts & Spas, Hyatt Vivid Hotels & Resorts, Alua Hotels & Resorts®, and Sunscape® Resorts & Spas brands. Members who book directly through Hyatt channels can enjoy personalized care and access to distinct benefits including Guest of Honor, confirmed suite upgrades at time of booking, diverse wellbeing offerings, digital key, and exclusive member rates. With 51 million members and counting, World of Hyatt offers a variety of ways to earn and redeem points for hotel stays, dining and spa services, wellbeing focused experiences through the [FIND](#) platform; as well as the benefits of Hyatt's strategic loyalty collaboration with American Airlines AAdvantage®. Travelers can enroll for free at hyatt.com, download the World of Hyatt app for [android](#) and [IOS](#) devices and connect with World of Hyatt on [Facebook](#), [Instagram](#), [TikTok](#) and [Twitter](#).

About Headspace

Headspace is your lifelong guide to better mental health. We make mental health support accessible to everyone, no matter their background or experience. Through our flagship [Headspace](#) app, we provide mindfulness tools for everyday life, including meditations, sleepcasts, mindful movement and focus exercises. Our [enterprise offerings](#) combine this experience with a human-centered model of care, with coaching, therapy, psychiatry and EAP services under one roof. Our team of experts ranges from mental health clinicians to Emmy award-winning producers and data scientists, working together as one to help millions of people around the world be healthier and more productive. To learn more, please visit headspace.com.

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