

Slumber Well Menu “To Promote Rest and Recovery” for the Business Travellers – A Study

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ABSTRACT

Adequate sleep has become a new luxury. A sound sleep is the ideal deciding feature for a clientele revisit to the hotel. Health spa, heavenly bed, light music, linen sleepwear and food menu are excellent embellishments. Though, it all drops downward to the bed for a good quality sleep. Consumption the precise dishes can comprise an impressive effect on the value of guest sleep, and eventually boosting customers well-being. Sleep well menu are complete to capacity with amino acids, vitamins and minerals that encourage relax and healing. Eat smart and sleep well with our curate selection of slumber-enhancing special foods, available in hotel. Getting a first-class night time’s sleep is a key part of a healthy lifestyle, and can advantage person heart, weight, mind, and more. The result of this study recommended that the Luxury Hotels are formulating cognizant effort to offer signature menu with quality slumber experience to their guests to prolong in the present day’s competitive market. Restful sleep is the key to rejuvenation.

Key words: Well-being, Embellishment, Rejuvenation, Menu.

1. INTRODUCTION

“Sleep that knits up the raveled sleeve of care ,balm of hurt minds, great nature’s second course, chief nourished in life’s feast”- In Macbeth, William Shakespeare, 1606. The hotels in India have woken up to the fact that sound sleep for the guest is an important aspect during his stay in the hotel. A study by Philips notes that modern lifestyles have made Indians sleep-deprived. A sleep insufficiency is known to negatively impact workplace productivity, quality of life and severely compromise overall health. And now to cater to this set of well-heeled clientele, most of who often enjoy eating in high-end restaurants after work hours, are exotic gourmet four-course options that brim with ingredients rich in vitamin B6, magnesium, potassium, carbohydrates, melatonin, serotonin and tryptophan. All of these elements are known for inducing sleep, relaxing the nerves, weeding off stress, relaxing muscles and enhancing satisfaction and tranquility. The innovative ways that five-star hotels in India are employing to give jet-lagged business travellers a good night's sleep proves just that. Turndown services in hotel rooms’ today talk in-room guided meditation, foot reflexology session, sleep food menus, aromatherapy pillows and steam shower facilities.

2. SOME ESSENTIAL COMPONENTS FOR SOUND SLEEP, G.P. MOSS, TRYPTOPHAN CATABOLISM, 2008

➤ **TRYPTOPHAN**

Boosts serotonin production and promotes sleepiness.

➤ **MAGNESIUM AND POTASSIUM**

Help relax blood vessels, muscles, and nerves, promoting sleep and preventing insomnia.

➤ **MELATONIN**

Resets your sleep wake cycles, combating jetlag and improving sleep quality.

➤ **FOLATE**

Helps you fight fatigue during the day and sleep soundly at night.

➤ **THIAMINE**

Regulates the body's enzymatic reactions, helping improve sleep patterns.

➤ **SEROTONIN**

Promotes relaxation and induces sleepiness.

3. OBJECTIVE OF THE STUDY

- To study the new trends in the gastronomy.
- To provide guests with a worry – free and uninterrupted night of sleep.
- To enhance the quality of sleep on consumption from the sleep menu.
- To facilitate easy relaxation and remove all kind of troubles from mind and body.

4. REVIEW OF LITERATURE

David Stern, Managing partner, SuperFoodsRx.Hotelier magazine, March 2016, “Essential elements like tryptophan, magnesium, potassium, folate, serotonin and thiamin work together to prevent insomnia and reset sleep cycles, giving guests the chance to feel refreshed and energized in the morning.”

Westin' s Brian Povinelli, Global brand leader, Bedtimes magazine, April 2016,“From our Heavenly Bed to the addition of our Sleep Well Menu, Westin knows nothing restores your mind

and body like restful sleep. Our winning approach to well-being continues to resonate with guests and local communities around the world, who aim to leave our hotels feeling better than when they arrived.”

