

BOXING CLEVER

Ever had to curl up under your coat on an airport floor or fold yourself up between two strangers on a terminal bench while you wait for a connection?

Now there's a more humane option for the weary traveller trying to catch some shut-eye while waiting for the red-eye. Thanks to a new breed of micro-sleep spaces popping up in airports around the world, you can seal yourself off for a 30-minute power nap or a good night's sleep without having to leave for a hotel. Rooms range from a capsule the size of crawl space to an en-suite bathroom option.



Atlanta
HARTSFIELD-JACKSON AIRPORT

Stay at? Minute Suites.

Where? Five suites on Concourse B at Gate B15.

What? The soundproofed room comes with a sofa bed and HDTV.

How much? A minimum one-hour stay will set you back about R246. Every 15 minutes thereafter costs R57. The flat overnight rate is R983; www.minutesuites.com



Beijing
BEIJING CAPITAL INTERNATIONAL AIRPORT

Stay at? The Hourly Lounge.

Where? West of the public space in the Arrivals Lounge on the second floor of Terminal 3.

What? Sleep pods that offer single or standard beds with a TV.

How much? A standard room with private bath costs about R385 for up to six hours; www.bcia.com.cn/server/service/lounge



Dubai
DUBAI INTERNATIONAL AIRPORT

Stay at? SnoozeCubes.

Where? Adjacent to Gate 122 in Terminal 1 (open to passengers from terminals 2 and 3 too).

What? Soundproof rooms with a twin bed, TV and WiFi. They're connected to the airport's flight information system so you won't miss your flight.

How much? From R133 per hour; www.snoozecube.com



London
HEATHROW AIRPORT

Stay at? Yotel Cabin Hotel.

Where? Heathrow Terminal 4, before security.

What? There are 32 sleep cabins in three sizes (from 7 to 10m²). Small units pack in single or double beds, entertainment systems, a work desk and an en-suite bathroom.

How much? About R407 for four hours, or R1 691 overnight; www.yotel.com



Amsterdam
SCHIPHOL AIRPORT

Stay at? Yotel Cabin Hotel.

Where? The 57 sleep cabins are on the second floor behind Passport Control near Pier D.

What? Rooms have an electric pull-out bed and a monsoon power-shower room. WiFi and hot drinks are free.

How much? Prices from R454 for four hours, or R1 312 overnight; www.yotel.com



Delhi
INDIRA GANDHI INTERNATIONAL AIRPORT

Stay at? Sam's Snooze at My Space.

Where? Opposite Gate 17 in International Departures.

What? Sleeping pods with a work table for your laptop, WiFi and TV.

How much? R83 an hour (R116 for two people sharing); www.newdelhiairport.in



Munich
MUNICH AIRPORT

Stay at? NapCabs.

Where? The six pods are in Terminal 2 near Gate H32 on Level 5 and near Gate G06 on Level 4.

What? A bed, small workspace, TV and WiFi.

How much? From R100 (daytime) to R157 (at night) per hour, with a minimum charge of R310; www.munich-airport.de



Tokyo
HANEDA AIRPORT

Stay at? First Cabin.

Where? First floor of Terminal 1.

What? Business and First Class sleep cabins with shower booths, plus communal bathhouse, TV, internet access and self-service laundromat.

How much? From R326 for a minimum two-hour stay, overnight stays from R492; www.first-cabin.jp