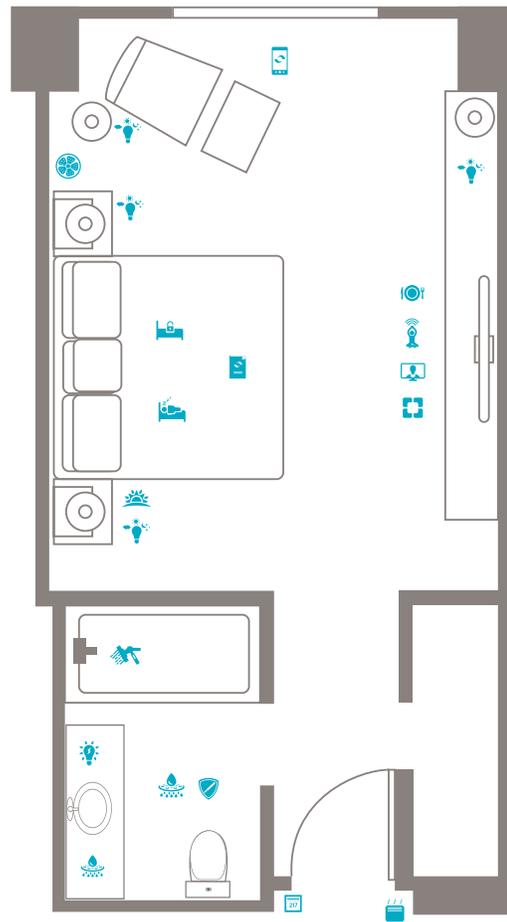




**MARRIOTT**  
**TAMPA WATER STREET**  
**STAY WELL™**

## STAY WELL FEATURES

-  **Air Purification**  
Reduces allergens, toxins, and microbes from the air
-  **Aromatherapy**  
Use of scent creates a relaxing, mood-enhancing environment
-  **Circadian Lighting**  
Personalize the room light environment
-  **Cleaning Protocol**  
Use of hypoallergenic products and state of the art UV wand cleaning tool, which neutralizes bacteria, viruses and other microbes
-  **Cleveland Clinic Wellness**  
Access to online programs for sleep, stress and nutrition
-  **Dawn Simulation**  
Gently awakens with gradually increasing levels of light and sound
-  **Deepak Chopra Welcome**  
Deepak Chopra, a world-renowned integrative medicine and wellness pioneer, provides a welcome message, lending wisdom and insight to the features of the Stay Well experience
-  **Designated Signage**  
Signage indicates presence of Stay Well features and programs
-  **Energizing Light**  
Bright white light suppresses melatonin and can help regulate circadian rhythm and reduce jet lag
-  **Guided Meditation**  
Meditation narrated by Deepak Chopra encourages guests to relax and rejuvenate.



-  **In-Room Program Guide**  
Provides highlights of the features, programs and benefits of the room
-  **Night Lighting**  
Subtle lighting provides illumination for safe nighttime navigation while minimizing sleep disruption
-  **Stay Well Mattress**  
Natural memory foam derived from plant extracts provides support and optimal comfort
-  **Stay Well Mattress Encasement**  
Encasement helps maintain a more hygienic sleep environment, in conjunction with regular cleaning strategies
-  **Stay Well™ Mobile App**  
Interactive app highlighting in-room features, Jet Lag Tool and Cleveland Clinic Wellness programs
-  **Stay Well Shower Infuser**  
Reduces chlorine to help skin and hair stay soft and smooth
-  **Water Purification**  
Filtration system that provides higher quality water

\*Actual room type and placement of features may vary.



# Cleveland Clinic Wellness

Enjoy complimentary access to Cleveland Clinic's online programs for sleep, stress and nutrition.

**GO! TO SLEEP** is an interactive online program designed by specialists in Cleveland Clinic's Wellness Institute and Sleep Disorders Center to help participants improve their sleep.

**STRESS FREE NOW** is a clinically-based, six-week online program based on mindfulness practice, that contains the tools you need to reduce stress and improve your well-being.

**GO!WELL** is an expert-guided online program based on the principles of the Mediterranean diet. In eight weeks, you'll learn how to change your life by changing what and how you eat.

Visit [staywellrooms.com/clevelandclinic](https://staywellrooms.com/clevelandclinic) to get started

## DEEPAK CHOPRA PROGRAMMING

World-renowned integrative medicine and wellness pioneer, Deepak Chopra, M.D. narrates a series of videos on making the most out of the Stay Well experience. Explore your room features with the "Deepak Chopra Welcome" and "How to Stay Well" videos. Wake up with Deepak Chopra's "Morning Meditation" and before settling in for the night, enjoy the "How to Sleep Well" video, providing tips for restful, rejuvenating sleep.

