



## COMO HOTELS AND RESORTS LAUNCHES 'SLEEP DREAMS'



**Singapore, January 2024: COMO Hotels and Resorts and COMO Shambhala collaborate on better sleep in 2024 — led by a new 'Sleep Dreams' initiative launched at COMO Metropolitan Singapore.**

The global hospitality brand, COMO Hotels and Resorts, is now working closer than ever before with COMO Shambhala, the COMO Group's luxury wellness brand, to provide hotel guests with new tools to get their sleep on track.

From enhancing cognitive function to strengthening the immune system and increasing emotional wellbeing, the power of quality sleep can be profoundly transformative. But as we cross time zones, and squeeze more productivity out of our wakeful hours, sleep deprivation has the constant potential to undermine our health. Our circadian rhythms — the body's internal clock naturally aligned with the cycle of day and night — are easily disrupted.

This brand initiative to promote better sleep is now being rolled out at the new COMO Metropolitan Singapore — a 156-room hotel in the heart of Singapore, at COMO Orchard on Bideford Road.

Interior architect Koichiro Ikebuchi has worked with COMO's calming, natural colours to create serene, cocoon-like havens to promote healthy sleep-wake cycles.

The hotel features SleepHub® technology in COMO Suites, as well as Cairnhill Rooms booked as part of the new 'Suite Dreams' offer launched online this month.

With over 10 years of scientific research, the SleepHub® uses neuroscience and psychoacoustic sound technology to gently steer the minds through optimal sleep cycles — helping us fall asleep, stay asleep, and wake up refreshed by retraining the brain in natural and healthy sleep patterns.

At COMO Shambhala Singapore's flagship wellness premises on COMO Orchard's fourth floor, hotel guests also have access to two AirPod™ hydroxy mild hyperbaric wellness devices, which deliver a proprietary combination of oxygen and molecular hydrogen to create an environment where you receive 50% more oxygen compared to breathing air. This technology is an excellent way to fight jet-lag and enhance the quality of sleep.

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COMO Shambhala's aromatherapy-based product line now includes COMO Shambhala Sleep Essential Oil, Balm, and Linen Spray. Available from the COMO Shambhala e-Shop, as well as select COMO Hotels and Resorts boutiques worldwide, these products all use the same high-quality blend of relaxing chamomile and lavender, blended with sandalwood, cedarwood and sweet orange.

The balm, rolled on the neck and temples, works best when combined with the COMO Shambhala habutai silk eye pillow, which is weighted with flaxseed. The light pressure helps lower the heart rate — a phenomenon called the oculocardiac reflex. It also stimulates the vagus nerve, from the brain into organs in the neck, chest and abdomen, activating the rest-and-digest system.

Heavy meals can disrupt our sleep; our bodies have to work harder to process the food while we try to rest. Guests may now enjoy nutritious, lighter, all-day dining selections from the COMO Shambhala Kitchen, available at COMO Cuisine on the second floor of COMO Orchard. Staples include the easily-digested yet satisfying Green Goddess Soup, featuring spinach, watercress, basil, parsley, young coconut water, raw honey and lemon juice greens and rich in minerals understood to lower blood pressure, relax the musculature, and improve sleep duration and quality.

These delicious, nutrient-packed meals for better sleep are found in the COMO Shambhala cookbook, *The Pleasures of Eating Well*, which includes numerous inspirational recipes, including the classic COMO Shambhala 'Sleepytime Tea'.

'The COMO Shambhala recipe I rely on whenever life gets busy and my sleep routine starts to waiver is this night-time beverage,' says COMO Group's consultant nutritionist, Eve Persak: 'Almonds are considered one of the richest sources of glutamic acid — a precursor of GABA, the calming neurotransmitter (brain chemical) that lowers anxiety and supports sleep. Almonds are also a natural source of melatonin, the hormone which induces sleep at day's end. Cinnamon is shown to lower norepinephrine (the neurotransmitter associated with alertness and arousal) and raise serotonin (another neurotransmitter associated with elevated mood and feelings of wellbeing). A good night's rest is nothing short of medicinal, and well-timed, therapeutic nutritional choices can help make it possible.'

**'Sleep Dreams' at COMO Metropolitan Singapore is now available to book at [comohotels.com](https://www.comohotels.com). The four-day, three-night offer starts at S\$1,450++ per person, and includes breakfast, an in-room SleepHub® in a Cairnhill Room, and a curated COMO Shambhala sleep pack.**

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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.

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