

Wake up
to the advantage of a
great night's sleep.



Sleep Advantage™ is a unique programme which includes upgraded bedding and a range of complimentary extras. Working with Dr Chris Idzikowski, founder and former chairman of the British Sleep Society, we have created a sleeping environment designed to give you a real advantage when you rise to face the new day.

Pleasant Dreams.

Upgraded bedding and superior comfort for a great night's sleep



With a softer duvet, silkier sheets, soothing pillows and a generous mattress topper, your Sleep Advantage bed promises a truly refreshing night's sleep.

- Luxuriously soft bedding with 100% cotton sheets
- Brand new plump, soft pillows
- Luxurious body-hugging duvet
- Deeply indulgent mattress topper

A clear head tonight means a clear head tomorrow



'This Works', the award winning aromatherapy bath, body and skincare line created by Kathy Phillips, uses essential oils to benefit your health and well-being. Exclusive to Crowne Plaza, Kathy has selected two products made with 100% pure essential oils, to help you recover from the day and improve your sleep experience.

- Breathe in – with Frankincense from Somalia and Eucalyptus from Spain, helps clear the head and counters physical and mental fatigue
- Deep Calm – a deeply soothing fusion of Vetivert, French Lavender and Camomile to help you relax, unwind and sleep well

Sleep Services



Sshh... you're in a Quiet Zone

Waking up revitalised is all about sleeping undisturbed. Contact reception for details about our designated Quiet Zone where we will take exceptional care to ensure you enjoy a peaceful night.

- From Sunday through Thursday nights, there will be no room attendant, housekeeping or engineering activities carried out from 9.00pm to 10.00am unless requested by a guest
- Your neighbours will be asked to respect the quiet zone

A guaranteed wake up call – or your room is free

Because we believe your sleep at Crowne Plaza will be so relaxing, you may need a little extra help waking up. That's why we guarantee to call you within 5 minutes of your requested wake up time – or your room is free (Refund of room rate and applicable taxes for the affected night's stay).

Free your mind and the rest will follow

To get the very best from your sleep, the sleep specialist Dr Chris Idzikowski has created a series of podcasts on the Crowne Plaza website which you can download and listen to in your room.