



Employee Wellness

Health Road Trip



Rest Palm Beach
Florida



The City Of Sweet Dreams

Imagine sun, sand and swaying palm trees all around... Ahhhhh. You have now captured the essence of Rest Palm Beach, Florida – our final stop on our Health Road Trip.

This peaceful oasis instills relaxation and rejuvenation in all who visit. For those seeking better quality sleep, the community of Rest Palm Beach has it all.

• **Amazing shopping:**

Pick up a pair of super comfortable pajamas at Veronica's Surprise. Not far down the street, visitors will find The Princess and the Pea Bed Shop. This fabulous business stocks mattresses and pillows in all shapes and sizes. Find the perfect fit for your good night's sleep with this great selection!

• **Fabulous outdoor recreation:**

Whether it is biking on local trails, power walking on the beach, taking a dip in the ocean, or golfing the magnificent ShutEye Golf & Country Club, opportunities to exercise are plentiful. See

for yourself how regular physical activity promotes more restful sleeping.

• **Exceptional dining establishments:**

Whatever your tastes, the restaurants in Rest Palm Beach offer a premier dining experience. Just be sure to make your reservation early to allow plenty of time between dinner and bedtime.

• **Gorgeous sunsets:**

Never before have you witnessed the palette of colors seen in the sky during a Rest Palm Beach sunset. Make it part of your bedtime routine to witness this beauty each night.

• **Amazing ocean views:**

Blue waters soothe the spirit. But the wonderful lapping sound of ocean waves is what keeps visitors coming back. Let this beautiful sound of nature lull you to sleep during your stay in Rest Palm Beach.

Searching for the perfect place to stay while in Rest Palm Beach, Florida? Look no further than SleepHereReviews.com for reviews and ratings by guests who have stayed at hotels and resorts throughout Rest Palm Beach.

Travel expert, Blink N. Nod, reminds tourists to seek out hotels that provide an environment that support the best night sleep possible. A good night's sleep is yours if you follow the tips provided below.

Slumber Spa & Resort

This Hotel was right next to the beautiful Rest Palms Beach Golf & Country Club. The staff was friendly, the beds were super comfy, and the room was quiet and dark at night. I enjoyed many nights of restful sleep here!

Counting Sheep Inn

I would not recommend staying here. Our room service meal was not delivered until late and it was right before we wanted to go to sleep. The room was very warm. True to its name – we ended up counting sheep instead of sleeping most of the night.

Sleep Well Suites

After a day of exploration Around Rest Palm Beach,

our family was pleased with the accommodations here. The hot tub was clean and everyone enjoyed a warm soak before bedtime. Having the television in the outer room was perfect so our little ones could fall asleep without the noise and light distraction. We would stay here again!

Sleep Tips

- Maintain a regular sleep and wake schedule.
- Establish a regular, relaxing bedtime routine.
- Create a sleep-conducive environment.
- Use your bedroom for sleep.

Computers, televisions and cell phones are sleep distracters.

- Try to eat at least 2-3 hours prior to bedtime.
- Avoid alcohol, nicotine and caffeine prior to bedtime.
- Exercise regularly to promote restful sleep, but allow plenty of time between exercise and bedtime.



WELLNESS CHALLENGE REST PALM BEACH, FLORIDA

Get Your ZZZ's

Sleep is essential to feel our best and maintain good health. While we sleep, the body repairs muscles, organizes our memory, and releases important hormones that help regular appetite and growth. When we do not receive an adequate quality and quantity of sleep, it leaves us feeling fatigued, lacking focus, and many times, making not-so-healthy eating and exercise decisions.

While visiting Rest Palm Beach this month, the focus is on aiming to enjoy a good night's sleep most nights. To accomplish this, HealthTrip travelers are challenged to adopt one sound sleep hygiene strategy each night to promote restful sleep. The traveler may choose any strategy for any night. Following is a list of strategies to try.

- Maintain a regular sleep and wake time including the weekends.
- Establish a regular, relaxing bedtime routine which might include taking a warm bath, reading a good book, or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable, and cool.
- Use your bedroom for sleep only.
- Finish eating 2-3 hours before your regular bedtime.
- Be physically active, however, avoid exercise in the hours leading up to bedtime.
- Abstain from nicotine, alcohol and caffeine prior to bedtime.

Don't forget to download your tracking sheet here:

<https://www.weber.edu/wsuiimages/employeeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Rest%20Palm%20Beach%20Travel%20Log.pdf>