

BA adds sleep pods at LHR lounge



People can check availability at the Forty Winks lounge through the BA lounge app

British Airways has this week unveiled its latest comfort enhancement, the new 'Forty Winks' nap lounge at London Heathrow Airport.

The new pods are currently available in British Airways' First Lounge at LHR. The airline will then be adding the sleep pods to its Concorde Room at LHR Terminal 5 and New York's JFK Terminal 7 when global travel restrictions ease and those lounges open.

Introduced in partnership with [Restworks](#), the 'Forty Winks' lounge allows passengers in need of some pre-flight shuteye the chance to power nap in a dedicated EnergyPod.

The EnergyPod is designed exclusively for power napping. The sleepers are built for short naps and equipped with a combination of gravity neutral positioning and privacy visor.

The Heathrow First Class 'Forty Winks' lounge is complimentary and operates on a self-service basis so passengers do not need to pre-book. There are seven pods available and people can use the 'Your Menu' lounge app to check if a pod is available in real time. This information will also be available on a screen outside the Forty Winks entrance. [Dettol](#) hand sanitizer stations will be positioned in the nap lounges, and Dettol antibacterial wipes will be used to keep the pod surfaces clean after each use.

The EnergyPod has a one-touch start button for a pre-programmed 20-minute nap. The EnergyPod reclines to elevate the feet and promote relaxation. The adjustable privacy visor can be swiveled into place to block out distractions. Complimentary audio content for use while in the lounge and traveling can be downloaded via the Restworks Mobile app.

When open, Concorde Room customers will be able book an EnergyPod via dedicated hosts, request a time they would like to be woken and choose a hot beverage to enjoy after their rest. Water and hot towels will be provided to add to the refreshing awakening experience.

“We can’t wait to welcome our customers back after a very difficult year, and we’re always looking for new ideas to support our customers’ health and wellbeing pre-flight,” said Tom Stevens, British Airways’ Director of Brand and Customer Experience, in today’s announcement.