



MGALLERY THE RETREAT X NURTURE 2 SLEEP

introduces

The Sleep Retreat



RELAX, UNWIND & SLEEP



Sleep retreats

Is this program right for you?

Do you often find it difficult to fall asleep at night? Do you wake up multiple times during the night, leaving you feeling restless? And when morning comes, do you frequently wake up feeling groggy and far from refreshed?

We provide a comprehensive package that includes guidance from the Middle East's top Sleep Expert, alongside the advantages of yoga nidra and meditation, soothing treatments, wellness therapies, nutritional guidance, and low-intensity training.

All the resources you need for a well-rounded Sleep and Wellness experience are right here.

What is a Sleep Retreat and why you would choose to come on this Sleep Retreat?



PROGRAM CONTENT:

Sleep retreats typically offer a structured program that includes a combination of activities and workshops. These may cover topics such as sleep education, stress management, relaxation techniques, and healthy sleep habits.

SLEEP ASSESSMENTS:

The Sleep Retreat begin with individual assessments of participants' sleep patterns and habits. This will help you gain a better understanding of your unique sleep challenges.

HEALTHY EATING:

Nutrition is an essential component of sleep, and Sleep Retreat will provide healthy meals and snacks that support sleep quality. We will also offer guidance on mindful eating.

DIGITAL DETOX:

The Sleep Retreat encourage participants to disconnect from digital devices, such as smartphones and laptops, to minimize screen time before bedtime- and to understand why.

RELAXATION TECHNIQUES:

The participants can learn various relaxation techniques, such as progressive muscle relaxation, deep breathing exercises, or guided imagery, to reduce anxiety and promote better sleep.

SLEEP-FRIENDLY ACCOMMODATIONS:

The retreat provides comfortable and sleep-friendly accommodations, such as cozy hotel guest rooms with blackout curtains and comfortable mattresses, to optimise the sleeping environment.

EDUCATION AND SUPPORT:

This is a huge part of the Sleep Retreat- participants receive education on the science of sleep, common sleep disorders, and strategies for improving sleep. You will also have access to expert guidance and support from sleep professionals and wellness coaches.

PERSONALISED PLANS:

At this Sleep Retreat we tailor the programs to each participant's needs and goals, providing personalized recommendations for improving sleep after the retreat.

DISCONNECT AND RECONNECT:

You will have the opportunity to disconnect from the stresses and distractions of daily life while reconnecting with yourselves and your sleep needs.



Why would you need a Sleep Retreat ?

There are several reasons why someone might consider attending a sleep retreat:

CHRONIC SLEEP PROBLEMS:

Individuals who struggle with chronic sleep issues, such as insomnia, sleep apnoea, or restless leg syndrome, may seek a sleep retreat to receive expert guidance, learn effective strategies, and address the root causes of your sleep problems.

STRESS AND BURNOUT:

High levels of stress, burnout, and anxiety can significantly impact sleep quality. A sleep retreat can provide a respite from daily stressors and offer tools and techniques for managing stress, promoting relaxation, and improving sleep.

UNHEALTHY SLEEP HABITS:

Poor sleep health/hygiene, irregular sleep schedules, and bad sleep habits can contribute to sleep difficulties. A sleep retreat can help you identify and address these habits while establishing healthier routines.

QUALITY OF LIFE:

Sleep plays a vital role in overall health and well-being. Attending our Sleep Retreats to enhance your quality of life, boost energy levels, improve mood, and increase productivity by getting better sleep.

LIFESTYLE CHANGES:

Major life transitions, such as starting a family, changing countries, or changing careers, can disrupt sleep patterns. Our Sleep Retreat can provide guidance on adjusting to these life changes and maintaining healthy sleep habits.

LEARNING HEALTHY SLEEP PRACTICES:

Even if you are without significant sleep issues, you can benefit from learning about and adopting healthy sleep practices. A sleep retreat can serve as an educational and preventive experience.

DIGITAL DETOX:

Excessive screen time before bedtime and constant digital connectivity can interfere with sleep. Exploring why a digital detox can enhance the quality of your sleep and looking at the evidence to demonstrate the benefit of a detox from digital devices and establish healthier boundaries with technology.

