



CALEDONIAN
SLEEPER

Accommodation Guide

sleeper.scot

Caledonian Sleeper welcomes you on board our new trains for the journey of a night time

Welcome to Caledonian Sleeper and the start of a magical new era in rail travel. Our new trains are unlike anything that has come before, so please take a few minutes to read our safety procedures and this accommodation guide.

You'll learn more about the facilities on board and discover more about our stunning rooms.

Please speak to your host if you have any questions. We also welcome your feedback. If you have any

comments, please fill in our feedback form and hand to a member of staff at any point in your journey.

You are also welcome to get in touch via our website, **Sleeper.scot**, or by emailing **enquiry@sleeper.scot**

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Our rooms

Each of our rooms capture the essence of Caledonian Sleeper, with handcrafted mattresses and complimentary Scottish toiletries.

- At the foot of your bed you will find two plugs and two USB ports, designed for charging your mobile devices. There is an additional USB port above each single bed and two additional USB ports above each double bed
- There are three charging cradles in each room, designed to be used to hold your mobile devices while charging. Please do not use the charging ports for any other devices i.e. hairdryers and straighteners
- The lever at the base of the tap adjusts water temperature – forward for hot and back for cold
- Underneath the sink is a table – to operate, pull the table out and unfold
- If you have booked two Classic Rooms, you can use the interconnecting door to create one room. Your Host will unlock the door for you
- Smoke detectors are fitted in each room and throughout the train
- For Classic Room guests, toilets are located to the left of your room at the end of your coach



We want our guests to be as comfortable as possible. That's where our control panels come in – located in each of our rooms, they'll allow you to set your preferred temperature, dim the lights and call for room service.

Stay in control

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- The main light in the room is operated from the control panel at the head of the bed.
- There is a dimmer, situated on the lower control panel.
- These control panels also feature a reading light and temperature control dial, situated on the lower control panel.
- In the Caledonian Double, the control panel features a Do Not Disturb button.
- The direction of the reading light can be manually adjusted.
- The control unit at the foot of the bed also features an attendant call button, intercom system and a light switch for the light above the sink.
- The control panel is suitable for charging small devices such as mobile phones. Please do not use the control panel for any other devices (e.g. hairdryers and straighteners).



En-suite

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In the Caledonian Double and Club Room, you'll find an en-suite toilet and shower – perfect for freshening up in comfort before taking on the day.

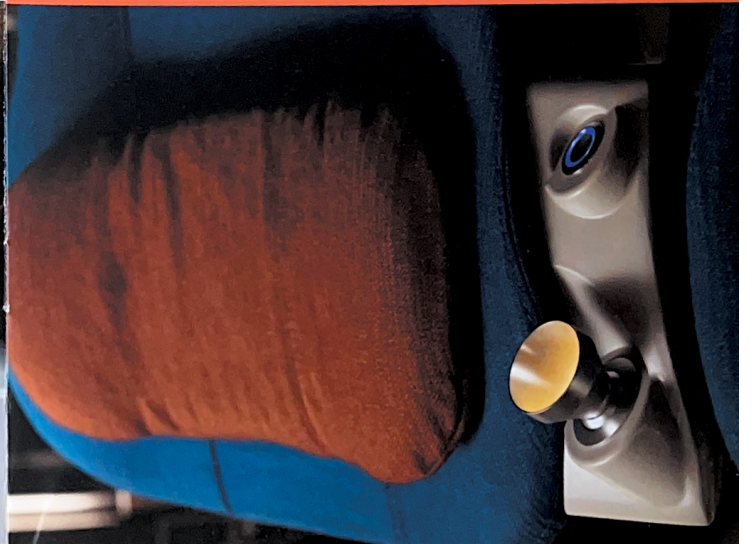
- Our en-suites are designed as wet rooms
- The light switch is in your room and located next to the en-suite door
- You can find towels, bathmat and spare toilet roll in a bag hanging outside the en-suite
- Before showering, place the bath mat on the floor outside the en-suite and hang your towel next to the door so you can reach it easily
- Before turning on the shower, please fully close the en-suite door and lower the lid above the toilet
- To turn the shower on, press the control and turn it to adjust the water temperature
- You can choose to sit or stand while showering
- Hand rails are provided for extra stability
- Once finished showering, place your bath mat on the floor of the en-suite
- Please leave used towels on the hooks in the en-suite for laundering



Our comfort seats will help you drift off and ensure you wake up relaxed and ready to take on the day.

