

Journeys at tulåh



Sleep & Calm

About this journey:

Sleep & Calm at tulåh restores the body's natural rhythm of rest and renewal. Disrupted sleep and chronic stress often signal deeper systemic imbalances, disturbing hormonal cycles, inflaming the nervous system, and depleting resilience. Through precise diagnostics and nurturing therapies, this journey recalibrates the circadian rhythm, soothes the mind, and restores the body's capacity to repair. You awaken rested, centered and deeply restored.

Approach

Diagnostics: Sleep study (polysomnography), HRV monitoring, and circadian analysis reveal patterns of stress, hormonal imbalance, and nervous-system disruption.

Personalised Nutrition: Tryptophan-rich, anti-inflammatory meals and timed eating aligned with tulåh's rhythm stabilizes blood sugar, supports neurochemistry and reinforces circadian flow.

Ayurvedic Therapies: Balancing Vata and Pitta through oil therapies such as Shirodhara or Thalapothichil calms the mind, reduces inflammation and prepares the body for restorative sleep.

Traditional Chinese Medicine: Acupuncture and meridian-based therapies harmonize Yin and Yang, regulate Qi, and calm Shen—the mind–spirit connection—easing anxiety and promoting deep, regenerative rest.

Functional Medicine Rebalancing: Corrects micronutrient deficiencies, adrenal strain and gut dysbiosis to rebalance cortisol, melatonin and insulin signaling, while reducing inflammatory stress.

Mind–Body Restoration: Breathwork, sound meditation and gentle movement regulate the autonomic nervous system, enhancing parasympathetic recovery and emotional calm.

Circadian Realignment: Light therapy, timed activity and daily rhythms aligned with tulāh’s Dinacharya principles recalibrate the body’s internal clock, stabilizing hormones, energy, and sleep–wake balance.

Psychology & Vedanta: Guided therapeutic sessions release mental tension, reframe thought patterns and rebuild emotional resilience. Through Vedanta-inspired awareness, guests learn to quiet the mind and cultivate inner still-

Outcome

Sleep deepens, energy steadies and the mind quiets as the nervous system regains balance. You leave with a Personalised Lifestyle Plan, your breath protocol, wind-down sequence, meal & light rhythm and travel routine, empowering you to sustain rest and resilience. Where needed, follow-up guidance and referrals ensure continued support for long-term sleep and nervous-system health.

This journey serves those who:

- Struggle with insomnia, night awakenings, fragmented or unrefreshing sleep
- Find it hard to unwind, often feeling anxious, overstimulated, or drained by stress
- Live with hormonal transitions, irregular schedules, or frequent travel disrupting circadian rhythm
- Face sleep concerns such as snoring, sleep apnoea, or restless legs
- Depend on sleep aids yet seek a natural, evidence-based path to deep rest and calmer days

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
Sleep Study	Yes	Yes	Yes	Yes
Expert Consultations (30-45 min each)	9x	11x	≥12x	≥15x
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
Individual Treatments/Sessions	28x	42x	42x	63x
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	9x	12x	12x	16x
Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)			6x	10x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	5x	9x	10x	16x

*- Diagnostic Package details on page 14 - 16

** - Initial consultation as part of the assessment, further consultations part of the daily sessions

*** - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On