

4 Reasons Why Visiting a Teepee Hotel is the Ultimate Digital Detox!

Enjoying the Great Outdoors

There are many areas of research into the benefits of spending more time outdoors and although the various institutes conducting the studies and sample sizes for the research all vary greatly, virtually every study agrees that the medicinal value of being outdoors dramatically (and positively) impacts our psychology, oncology, psychiatry, and even our eyesight.



Getting Exercise the Fun Way

One of the best aspects of teepee camping is having a great time while also getting some quality exercise in the outdoors. In fact, while camping in the outdoors you simply can't help but engage in some significant physical activity and thereby get your heart rate up. The opportunities are endless!



Trying New Things

Teepee camping allows you to enjoy quality time with family and friends, while giving you the flexibility of scheduling a full slate of amazing recreational activities or simply relaxing outside under the stars with your favorite brew next to a crackling fire. Now that's digital detox!



Camping Without Roughing it

Teepee camping offer all the comforts of home with such sought-after amenities as private bathrooms with showers, portable air conditioners and heating units, mini refrigerators, microwaves, fireplaces, private decks and more. So you can camp under the stars without sacrificing any of your favorite luxuries!



BONUS: Healthy Sleep Habits



Without having to deal with all of the distractions of technology such as blaring televisions and the urge to check your smartphone every few seconds, you will soon discover that teepee camping allows you to sleep soundly under the stars in total relaxation as you leave all the stresses of daily life behind. In fact, according to the NPS, "Sleeping under the stars helps you get in touch with your natural circadian rhythms, a foundation for high quality sleep and health." A much-cited recent report from Current Biology confirms that a weekend camping trip can reset an individual's biological clock rapidly and lead to a better night's sleep.



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