



Sleep well from

anywhere

How to get a great
night's sleep, no matter
where you are.

Premier Inn 
Rest easy

The importance of sleep

Sleep is good for you. It's good for your body and brain, your heart, and your head.

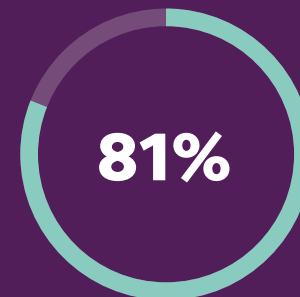
Indeed, a really good rest comes with a wide range of physical and mental health benefits: from [helping with blood pressure](#) to maintaining a healthy immune system and boosting your happiness levels.

And sleep isn't just good for your health. [As it aids productivity](#), concentration, creativity, [decision-making](#), and problem-solving skills, sleep is good for business too. In fact, when it comes to work performance, rest isn't just important. It's essential.

But it turns out lots of us aren't sleeping enough. A whopping [81%](#) of UK workers feel like they don't sleep enough, with [only a third](#) of us getting the right amount of rest. In fact, UK workers usually sleep just [six hours and 20 minutes](#) before they go to work – well below the recommended minimum of seven hours.

You've probably been there. Maybe you've got small children and have to wake up in the middle of the night. Maybe you work shifts and struggle to rest around an irregular schedule. Maybe you've got 101 things on your to-do list and just find it hard to switch off. Before you know it, it's all-too easy to deprioritise sleep.

But how can we, as a nation, put sleep back on the agenda? While there is no one-size-fits-all solution, this brief guide examines the link between sleep and work, sharing the latest thoughts in sleep science.



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01

Why prioritise sleep?

Sleep recharges the body and mind.

Good work and good sleep go hand in hand. After all, you need to be well-rested to make decisions, juggle tasks, problem solve, manage relationships, and deal with stressful situations.

Of course, it's sometimes hard to get your ideal amount of sleep. Excessive workloads can contribute to stress, which can have a knock-on effect on rest. And changes in routine – such as travelling for work – can disrupt your internal clock and make it harder to switch off.

But that doesn't mean we shouldn't try. Amazingly, 200,000 working days are lost in the UK each year as a result of insufficient sleep. If we take rest and relaxation seriously, businesses across the country will soon reap the rewards.



Did you know?

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At Premier Inn, sleep is our obsession. That's why we teamed up with leading sleep scientist Hannah Shore and Silentnight to create our most restful rooms. Now our hotel rooms feature the Premier Inn Bed, alongside our super-comfy bedding and sleep-optimised Baylis & Harding toiletries.

On top of this, we have everything employees need for a stress-free and productive stay: free Wi-Fi in every hotel, workspaces in every room, and amazing breakfast buffets to boot. With 800+ hotels in towns, travel hubs, and city centres – there's no need to worry about logistics. Wherever work takes you, we're there.



02

Five ways to sleep well

Tips for a great night's sleep.

Everyone is different. What works for one person might not work for every person – after all, there’s no secret formula to getting a great night’s sleep. That said, there are some general rules and pearls of wisdom to bear in mind. For example, if you want to head off into the land of nod, it’s best to stay aware of the following:

1

Comfort is king

When it comes to sleeping well, the quality of your bed and bedding matters. Indeed, new mattresses have been shown to improve sleep quality by up to 60%, with the right ones also reducing common aches such as back pain, shoulder pain, and back stiffness. What’s more, new bedding has been shown to enhance sleep too. Indeed, the right bedding will be cosy yet breathable and help regulate your body temperature throughout the night.

2

Get peaceful

Spend time ensuring your bedroom is peaceful, dark, and not too hot. Premier Inn rooms come with blackout curtains, which can really help – especially in the summer months. Why not invest in sleep in your bedroom at home too? On top of this, it’s best to turn your phone on silent or “do not disturb.” Better yet, place it face-down away from your bedside. While it might be tempting to respond to that work email now, you’ll be more clear-headed in the morning.





3

Maintain a sleep schedule

People with irregular sleep patterns sleep worse. For this reason, try to go to bed and wake up at roughly the same time every day – even when you’re travelling for work. You don’t have to time it to the second but keeping to a rough routine helps keep your sleep cycles on track.

4

Watch your caffeine intake

As obvious as it sounds, it’s best to avoid caffeine too soon before bedtime. Caffeine is a stimulant and consuming it even six hours before bed will significantly worsen your quality of sleep. Choose decaf, herbal tea, or another caffeine-free beverage instead. Proper coffee is great for kickstarting the day – but put the mug down when it’s time to wind down.

5

Take a warm bath or shower

Ever find it takes ages to fall asleep? Studies show that a warm bath or shower can improve overall sleep quality by helping people fall asleep faster. Try a hot bath or shower 90 minutes before bed, or even just bathing your feet. Not only will the hot water soothe your muscles and improve blood flow, but it will help you relax too. When staying with us, you can make use of our new sleep-optimised range of scented soaps. Infused with white tea and neroli, or lavender and bergamot, these Baylis & Harding toiletries are designed with rest and relaxation in mind.

Sleep well, work well

What's not to like about sleep?
People who get enough sleep
are happier and healthier.

Given that personal wellbeing feeds into work performance, it's no wonder well-rested employees are more productive than their sleepy counterparts. Indeed, productive workdays are built on the back of good sleep.

At Premier Inn, we love helping businesses put sleep first. With 800+ conveniently located hotels, and restful rooms up and down the country, your team can sleep well wherever they are.



**Book your next work trip
with Business Booker for
a guaranteed 5% and up to
15% off Business Flex rates.***

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