

## nine hours Shinjuku-North Opens as the Brand's First Hotel Developed in Collaboration with Tokyo Women's Medical University



nine hours Inc. (Head Office: Chiyoda-ku, Tokyo; Representative Director CEO: Yasuyuki Watanabe) will open nine hours Shinjuku-North, a new property under its capsule hotel brand nine hours, in June 2026 in Hyakunincho, Shinjuku-ku, Tokyo.

To date, the company has developed and operated 9h sleep checkup, a service that measures and analyzes guests' sleep during their stay, as part of its efforts to make sleep more visible and create new forms of value through the everyday experience of accommodation.

At nine hours Shinjuku-North, the company will take this initiative a step further by introducing its first university collaboration space. In partnership with Tokyo Women's Medical University (Location: Shinjuku-ku, Tokyo; President: Shohei Mitani), the hotel aims to provide a setting where guests can better understand their own condition and find an opportunity to rethink rest and daily habits, drawing on expertise related to sleep, health, and oriental medicine.

nine hours will continue to strengthen this model of university-linked hospitality and pursue new forms of value creation centered on sleep.

## Key Features of nine hours Shinjuku-North

### 1. University collaboration initiatives

At nine hours Shinjuku-North, a dedicated collaboration space will be established in partnership with Tokyo Women's Medical University, bringing together physicians and researchers from a range of specialties related to sleep and health. Current partner departments and centers include:

- Medical AI Center, Tokyo Women's Medical University (Director: Ken Masamune)
- Institute of Oriental Medicine, Tokyo Women's Medical University (Professor: Yoko Kimura)
- Department of General Medicine, Tokyo Women's Medical University Hospital (Professor: Hironori Takemura)
- Department of Neurology, Tokyo Women's Medical University Hospital (Professor: Mutsumi Iijima)
- Department of Sleep Medicine, Tokyo Women's Medical University Hospital (Associate Professor: Haruki Sekiguchi)

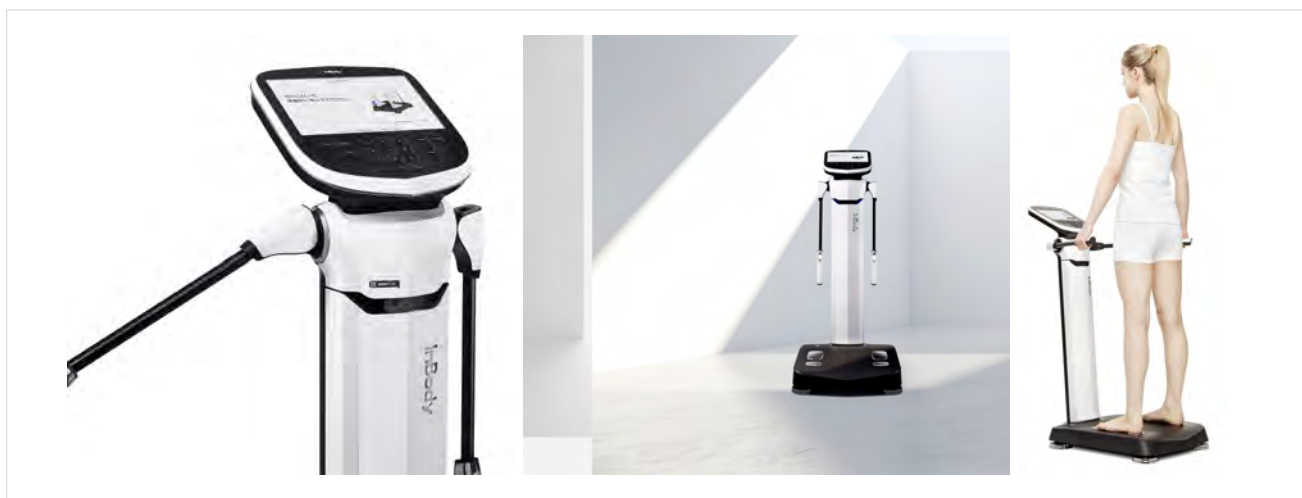
The space will be equipped with health measurement devices such as an InBody body composition analyzer and Omron automated blood pressure monitors, providing guests with access to data related to their physical condition and health indicators.

In addition, in collaboration with the university, the hotel plans to offer simple measurements and checks using medical devices. Together with sleep data, these are intended to give guests an opportunity to reflect on their physical condition and lifestyle habits.

Where appropriate, the hotel also envisions providing information based on the university's medical and academic expertise, as well as guidance toward possible next steps.

The property also aims to work with the university and related medical institutions and clinics to create a framework through which guests can gain a deeper understanding of their condition and, where relevant, connect to professional consultation and information.

Through the operation of this hotel, nine hours hopes to create a place where knowledge relating to health and urban lifestyles can come together, while continuing to plan and develop new initiatives centered on sleep.



Body composition analyzer (InBody) : Image

## 2. Upcoming Collaboration with manufacturers and brands

At nine hours Shinjuku-North, the company is also pursuing new initiatives through planned collaborations with manufacturers and brands, primarily in the fields of food, health, sports, and wellbeing, with the aim of further enhancing the sleep environment and overall guest experience.

Taking advantage of Shinjuku's character as an area that attracts guests from diverse backgrounds both in Japan and overseas, the hotel seeks to incorporate partner companies' technologies and products in ways that make each guest's stay more comfortable and more fulfilling.

nine hours is currently in discussions with multiple companies regarding specific collaborative initiatives and plans to announce details in stages as they are finalized.

## 3. Sleep pods and 9h sleep checkup

nine hours Shinjuku-North will feature the brand's signature custom-designed sleep pods.

With a minimalist spatial design that reduces external stimulation, the pods provide an environment where guests can enjoy high-quality rest, even over a short stay.

The hotel will also offer 9h sleep checkup, a sleep analysis service that uses infrared cameras, sound-sensing microphones, and motion sensors installed inside each capsule to collect sleep-related data without physical contact and analyze it using proprietary software.

A key feature of the system is that, thanks to the sleep pod's design, which surrounds the body in a 360-degree environment, sleep data can be collected naturally during an ordinary hotel stay without requiring guests to wear any monitoring equipment.

In this way, the sleep pod functions not only as a comfortable space for rest, but also as an infrastructure supporting the visualization and study of sleep.

## About nine hours

Guided by the concept "Sleep, by Design," nine hours is a sleep-tech company dedicated to designing better sleep.

The company operates capsule hotels in major cities across Japan, while creating new forms of value in hospitality through minimalist, functional spatial design and the use of technology.



## Hotel Information

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[Name] nine hours Shinjuku-North  
[Opening Date] June 15, 2026, 3:00 p.m.  
[Number of Rooms] 206  
[Address] 1-4-15 Hyakunincho, Shinjuku-ku, Tokyo 169-0073, Japan  
[Access] 2-minute walk from Shin-Okubo Station on the JR Yamanote Line  
[Operator] nine hours Inc.  
[URL] <https://ninehours.co.jp/shinjuku-north>



## Company Information

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[Business] Sleep-tech business / Hotel business  
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## Media Contacts

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