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Quick dozes in transit



**QUICK DOZES IN TRANSIT**

IT SEEMS that grabbing a kip at the airport is a growing trend. First there was the launch of Yotel (020 7100 1100/[www.yotel.com](http://www.yotel.com)) at Gatwick in July, where guests have been queuing for one of the Japanese-style cabins, which can be rented for a minimum of four hours, from £25.

Now Urban Retreat (020 8745 6440/[www.urbanretreat.co.uk](http://www.urbanretreat.co.uk)), the airside spa and salon at Heathrow Terminal 1, is jumping on the bandwagon. It is installing three MetroNaps EnergyPods in which travellers can grab a power snooze before their flight. Nappers are lulled with tranquil music and woken by light and gentle vibration. Entrance to Urban Retreat is £20 and an EnergyPod costs £9.20 for 20 minutes.