

# Sleep Themed Facilities Are Trending

## 睡眠をテーマにした施設が人気

Many people have trouble with issues such as interrupted sleep or not being able to sleep well. Words like “sleep disorder” and “sleep debt” are often heard these days.

多くの人が、睡眠時間が短い、よく眠れない、といった悩みを抱えています。「睡眠障害」「睡眠負債」という言葉もよくきくようになりました。

“Goku no Kimochi,” the first shop in Japan to specialize in massaging the scalp, has launched a service for matters concerning sleep. Their original technique of relaxing the mind has become quite popular; once the customer is fully relaxed, sleep is instantly induced. The company’s Osaka, Kyoto, Omotesando (Tokyo), and Ginza (Tokyo) branches take the theme of a “Sleep Rollercoaster.” After the treatment, you feel the same kind of exhilaration and sense of accomplishment you’d get from riding a rollercoaster. The treatment has become so popular, that there is now a waiting list.

日本で最初の頭の専門店「悟空のきもち」では睡眠をテーマにした店舗を展開しています。独自の方法で頭をほぐし、心地よさが絶頂になったところで一気に寝落ちさせる技術が人気です。大阪、京都、表参道（東京）、銀座（東京）店では「睡眠のジェットコースター」がテーマです。施術が終わった後、まるでジェットコースターに乗った後のような爽快感と達成感が得られると、キャンセル待ちの状態が続いています。

After this notepad has been used up, the shape of Kiyomizu Temple among trees will appear. Each sheet of paper has been designed so that the structure gradually appears as the pad is being used. Once the pad has been used up, it can be used to decorate your room or to be enjoyed as a piece of art. It was made with the idea in mind of allowing users to take a journey while still sat at their desks. Besides this model, there are 21 other versions including “OMOSHIROI BLOCK Tokyo Tower,” “Geisha” and “Piano.” Priced from 980 yen to 10,000 yen.



Price: Minimum 2,050 yen for 15 minutes  
 料金：15分2,050円より。  
[goku-nokimochi.com](http://goku-nokimochi.com)



In January, a new shop based on the theme of “Falling-asleep-is-almost-like-fainting Time Machine” opened in Harajuku (Tokyo). Many customers have commented that sleeping while their head is being massaged by warm fingers induces pleasant dreams. Even people who don’t feel sleepy tend to fall asleep in about ten minutes. Designed by a team that handled the architecture and design of a famous theme park, the interior of the shop is quite striking.

1月には「ほぼ気絶の寝落ちタイムマシン」をテーマにした新しい店舗が原宿（東京）にオープンしました。温かい指で頭にふれられながら眠ることで、幸せな夢を見たというお客が多く、眠くない人でもほとんどの人が10分程度で眠りにつきます。有名テーマパークの建築やデザインを手がけたチームの協力を得た内装も特徴です。

使いきると清水寺と木々が現れるメモパッド。一枚一枚、細工が施された紙が重なっており、メモを使ううちに徐々に作品が姿を現す。使い終わればアート作品として部屋に飾って楽しめる。旅の続きをデスクの上で楽しめるようにとの思いから生まれた他、「OMOSHIROI BLOCK Tokyo Tower」「Geisha」「Piano」など、全部で22種類。980～10,000円。