Benefits:

Gives you some handy intel on your current sleep patterns through a complimentary two-night sleep tracker and analysis

- Enhanced Cognitive Function
- Improved Mood
- Increased Energy Levels
- Better Physical Health
- Weight Management
- Enhanced Athletic Performance
- Stress Reduction
- Improved Immune Function
- Pain Relief
- Enhanced Heart Health
- Longevity
- Improved Relationships
- Enhanced Concentration
- Reduced Risk of Accidents
- Mental Clarity
- Better Quality of Life



“When we sleep our cup is full and we can be the best versions of ourselves”

Julie Mallon, Founder of Nurture 2 Sleep

Conducted by Sleep Expert, Julie Mallon, Founder of Nurture 2 Sleep



Julie will be conducting and curating the one-of-a-kind Sleep Retreat. She is a highly-qualified professional with over 30 years of experience, previously a Nurse, Midwife, and Health Visitor (UK).

Now Qualified both as a Gentle Sleep Coach and a Sleep Consultant with the international Parenting and maternity insights (now the International Parenting and Health Institute).

Julie is the leading infant sleep expert in the UAE. Known for her regular Sleep Clinic on Dubai Eye and has been published in many regional publications.

Known as the Resident Sleep Expert; on Dubai Eye 103.8 FM, Julie takes every opportunity to discuss and promote good sleep hygiene and the benefits of a good night's sleep. As a clear authority in the field of healthy sleep practice, she is in high demand to speak at industry events. She spoke at the 2022 US Sleep Symposium in North Carolina, USA; discussed sleep deprivation and leadership at the prestigious Leadership School in Armenia, and most recently spoke at the Children's Mental Health Symposium in Dublin, Ireland.

Accommodation

2 DAY ITINERARY + 1 NIGHT STAY

27 APRIL & 28 APRIL 2024

Guests will be offered the Retreat's Deluxe Balcony Room with the Palm Jumeirah Sea View.

Carefully curated for a serene experience, each room has been furnished with state-of-the-art pieces as well as luxurious and exclusive touches. Each room is equipped with an in-room app for room service, a pillow menu and organic-certified bath products.

THINGS TO DO

- ✓ Pre-arrival consultation with a wellness coach to understand the baseline and wellness goals
- ✓ Welcome ritual of Aroma & Color therapy
- ✓ Healthy breakfast, lunch, and dinner buffet at Vibe all-day dining restaurant
- ✓ Unlimited access to the gym, sauna, steam room, jacuzzi, and cold plunge pool facilities
- ✓ Daily group yoga sessions for core strength
- ✓ 60-min Rayya personalized spa treatment
- ✓ Daily oxygen relaxation sessions

COST:

OVERNIGHT STAY (2 DAYS 1 NIGHT) - 3,000 AED
WITHOUT STAY (ROOM EXCLUDED) - 1,500 AED

GALLERY
BY
SOFITEL

THE RETREAT
PALM DUBAI



Nutrition

Rayya is an Arabic word meaning “breeze”. As refreshing and everlasting as a gentle breeze, Rayya envisions a rich legacy of wellbeing solutions that transcend time. Rayya Nutri is a part of our holistic wellness brand Rayya Wellness, with which we reimagine rejuvenation and wellbeing. Similar to our other offerings like Rayya Spa, Rayya Kids, Rayya Recreation and Rayya Fitness, through Rayya Nutri we are extending the 360-degree personal rejuvenation to nutrition.

Rayya Nutri’s uniqueness is in the exotic combination of pure ingredients blended to perfection. All products are meant to awaken the body, energize mind, fuel intentions, inspire and motivate the self, boost the energy and activate self-healing by stimulating metabolism and eliminating the stress and the toxins.

All products are handcrafted, by the MGallery the retreat’s in-house nutritional coaches, using carefully guarded recipes to invoke the balance of acidity and alkalinity to ensure gut health and overall well-being.

Through this offering, we will be offering all retreat a ‘taster’ on how the MGallery harness the healing powers of nature and deliver it to you.

