

HOW TO BEGIN YOUR **stay well™** experience

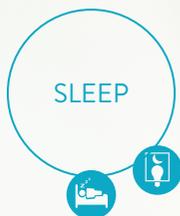
AT CHARLOTTE MARRIOTT CITY CENTER



When you walked into your room, did you notice the quality of the air around you? The state-of-the-art **Air Purification** system reduces allergens, toxins and other microbes invisible to the human eye. Enjoy the relaxing, mood-enhancing **Aromatherapy** as you make yourself at home.



The **Circadian Lighting** in your room is engineered to emulate the color of natural outdoor light, which will help enhance your sleep quality, energy levels and productivity. You can personalize your room light environment by adjusting the settings on the **Mood Box** from Energize to Relax to Play.



For a night of deep sleep, settle into the natural memory foam of your **Stay Well Mattress**, which will support your back and provide optimal comfort. **Night Lighting** in the bathroom allows you to safely navigate at night while minimizing sleep disruption.



Inspired by nature's sunrise, the **Dawn Simulator** will wake you gradually and gently. Before you step into the bathroom, activate the **Energizing Light**, which will assist in resetting your sleep and wake cycle. Start your day with the **Stay Well Shower Infuser**, and emerge with softer, smoother skin and hair.

HOW TO USE YOUR air purification

- 1 UPON ENTERING THE ROOM**
To receive a burst of fresh air, manually adjust the unit's speed. The green indicator lights on the control panel will show which level you are on as you press the button. Simply stop on your desired speed (silent up to turbo)
- 2 AT NIGHT**
In the evening, press the Mode button on the unit or remote to select Auto Mode. This ensures the unit will automatically react to any changes in air quality, but also provides for an Automated Sleep Mode allowing the unit to run silently when you turn out the lights.

HOW TO USE YOUR dawn simulation

- 1 SET YOUR WAKE-UP PROFILE**
Press the alarm button to switch the alarm on/off. Switch on the alarm and adjust the alarm time by holding down the +/- symbols.
- 2 SWITCH THE LIGHT ON AND OFF**
Press the lamp button to switch the alarm on/off. You can adjust the light intensity by pressing the +/- symbols.
- 3 SNOOZE**
To snooze, tap on the top of the Light. The lamp stays on, but the alarm sound stops and will play again after 9 minutes.

HOW TO PERSONALIZE YOUR light environment

During your stay, use the Mood Box to personalize the lighting in your room. Your room lighting is automatically set to the Circadian setting, but you can select three other settings to change the mood and ambience.



CIRCADIAN

The lighting in your room is automatically set to the Circadian setting. This dynamic setting provides an energizing effect during the day and minimizes hormonal disruption caused by other lights in the evening.

ENERGIZE

Need a morning energy boost? This setting produces a bright, white light with a strong blue component designed to suppress melatonin, a hormone that regulates sleep.

RELAX

After a long day, relaxation can be achieved with one touch. Tap Relax and prepare to unwind. This setting produces a soft, amber light designed for minimal melatonin suppression and is ideal for times of relaxation.

PLAY

This dynamic setting gently cycles between a range of colorful hues from magentas to pastel pinks.



EXPERIENCE STAY WELL™ AT CHARLOTTE MARRIOTT CITY CENTER

The Stay Well experience is a holistic and revolutionary solution that aims to optimize your physical and emotional well-being when traveling. This guide walks you through the room's features and programming to help enrich your stay.

YOUR WELLNESS JOURNEY STARTS HERE



BRING WELLNESS HOME

THE END OF YOUR TIME IN A STAY WELL ROOM DOESN'T MEAN THE END OF YOUR WELLNESS EXPERIENCE



CLEVELAND CLINIC WELLNESS

Enjoy complimentary access to online programs for sleep, stress and nutrition. Visit staywellrooms.com/clevelandclinic to get started.

STAY WELL™ MOBILE APP

Visit the Apple App Store or Google Play to download the [Stay Well Charlotte Marriott City Center App](#). The App also includes a tour of the room's features and programs, the innovative Jet Lag Tool, tips from Cleveland Clinic Wellness and much more.



SOCIAL MEDIA

Snap a photo of your Stay Well Room or favorite feature and #staywellrooms. We'll be sure to share it!

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FOR MORE INFORMATION ON STAY WELL VISIT:
staywellrooms.com | staywellshop.com | delos.com

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