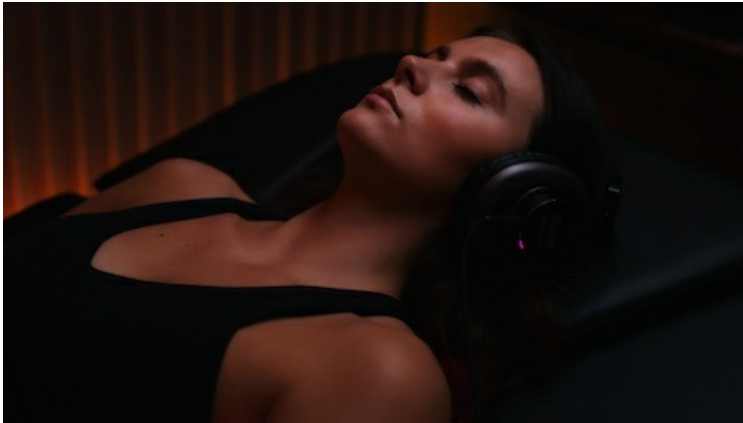


TRAVEL AND HOSPITALITY

Equinox Hotel New York hosting two-day sleep retreat this spring

May 8, 2024



Tickets to the June event cost \$2,595 and include a relaxing stay in a deluxe king room at Equinox Hotel New York. Image credit: Equinox

By LUXURY DAILY NEWS SERVICE

Equinox Hotels, the hospitality arm of luxury fitness club Equinox, is carving out a new high-performance health niche.

Next month, the company will host its first-ever Global Sleep Symposium from June 19 to 20, 2024 at Equinox Hotel New York in Hudson Yards. Focused on regenerative activities, the overnight event's itinerary features panel discussions from sleep health and performance experts, outdoor yoga, curated menus and sleep-inducing IV drip sessions, among other innovative experiences.

"As a beacon of excellence, we're thrilled to pioneer a collective forum that transcends traditional boundaries, forging new pathways in sleep tourism, health, and performance," said Chris Norton, CEO of [Equinox Hotels](#), in a statement.

Counting sheep

Guided by themes of movement, nutrition and community, Equinox seeks to "redefine the landscape of sleep tourism," a growing area of interest among luxury hospitality brands ([see story](#)).

The program will see guests interact and listen to insights from field specialists, including Dr. Matthew Walker, a professor of neuroscience at UC Berkeley and Dr. Daniel Pompa, an author and health expert, as well as British musician Tom Middleton.



Panel discussions and cutting-edge technologies characterize the two-day symposium. Image credit: Equinox

"It's fantastic to see a company like Equinox Hotels embracing and celebrating sleep, especially considering that sleep is the single most effective thing we can do each day to rest our brain and body health," said Dr. Walker, in a statement.

Tickets for the full event start at \$2,595 for a deluxe king room reservation, "sleep programming" affairs and a daily food and beverage credit. Tickets to one-off speaking engagements are \$195, and all attendance options are listed on Equinox Hotels New York's [site](#).

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