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# 10 SLEEP TIPS FOR THE BUSINESS TRAVELER

UPGRADE YOUR SLEEP TO OPTIMIZE YOUR DAYS

## 1. EMBARK RESTED

Pack and go to bed on time the night before traveling to depart refreshed and energized for your trip.

## 2. CONSISTENCY IS KEY

Maintain a bedtime routine and consistent sleep and wake-up times to help balance your circadian rhythm and boost your energy during busy days while on the road.

## 3. SAY HELLO TO THE SUN

Wake up, open the curtains and start moving. Get exposure to daylight to balance your body clock.

## 4. HYDRATE ALL DAY

Stay hydrated during the day. Consider limiting liquid intake a few hours before bed for nighttime rest.

## 5. MOVE. MOVE. MOVE.

Try to hit the gym before daytime meetings or evening gatherings. Take brisk walks on breaks.

## 6. SAY GOODBYE TO STRESS

Engage in stress-reducing techniques to help avoid carrying your worries to bed. [Hyatt's wellbeing resources and offerings](#) can support you!

## 7. EAT AND DRINK WISELY

Be conscious of your nourishment throughout the day. Refrain from caffeine in the afternoon and thereafter to support sleep. Cut out alcohol at least four hours before bed.

## 8. UNWIND WITH A ROUTINE

Set the stage for a good night's sleep—close your curtains, relax with a warm shower or bath and tune out technology an hour before bed.

## 9. TRANSITION TO SLUMBER IN PEACE

Quiet your mind from your busy day by engaging in a simple breathing technique and other practices to soothe your senses.

## 10. UP DURING THE NIGHT?

Avoid looking at the clock or your cell phone. Focus on your breathing to soothe yourself back to sleep.



Hyatt has teamed up with [Nancy H. Rothstein, MBA, The Sleep Ambassador®](#), to share these helpful tips for the business traveler, to empower you to get better sleep and be your best-rested self while traveling.

Contact the Wellbeing Collective  
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