As we race to the half-way point of 2023, it's time to plan for a pit stop in Indianapolis this June at the SLEEP 2023 annual meeting of the Associated Professional Sleep Societies (APSS). Known as the racing capital of the world, Indy is the perfect location to help you refuel for the back half of the year. With a flourishing culinary and bar scene, trendy neighborhoods, historical sites, and educational museums, Indy has the formula to help you set the pace on your way to the 2023 finish line.

**RESTAURANTS**

Indianapolis was recently crowned the most “Underrated Food City in America” by Condé Nast Traveler. Whatever you are craving, you are sure to find something that suits your taste. While the best food and restaurants are usually hidden gems found when strolling the city streets, here are four of Indy's most popular dining locations, each within one mile of the convention center.

**Bakersfield Tacos, Tequila and Whiskey**  
334 Massachusetts Ave.  |  bakersfieldtacos.com  
In the mood for a taco and margarita downtown? According to the locals, this is Indy's most popular tequila and taco bar. Bakersfield is an inviting spot where the food is fresh and served in an upbeat environment. Enjoy authentic Mexican street fare with a choice of more than 100 tequilas and bourbons. You're sure to find your perfect pairing!

**Maxine’s Chicken and Waffles**  
222 E. Market St.  |  maxineschicken.com  
Its mission is to provide a "taste of love in every bite." Made from fresh ingredients and provided at an affordable price with generous servings, Maxine's is a place that will make you feel like you are at grandma's house. Come feel the love!

**St. Elmo Steak House**  
127 S. Illinois St.  |  stelmos.com  
Just a short walk from the convention center and a landmark in downtown Indy since 1902, St. Elmo is the city's oldest steakhouse known for its excellent meat and seafood. They have unique drink recommendations to pair with every meal, along with a spectacular appetizer and side menu. Pro tip: The shrimp cocktail is arguably the most memorable item on the menu; it is world famous for its spicy bite and will not disappoint!

**The Ball and Biscuit**  
331 Massachusetts Avenue  |  ballandbiscuit.com  
The Ball and Biscuit is Indy's original cocktail bar specializing in classic and creative craft cocktails that are always fresh and homemade. Savor your drink while sampling mouth-watering small plates created in-house with locally sourced ingredients. Do you prefer bacon or hummus? Beer cheese or baked goat cheese? Drop in and place your order!

**FUN**

Indy has plenty of bars and live music venues to keep you entertained at night. Here are three locations that will help you have some fun after a full day of sessions.

**Punch Bowl Social**  
120 S. Meridian St.  |  punchbowlsocial.com  
This 20,000-square-foot complex near the convention center combines scratch food and craft cocktails with bowling lanes, bocce ball, ping pong, billiards, arcade games and more. It's a great spot to connect and have fun with friends.

**Helium Comedy Club**  
10 W. Georgia St.  |  heliumcomedy.com  
This local venue just a few blocks from the convention center brings stadium-sized talent to an intimate, non-smoking theater. Enjoy live standup comedy and other performance art, along with a wide selection of food and beverages, including craft beers and homespun cocktails.

**16-Bit Bar & Arcade**  
110 E. New York St.  |  16-bitbar.com  
A little further from the convention center, but still just a 5-minute ride away, this bar lets you play your favorite classic arcade games for free while you drink local beers on tap and craft cocktails. The selection of 50 classic games includes Donkey Kong, Joust, Pac-Man, and Street Fighter. Put your name on the leaderboard!
MUSEUMS

Indianapolis has a plethora of unique museums, which are constantly adding new attractions. Here are five of the city's most-admired destinations.

Eiteljorg Museum
500 W. Washington St. | eiteljorg.org

A short walk of 5 to 10 minutes northwest from the convention center will bring you to the Eiteljorg, which collects, conserves, and exhibits outstanding Western art and Native American art and cultural objects. It's the only museum of its kind in the Midwest, and one of only two museums east of the Mississippi that explore both Native America and the American West.

Indianapolis Motor Speedway Museum
4750 W. 16th St. | imsmuseum.org

Just a 15-minute drive west of downtown, "The Brickyard" is home to the Indianapolis 500, the largest single-day sporting event in the world. With a showcase of hundreds of classic cars, including many Indy 500 winners, the museum offers you a unique way to learn about the history of racing. You can also reserve a seat on a bus for the 30-minute track tour, which takes you on a lap around the famous 2.5-mile oval with a stop at the finish line, where you can kiss the historic bricks!

Indiana Medical History Museum
3270 Kirkbride Way | imhm.org

Located on the grounds of the former Central State Hospital on the near west side of the city, just a 10-minute drive from downtown, the museum enables you to explore the beginnings of scientific psychiatry and modern medicine in a historic setting. The heart of the museum is the Old Pathology Building, the oldest surviving pathology facility in the nation. Surgical tools from the 1800s and original doctor kits from the Civil War are on display, along with preserved specimens — mostly brains — organized by pathology. Note: The museum is currently open by appointment only.

NCAA Hall of Champions
700 W. Washington St. | ncaahallofchampions.org

Walk just 5 to 10 minutes northwest from the convention center to explore interactive exhibits celebrating all 24 NCAA sports. The second level is a fully interactive area that lets you compete through sports simulators, a 1930s retro gymnasium, ski simulator and more.

Newfields
4000 Michigan Rd. | discovernewfields.org

About 12 minutes north of downtown, Newfields is home to the Indianapolis Museum of Art, which features masterpieces by artists like Rembrandt and Turner, Cezanne and Picasso, O’Keeffe and Hopper. The 152-acre campus also allows you to stroll through the lush garden, explore the Virginia B. Fairbanks Art & Nature Park, enjoy the Elder Greenhouse, or tour the French-inspired Lilly House, a National Historic Landmark and exemplary example of a 20th century country estate.

MONUMENTS & MEMORIALS

Indianapolis is filled with monuments and has the second-most war memorials in the country, next to Washington D.C. Here are three of the attractions that showcase the spirit of the city.

Indiana World War Memorial & Museum
55 E. Michigan St. | in.gov/iwm/indiana-war-memorial-museum

Also in the heart of downtown, this neoclassical memorial, similar to fifth-century Greek architecture, towers over the city streets. The memorial honors the Indiana soldiers killed in World War I, and the museum inside also lists the names of all Hoosiers killed or missing in action from World War II, the Korean War, and the Vietnam War.

Landmark for Peace Memorial
601 E. 17th St. | kennedykingindy.org

Located about three miles northeast of the convention center in Dr. Martin Luther King, Jr. Park, the memorial sculpture honors both Dr. King and Robert F. Kennedy, who delivered a speech in the park on the night of April 4, 1968, after Dr. King was assassinated.

Soldiers and Sailors Monument
1 Monument Cir. | in.gov/iwm/soldiers-and-sailors-monument

The Soldiers and Sailors Monument is the "physical and spiritual heart of Indianapolis." This monument is Indiana's official memorial to the Hoosiers who have served our country. It is in the heart of downtown, just steps from Massachusetts Avenue.

For more information and recommendations, go to visitindy.com.