

ANYONE else feel a bit Silent Witness laid out on the massage slab? Here I am, face up and mostly naked, while Tod, the Bulgarian masseur, envelops me in a heavy, black, heated sauna blanket.

This is the first step on my journey towards a perfect night's sleep, courtesy of the Singaporean Pan Pacific hotel's Sensory Sleep programme in London.

Bafflingly, he adds two Tibetan singing bowls, one on my tummy, the other on my chest. I lie in the dark while he rings the bowls randomly and I feel a faint shiver through the hot gloom.

Then it's time to flip over and Tod proves his credentials with one of the best full-body massages I've ever had. Afterwards, I swim in the gorgeous Infinity pool that overlooks

DRIFT OFF AT THIS LONDON SLEEP RETREAT OF DREAMS

St Botolph's church before dining in the Straits Kitchen where the menu is as eclectic as Singaporean culture.

Then it's time for bed and the main event — to experiment with the Ooler Sleep System.

The device consists of two units, one on each side of the bed, and a Chill Cool Mesh Pad that claims to control your body's temperature using tubes of water running through it. They can be heated or cooled. It's easy to change the temperature from 13c to

46c. I set it fairly low and snuggle under the weighted blanket. In the morning, my Fitbit confirms a far better uninterrupted night's sleep than is normal for me and I leave the hotel with a spring in my step.

JOSA KEYES

TRAVEL FACTS

THE Sensory Sleep package costs from £645 per night (panpacific.com)



Relaxed: Josa tries Ooler system