Sleep and Wellness Retreat

Day 1 – Itinerary

curated by Julie Mallon, Nurture 2 Sleep

MORNING

10:00 am - Arrival at The Retreat Palm Dubai MGallery by Sofitel, leave bags with Concierge.

10:00 am – 10:30 am - Welcome refreshments featuring herbal infusions known for their sleep-enhancing properties.

10:30 am - Welcome session with Julie Mallon, who will delve into the science of sleep and its profound impact on overall well-being.

AFTERNOON

12:00 pm – 1 pm: Lunch emphasizing the relationship between nutrition and sleep, with insights from the specialist.

1:30 pm - Seminar hosted by Julie Mallon on the science of sleep, sleep cycles, and evidence-based strategies for improving sleep quality

2:30 pm - Group session on all things sleep including supplements, exploring those supported by scientific research to enhance sleep and overall health.

3:00 pm - Check-in at the luxurious retreat.

3:00 pm – 6:00 pm: Sleep Retreat Spa Menu

- 20 minutes Oxygen Relaxation session to promote relaxation and well-being.
- 20 minutes Color Therapy Treatment to enhance your emotional well-being and relaxation.
- Enjoy a 1-hour Sleep Ritual Massage designed to relax and prepare your body for a night of rejuvenating sleep.
- 30 minutes Indulge in the soothing and rejuvenating Eye Sleep Ritual, a treatment designed to reduce eye strain and promote restful sleep.

EVENING

6:00 pm - How our food choices can result in the best or worst night's sleep with Nutritional and Lifestyle Expert Hala El-Shafie, Consultant Dietician, Sage Clinic and Julie Mallon.

7:00 pm - A guided meditation session aimed at enhancing mindfulness and promoting restful sleep. Sleep Science, Supplements, and Lifestyle

7:30 pm - Culinary experience with a menu designed to promote sleep and well-being, prepared by the hotel's chef with guidance from the sleep specialist.

Sleep and Wellness Retreat

Day 2 – Itinerary

curated by Julie Mallon, Nurture 2 Sleep

MORNING

7:00 am: Sunrise yoga with Julie Mallon and expert yoga instructor

8:00 am – 9:30 am: Begin your day with a wholesome breakfast focusing on foods that aid sleep and well-being.

10:00 am – 11:00 am: Seminar led by the sleep specialist on Practical strategies to take away with you - explore the critical role of sleep in physical and mental health

11:00 am – 12:30 pm: Sleep Retreat Spa Menu

- 20 minutes Oxygen Relaxation session to promote relaxation and well-being.
- 20 minutes Color Therapy Treatment to enhance your emotional well-being and relaxation.
- Enjoy a 1-hour Sleep Ritual Massage designed to relax and prepare your body for a night of rejuvenating sleep.
- 20 minutes Indulge in the soothing and rejuvenating Eye Sleep Ritual, a treatment designed to reduce eye strain and promote restful sleep.

AFTERNOON

12:00 pm – Remove bags / check out from room

12:30 pm - Lunch emphasizing the relationship between nutrition and sleep, with insights from the specialist.

2:00 pm – Concluding the Sleep Retreat, with tools and knowledge whilst leaving with a positive perspective on your sleep and overall wellbeing.

2:30 pm - 3:00 pm - Nurture Sleep Centre: Q&A session with the sleep specialist to address individual sleep challenges and well-being concerns

Departure with Sleep Wisdom:

Receive a sleep wisdom toolkit curated by Julie Mallon, containing resources, research-backed insights, and personalized recommendations for optimizing sleep and overall well-being.

Depart from the retreat, armed with a wealth of knowledge and tools to prioritize sleep and enhance your overall sense of well-being in your daily life.

This 2-day retreat itinerary places a strong emphasis on sleep and well-being, featuring evidence-based seminars and insights from the highly qualified sleep specialist.

You'll gain a deeper understanding of the science of sleep, discover evidence-backed strategies for better sleep and well-being, explore the role of supplements, nutrition, and lifestyle choices, and depart with valuable sleep wisdom to improve your overall quality of life.