Our seats

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- To recline, use the button located to the side of the seat and slide the base
- There is a footrest which folds down from beneath the seat in front of you
- Immediately in front of you is a USB port and a plug socket to charge your mobile devices
- Each guest has their own secure locker. To set, simply close the locker, type in your chosen PIN number and then re-type the PIN number to open. Full instructions are inside the locker
- There is also a luggage rack above your seat. Excess items can be placed in the luggage storage area at the end of the coach
- Above your seat is an attendant call button
- There is a reading light built into your seat. A switch is located directly below the reading light. The direction of the reading light can be manually adjusted
- In the centre of the coach are two bins – one for general litter and one for recycling
- Information screens are located at the end of the coach and will keep you updated on journey progress

Many of the features on this train – including our handcrafted mattresses from Clenraft – have been designed to encourage you to relax and to sleep well. After all, we want our guests to arrive at their destination ready for the day ahead.

Tips for getting a good sleep

- Avoid stimulants. Coffee and other caffeinated drinks consumed in the evening can disrupt your natural sleep patterns
- Try not to over indulge. Too much heavy food or alcohol just before bedtime can interrupt sleep. Alcohol may help you fall asleep initially, but could disturb your sleep later in the night
- Try to relax before going to bed. Perhaps listen to some calming music or try closing your eyes and taking some deep, slow breaths
- Don't lie in bed worrying about getting to sleep. Deal with any worries by making a list of what needs to be done the next day
- Try not to spend the hour before you want to go to sleep checking phones or tablets, as the light from electronic devices can delay the onset of sleep

AWAKE www.awakehd.info

That's why we've created some simple steps to sleep well...

Here's how

Start by relaxing... you are in good hands and taking time to wind down will promote good sleep.

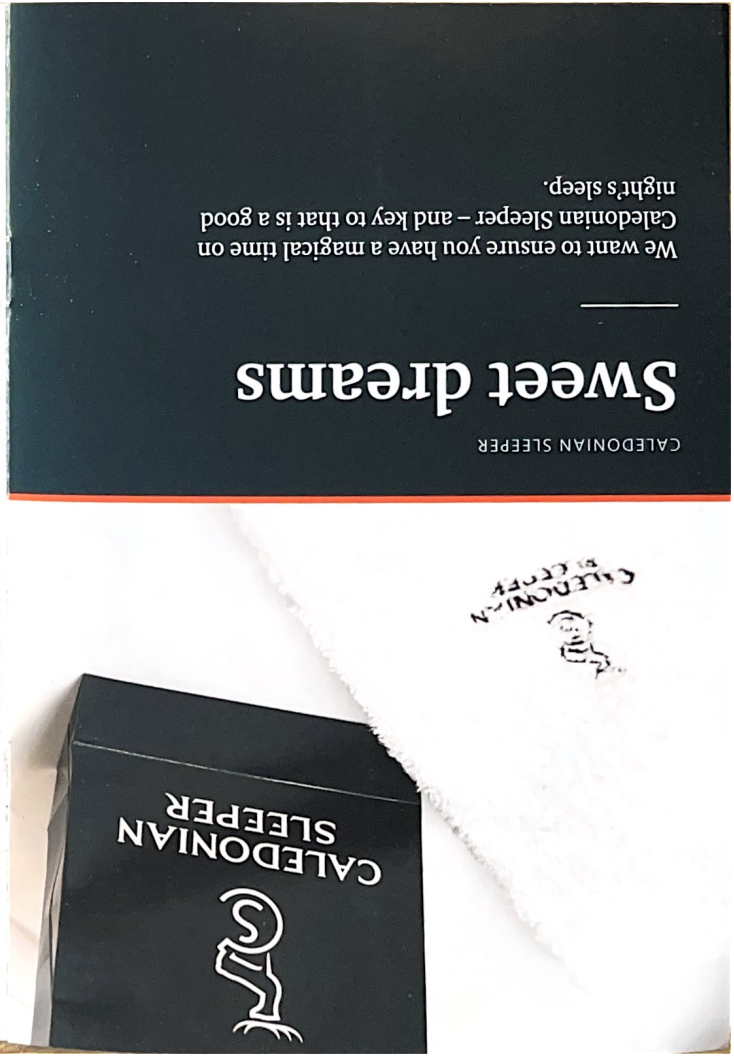
Enjoy one of our specially selected meals, created to be light and not over indulgent so as not to disturb your sleep.

Retire to your room... our guests in Caledonian Doubles or Club Rooms can enjoy sleep promoting aromas with toiletries from ARRA.N. They have created a lavender and chamomile pillow spray to help you unwind.

Dim the lights and take time to relax before gently drifting off to sleep. Low light levels in the hour before going to bed will help you to feel sleepy and drift off

After a good night's sleep, we all wake up refreshed and revitalised, but there's more to good quality sleep than having an early night. We've worked with sleep expert Dr Louise Reyner to create the perfect conditions for a restful night on board our train this evening.

The quality and quantity of your sleep affects how you feel the next day. Follow our simple steps to help you get a good night's sleep on board Caledonian Sleeper – the perfect environment for a restful, refreshing and restorative night's sleep.



We want to ensure you have a magical time on Caledonian Sleeper – and key to that is a good night's sleep.

Sweet dreams

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