Top New Year's Resolution for 2022: A Good Night's Rest!!!
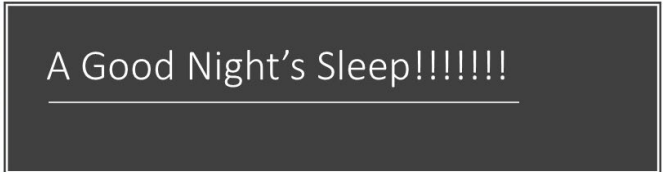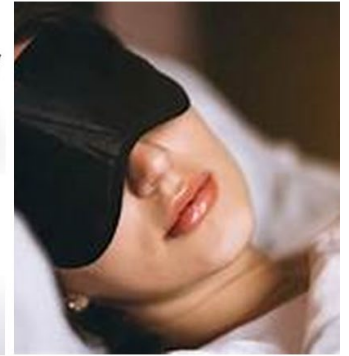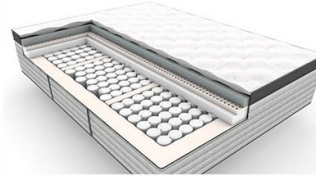
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A Good Night's Sleep!!!!!!!

It's that time of year again, when we take stock of what really matters to us, and we resolve to act on resetting our priorities. This is a great time to look at the essentials at your Resort and develop a strategy to make them better. At a recent BITAC show, I was introduced to the newest technologies design pick and the newest hot hospitality product that meets our most basic needs and is quite affordable considering the technology invested. Provide excellent vacations this year by making the resolution to do everything you can to help owners Sleep Better!

Provide a Healthy Night's Rest for your Timeshare Resort's Guest

Sleep is a cornerstone of overall health and wellbeing. Slumber is when most of the repair work is done in our bodies when our brain recharges and organizes. It is responsible for mood regulation and strengthening the immune system. Among the tips experts recommend for better sleep, here are two your Resort can support:

1. Keep the bedroom cool, quiet, and dark
2. Invest in a comfortable mattress, pillow, and bedding system

Keep It Cool

Make sure your resort management team has the HVAC systems on their radar for regular maintenance and repair. Then, keep reading to learn about the latest mattress technologies that assist with keeping the sleeper cool.

Keep It Dark

When it comes to window coverings, the best you can offer your owners is black-out shades or drapery. If you already have a window covering your love, but it does not provide black-out coverage, there is typically a way to modify what you already have in place by adding a roller shade tight to the window.

Keep it Comfortable

There is more to think about when selecting a mattress for your owners than "plush vs. firm", and even this feature has a lot of variation. Mattress technology has evolved to also aid in regulating body temperature, reducing snoring as well as providing individual support.

Mattress construction can make a big difference. The Innerspring mattress provides solid, long-lasting support, and helps body heat spread and dissipate because of the air between the springs. Memory Foam mattresses have the benefit of adaptation to the temperature, shape, and weight of the sleeper, providing customer support, sleeper, by sleeper. The Hybrid mattress combines the construction and strengths of both types into one bed with multiple layers. The decision can be overwhelming. I recommend working with a designer to help narrow in on what is best for your owners.

Advanced technology

What impressed me at the BITAC show was the newest offerings of adjustable bases that can enhance and improve the sleep of your timeshare owners and guests. Adjustable bases not only allow a personalized ergonomic sleeping position, but they also provide motor functions such as "Zero Gravity," "Massage Function," and "Anti-Snoring" …. Yet another way to Keep it Quiet! And Sleep Better!

Once you have done the homework of selecting the components of your mattress; quilt, comfort layers, support structure, edge support, and specialized base – you can create your own custom-perfect mattress with Ortho Mattress. (edmund@orthomattress.com) Not only will they provide you a custom label as well, but your resort can resell the sleep systems to owners who can then sleep like they are on vacation every night!

Author Bio: Margit Whitlock is Principal and Creative Director for Architecture and Interior Design at Architectural Concepts Inc., a San Diego, CA-based Architectural and Interior Design Firm specializing in hospitality design. Ms. Whitlock is an accomplished speaker with engagements at multiple ARDA conventions, HD Boutique show as well as being frequently published in magazines such as Developments, Resort Trades, Hotel Business, Hiatus, Vacation Industry Review and Resort Management and Operations.