

# INDUSTRY WEEKLY DIGEST

YOUR WEEKLY DIGEST OF CONTEMPORARY INDUSTRY TRENDS

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## MITIGATING JETLAG

**The Impact of Hotel  
Facilities on Travelers**

The impact of hotel facilities on travellers' experience of jetlag is worthwhile a research effort as it could offer not only commercial advantages for the hotel operator but strategies to alleviate jetlag impact and effects on travellers.

In this digest, [Marco Ciraulo](#) delves into the significance of lighting, room design, amenities, and services within hotels and their influence on jetlag. Additionally, it touches on some recommendations for hotels to better accommodate and support travellers' circadian rhythms.

Have a great weekend!



## MITIGATING JETLAG: THE IMPACT OF HOTEL FACILITIES ON TRAVELERS

**Marco Ciraulo**

Jetlag, a consequence of swift time zone shifts, remains a common challenge for global travellers. While the root causes of jetlag are well-established, the role of hotel facilities in amplifying or alleviating this issue is a matter deserving our attention. This Digest explores the impact of hotel features encompassing lighting, room design, amenities, and services, and provides strategies for enhancing travellers' circadian adaptation.

Lighting stands as a fundamental component of hotel infrastructure. Circadian lighting systems, characterised by their dynamic light levels and colour temperatures, have been empirically proven to assist travellers in acclimating to new time zones. These systems support the synchronization of circadian rhythms, augmenting alertness during daylight hours while promoting restful sleep at night.

Room design plays a pivotal role in the jetlag experience of travellers. Notable features such as blackout curtains, soundproofing, and premium bedding contribute to improved sleep quality, thereby facilitating more effective jetlag recovery. Moreover, thoughtfully designed room layouts enhance travellers' comfort and relaxation.

Hotel amenities, encompassing wellness facilities such as gyms, spas, and relaxation areas, provide travellers with avenues for relaxation and rejuvenation, effectively contributing to jetlag mitigation. These amenities offer opportunities for both physical and mental well-being, enabling travellers to unwind and adapt to new time zones more effectively.

A well-informed concierge team can guide guests in adapting to new time zones, recommend suitable local activities, and offer advice on managing jetlag. Efficient transportation services, including airport shuttles, assist travellers in minimizing travel-related stress and ensure smoother transitions. Furthermore, services such as sleep assistance, which may include relaxation exercises, soothing music, and aromatherapy, can play a role in achieving restful sleep, thereby aiding in jetlag relief.

Services provided by hotels are of importance but equally, travellers need to take responsibility too. Avoid using mobile phones before going to bed, avoid eating difficult to digest meals and consuming excess alcohol do not help with getting a good night's sleep either.

In summary, hotel facilities and services have a profound impact on travellers' experiences of jetlag. If your business is interested in participating in the University of Surrey's sleep research project, please don't hesitate to contact me. The school of Hospitality at the University of Surrey is initiating this project, and your involvement is welcomed. Contact me at [Marco.Ciraulo@Surrey.ac.uk](mailto:Marco.Ciraulo@Surrey.ac.uk)

*Roenneberg, Till ; Allebrandt, Karla V. ; Merrow, Martha ; Vetter, Céline, Social jetlag quantifies the discrepancy that often arises between circadian and social clocks, which results in chronic sleep loss, 1995*



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