

Sleep in the Deep: Frequently Asked Questions

Do I need to submit a waiver to attend Sleep in the Deep?

Yes! All guests must submit a waiver to participate in this overnight program. Guests can submit a [Policies & Guidelines waiver](#) prior to their arrival. Legal guardians can list their program participants under one digital waiver. Individual copies of our waiver may be printed and submitted during check-in. Our Sleep in the Deep team will also have blank copies on-site, just in case.

Is there an age requirement for Sleep in the Deep?

All guests must be at least 6 years of age, with a minimum of one adult (18+) per 10 children.

What should I do in case of an emergency?

The Aquarium emergency phone numbers for after hours are (423-785-4032), until midnight, and (423-785-4023), after midnight. Cell phones will work in most areas' buildings.

What if one of my group members has an allergy?

The Sleep in the Deep staff will adhere to the allergies listed in your *Participants' List* form. If you would like to notify us of any other allergies, please contact us via phone at (423-785-4072) or email (sbrim@tnaqua.org).

Where will we be sleeping?

Guests will be sleeping on a carpeted surface in one of our Aquarium buildings. Please bring sleeping bags. If guests need something softer, a foam pad or self-inflating, twin-sized air mattress will suffice. The sleeping areas are kept at a cooler temperature to assist with animal health so please plan accordingly.

What should I bring?

Bring just what you need for the overnight; it will make hauling gear around much easier and give you more room for the actual sleepover. A list of permitted and forbidden items are listed [on our website](#). For additional questions, please call (423-785-4072) or email (sbrim@tnaqua.org).

Will dinner be provided during this overnight program?

Discounted pizza dinners from Mellow Mushroom are available to begin your program. To request a discounted pizza dinner to start your program, we ask that groups submit our [Sleep in the Deep – Pizza Order Form](#) before they submit final payment. However, all overnights will still include an evening snack and a light breakfast with coffee for the following morning. Please leave outside food and drinks at home, they will not be allowed in the buildings. If you need to alert the Education Department of any allergies, contact (423-785-4072) or (sbrim@tnaqua.org).

My group is no longer able to attend, what are our options?

Cancellations made more than 14 days prior to the program will receive a full refund. Rescheduling requests made less than 14 days prior to the program start date will incur a 10% rescheduling fee. Refunds will not be issued for no shows. Cancellations and rescheduling can be done via phone at (423-785-4066) or email (edu-mail@tnaqua.org).

Will my group be the only guests in the Aquarium?

If your group is fewer than 40 people, there is a possibility that your Sleep in the Deep is not exclusive. Another group may share the same sleeping area, but we will try to keep groups as separate as possible.

Can I bring my handheld device?

Please leave all handheld devices at home, including tablets and Nintendo Switches. Sleep in the Deep will be an evening filled with fun for all ages, we promise such devices are not needed.

What is the difference between general overnights and birthday overnights?

General overnights feature two options: Standard and VIP. Standard guests receive a guided tour with an aquarium educator, an evening snack, Scavenger Hunt After-Dark, and light breakfast. The VIP Experience Add-On extends your morning with us and allows for a behind-the-scenes look as we help wake up the wildlife.

Birthday overnights can feature any of our three focus animals, which dictates the flow for the guided tours, enrichment builds, and demos. Each birthday program is truly unique and will change depending on the focus animal. We hope that families can celebrate with us multiple times a year and receive a different experience each time!

Will my group have access to the Aquarium's gift shop?

The Aquarium's gift shop is open during daytime business hours, which may not coincide with the start and/or end time of your Sleep in the Deep program. However, once the Aquarium opens, groups that have completed a Sleep in the Deep are free to return to the River Journey gift shop using the Gift Shop entrance. Groups are always welcome to check out our [Online Gift Shop](#), with exclusive items that may not be found on-site.