Manjit Gill, Corporate Chef, ITC Hotels, DNA India magazine, 2017,

“A collaborative effort between scientists at the ITC Life Sciences Research Centre and the culinary team at ITC Hotels provided insights on how consumption of certain foods have a positive impact on the quality of sleep. Our study over the last few months shows enhancement in the quality of Sleep on consumption from the 'Sleep' menu. The menu follows a holistic wellness approach amalgamating the knowledge available within traditional Indian culinary sciences, thus bringing to the fore indigenous ingredients such as gulkand and popped lotus seeds, among others.”

SAYS FOOD CONNOISSEUR MONICA SHARMA, DAILY NEWS AND ANALYSIS MAGAZINE, 2017

“Special curated F&B menus designed to enhance the quality of sleep are one of the latest trends in the food world. These are mainly popular during dinner (but obvious). It’s not that consuming these foods makes you fall asleep instantly at the dinner table. These foods gradually work their magic on the body and the mind, removing all kinds of troubles and tensions and facilitating easy relaxation and quality sleep.”

SLUMBER MENU AND FEATURES

Beverages, salads, mains and desserts rich in almonds, walnuts, milk, bananas, oats, cherries, berries, salmon and turkey are gracing menus, enticing super-busy professionals to relax, enjoy and prepare for a night of sound sleep.

SPECIAL MENU INCLUDES

- **Egg white omelette stuffed with magnesium rich Asparagus-** which helps ease the body into relaxation.
- **Pan Fried Atlantic Salmon -** that is succulent sea of sleep, as it is rich in tryptophan and vitamin in B6. At this point , we are definitely feeling lighter than expected at the end of a generous portion of salmon.
- **Phirni -** The calcium from the milk and the berries , rich with vitamin B6 . “ Promise to ward off your insomnia and put you in a peaceful taste,”
- **Herbal Tea -** on the menu, I order an array to try. These teas feature a proprietary blend of aromatic herbs designed to promote relaxation and restful sleep.
- **Oatmeal Tabouleh-** which contains natural melatonin is a good item to curb hunger while helping you get some rest after travelling.

- **Turkey Avocado Wrap** - using a whole wheat wrap to envelope turkey, edamame spread, avocado, oven roasted tomato, artichoke and arugula. The tryptophan in the turkey boosts serotonin production which promotes relaxation and induces sleepiness.
- **Seared Wild Salmon** - served with a warm three bean salad of chickpea, black beans, and edamame. Salmon, edamame and black beans are high in magnesium, which helps promote sleep and prevents insomnia. Chickpeas are high in folate which is needed to fight fatigue during the day so you may sleep soundly at night.
- **Chicken supreme** - it turns out that the mashed potatoes and the light rabri in the rasamalai both comprise tryptophan, a complement that induces sleep. Other calming components we recognize on the menu include potassium (found in bananas), magnesium (found in asparagus) and Vitamin B6 (found in potatoes).

5. RESEARCH METHODOLOGY

DATA COLLECTION

The data required for the study was accumulated using the following techniques:-

The researcher collected the data from the Chef, Managerial and Associates levels in the hotels. The data was also collected from the guests to understand the responsiveness about the idea of sound sleep experience. The secondary data was collected from the articles published in the hospitality journals, books and internet.

