



## Advancing the Science of Rest: COMO Metropolitan Singapore Rolls Out SleepHub® Hotel-Wide



2 March 2026, Singapore – To mark World Sleep Day on 13 March 2026, COMO Metropolitan Singapore announces that all 156 guest rooms and suites are now equipped with SleepHub®, reinforcing the hotel's commitment to evidence-based wellness and restorative urban living. As the first and only property in Asia to offer SleepHub® hotel-wide, the hotel sets a new benchmark for science-led sleep hospitality in the region.

Quality sleep profoundly shapes our wellbeing—enhancing cognitive function, strengthening immunity, and supporting emotional balance. Yet as we cross time zones and push productivity into every waking hour, sleep deprivation increasingly threatens our health. With the continued rise of sleep tourism, travellers are actively seeking ways to improve rest while on the move. Sleep loss remains one of today's most widespread health challenges, especially for urban dwellers and frequent flyers. Poor sleep has been associated with reduced mental performance, heightened stress hormones, weakened immunity, and disrupted emotional regulation—effects that travel, jet lag, and unfamiliar environments often intensify.

Developed by UK based Cambridge Sleep Sciences, **SleepHub®** is an innovative, neuroscience-led solution designed to help modern travellers achieve deeper, more restorative rest. Using gentle low-frequency sound waves, the system guides the brain into natural slow-wave sleep, supporting physical recovery, memory processing, and overall wellbeing.

Backed by more than a decade of research, SleepHub® has demonstrated meaningful improvements in sleep quality, from fewer nighttime awakenings and faster sleep onset to more consistent rest and greater morning alertness. Unlike traditional white-noise devices, it works in harmony with the brain's natural rhythms to encourage a calm, parasympathetic state that supports genuine restoration. Fully customisable and non-disruptive, SleepHub® uses advanced psychoacoustic sound technology to help users fall asleep more easily, stay asleep through the night, and wake feeling refreshed—gently retraining the brain to follow healthy sleep cycles for deeper, more natural recovery wherever the journey leads.

The introduction of SleepHub® technology across all room categories complements the hotel's broader wellness ecosystem, anchored by COMO Shambhala's 29-year expertise in integrative health practice that includes yoga, Pilates, fitness and food. Together, these modalities reflect COMO's belief that true luxury lies in the ability to pursue rest, recovery, and overall wellbeing.



Building on this foundation, the hotel will reintroduce its enhanced Sleep Dreams package, an immersive sleep-focused stay combining in-room SleepHub® technology with expert support from leading sleep specialists and restorative treatments at COMO Shambhala, the brand’s urban flagship. Available for two-night stays, the experiences include a 60-minute COMO Shambhala Hyperbaric Oxygen Therapy session, Heat Therapy and a signature COMO Shambhala massage, a sleep survey with face – face online evaluation by The ENT, Voice, and Snoring Clinic, in-room SleepHub access, a COMO Shambhala Sleep Kit and complimentary Club21 Pajamas.

“At COMO Metropolitan Singapore, wellness begins with sleep,” said Ruby Garcia, General Manager. “By integrating SleepHub® into every room, we offer guests a practical, science-backed way to recover deeply—even in the heart of the city.”

The SleepHub® is offered complimentary to all guests as part of their stay at COMO Metropolitan Singapore. The two-night package starts from SGD \$1380 ++ per room and includes breakfast and full access to the Sleep Dreams programme.

For further information visit [COMO Metropolitan Singapore](https://www.comohotels.com)

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**About the COMO Group:**

The COMO Group, headquartered in Singapore, represents Christina Ong’s unique vision of contemporary living. The Group encompasses the hospitality collection, COMO Hotels and Resorts, which offers personalised luxury travel experiences through individualised service, a commitment to holistic wellness, and award-winning cuisine. Each hotel is developed in response to the destination it inhabits. The Group also includes the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala, and the philanthropic COMO Foundation. [www.comogroup.com](http://www.comogroup.com)