

TRAVEL+ LEISURE

THE

Hotels

ISSUE

FROM PARIS TO BALI, SINGAPORE TO SANTORINI

T+L Editors Pick the Best New
Hotels in the World

SELF-CARE SMARTS

Fresh Ideas for Beating Jet Lag

Transitioning between time zones doesn't have to wreck your sleep. Try these innovations to acclimate and achieve more restful slumber.

By Sarah Bruning



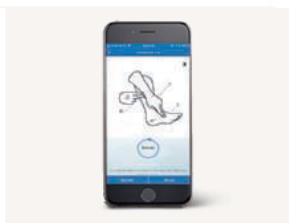
Nap Pods

These private or semi-enclosed microsuits give travelers the chance to catch a few z's during a layover. You'll find GoSleep at Helsinki Airport, Sleepbox at D.C.'s Washington Dulles, and Napcabs at Munich Airport, for example. Cost and amenities vary by location, but the spaces are by the hour (\$10–\$30 per hour on average) and include features such as a charging dock and storage for your belongings.



Soothing Light

Being in an unfamiliar place can send your mind racing. Dodow is a compact device that trains you to focus on your breath and slow it, signaling to your brain that it's time to nod off. When you place the gadget on your nightstand and tap it (once for eight minutes, twice for 20 minutes), a faint blue light cycles through a rhythmic sequence that cues you to inhale as the light expands and exhale as it shrinks. \$59; amazon.com.



Healing Guide

Drawing on principles of Chinese medicine, the Uplift mobile app gives travelers a crash course in acupressure—and how it can help when the body's circadian rhythms have been disrupted by travel. After indicating their starting and final destinations, users progress through a seven- to 10-minute sequence that targets pairs of pressure points (in the arms and/or legs) based on the time-zone differential. \$10 annually; Android, iOS.



Natural Sleep Aid

Five ingredients in Som—a berry-flavored, science-backed beverage—work together to promote relaxation (theanine, GABA) and regulate sleep (magnesium, vitamin B6, melatonin). Since the cans measure around eight fluid ounces, they're a no-go for your carry-on, but they're clutch once you're on the ground and need help shifting your internal clock pre- and post-trip. \$10 for four; getsom.com.



TRAVEL LAB

How Your Vacation Can Make You Happier at Home

That euphoric feeling you get from exploring a new place or revisiting an old favorite doesn't have to dissipate as soon as you've returned. Research has shown that taking a more mindful approach to what you bring back and which aspects of the experience you integrate into your daily life can prolong your bliss. Use these three strategies to maintain your positive vibes. By Stacey Leasca

- ① **Make a post-vacation resolution.** Before you go home, pinpoint what exactly made you the happiest during your trip. Was it the local cuisine? The morning meditation ritual? Then figure out a way to integrate that magic into your normal routine. "Vacation is great for initiating healthy habits that you don't have the time or energy to start during your day-to-day life," says Megan Jones Bell, a clinical psychologist and the chief science officer at meditation-and-mindfulness company Headspace.
- ② **Solidify your experiences.** Picking up a well-considered item—say, artisanal jewelry or a regional cookbook—will remind you of your time away. Something rooted in an activity you participated in also works well because it strengthens your memories of the event, according to Hugh Wilkins, an associate professor at Griffith University. At Spain's *Gran Hotel Domine* (hoteldominebilbao.com; doubles from \$205), a member of Preferred Hotels & Resorts, book a private cooking class (\$69 per person) to learn how to make Basque-style *pintxos* and get recipes to take home.
- ③ **Share your memories—offline.** Some people get the most post-trip gratification out of discussing their experiences with others, per a series of studies published by Cornell University psychologists in 2015. Our "experiential purchases," they explained, live on in the memories we cherish and in the stories we tell. Invite friends or family and make one of those dishes you learned how to cook, accompanied by a few bottles you picked up abroad.