

Travel:

A Better Night's Sleep

You don't have to fly across time zones to miss sleep. Stress, dehydration and separation from familiar routines can make it hard to sleep when you're traveling. Add hotel or traffic noise, and you've got the recipe for a restless night.

How can you combat what sleep researchers call transient insomnia? The National Sleep Foundation suggests avoiding alcohol and caffeine before bedtime. Also, take a short early-afternoon nap and don't exercise within three hours of going to bed. If you're sensitive to noise, ask for a room away from vending machines and elevators.

Another option is to try a hotel that caters to the sleep-deprived. Crowne Plaza's "Sleep Advantage" program features a quiet floor, drape clips, a pillowtop mattress, seven pillows, eye covers and earplugs.

The Benjamin in New York City is so confident its hotel is sleep-worthy that it has a money-back guarantee: If you don't sleep as well as you do at home, you get a refund for that night's stay. And the hotel's sleep concierge helps you choose from 12 pillow types, including memory foam and a music pillow.

JULIE MOLINE is a freelance writer, editor and editorial consultant in New York City.