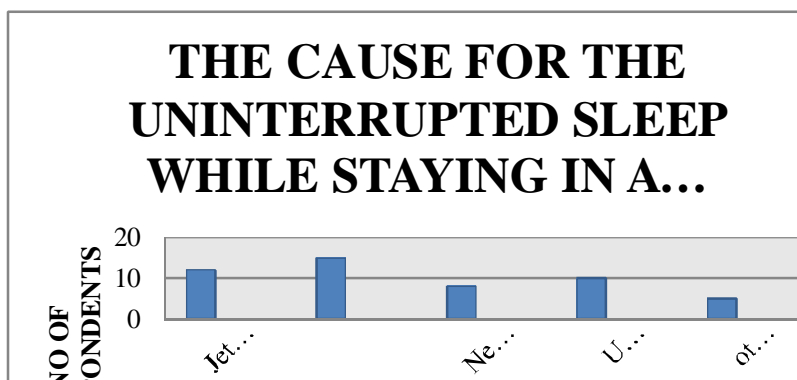
SAMPLING TECHNIQUES

The studies have done for two Luxury Hotels in the city of Chennai by unsystematic sampling technique. The investigation range was Fifty which included Twenty Chefs, Managerial and Associates level employees and thirty samples from hotel guests.

6. RESULTS AND DISCUSSION

The primary data collected through the questionnaire was analyzed by percentage method and the representation was done in graphical form. The data was analyzed as per the responses obtained from the respondents and interpreted to draw the following conclusions.

The results obtained from the data collected through the hotel guests are as follows-



Based on the study samples collected from Luxury hotels customers.

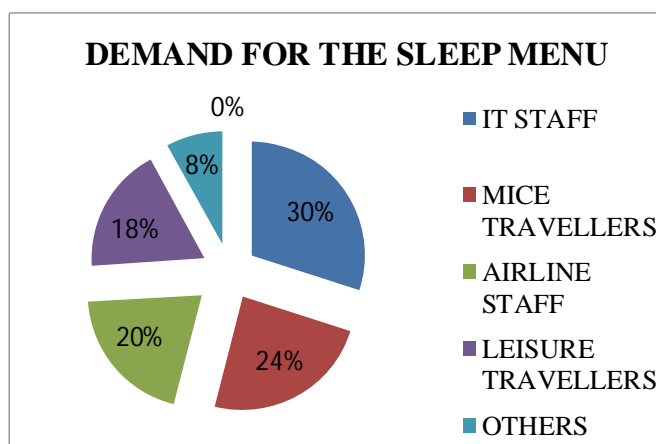


FIG NO 1

The results achieved from the data collected through the guest feed back after the meal familiarity in the hotel.

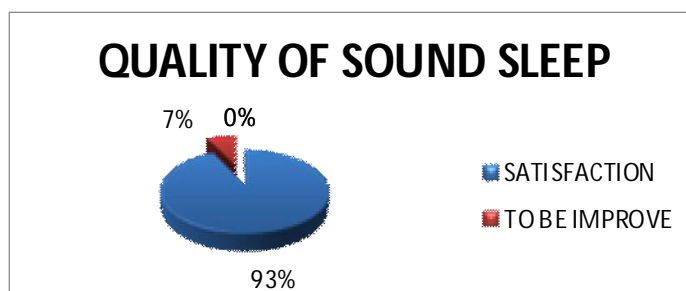


FIG NO 2

7. CONCLUSIONS

The result of the study can be concluded as follows

The Sleep menu is a signature in room dining offering of dishes designed to support our sleep well pillar. The five star hotels in Chennai are making conscious efforts to provide a curative selection of sleep enhancing super foods to their guests to sustain in the competitive market. From the above data it is understood that most of the respondents' sleep gets unnatural because of the new time zone, uncomfortable menu, jet lag, stress and noisy rooms etc. Unique services correlated to the quality sleep experience such as sleep induced menu, heavenly bed, eye mask, aromatic oil, ear plugs, soothing music, linen wears, foot massages are availed by the guest during their stay in the hotels.

8. SUGGESTIONS AND RECOMMENDATIONS

- Regular feedbacks interrelated to the sound sleep amenities offered to the guest should be taken by the Management to realize the efficiency of the services.
- The Management should keep an update of the future trends in the hospitality sector and put into practice those accordingly.

9. LIMITATION OF THE STUDY

The Researcher result accomplished from luxury hotels in Chennai only.

10. REFERENCES

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