

**sleeping environment and bed**

**rating**

<b>tested hotel room</b>	room number 257 on the 2nd floor,
<b>overall assessment</b>	my overall impression of the sleep quality of the hotel room was very good, I can recommend it without reservation.
<b>room temperature</b> air conditioning available	yes, my visit to this hotel in May was very pleasant for London with an outside temperature of 22 degrees. The room air conditioning worked perfectly, both cooling and heating the room. However, I slept without air conditioning because one of the sliding windows could be opened slightly so that fresh air could come in at night. However, it is not possible to open the windows completely.
<b>silence in the room - soundproofing</b>	
noise of mini-bar fridge ★★★★★ = noises more or less absent	★★★★★☆☆ the minibar refrigerator was a little audible, but not disturbingly noticeable..
air conditioning noises ★★★★★ = noises more or less absent	★★★★★☆☆ - ★★★★★★ noises from the air conditioning and therefore the cooling and heating system are barely noticeable in the background.
soundproofing regarding street noise, television, noises from neighboring rooms etc. ★★★★★ = noises more or less absent	★★★★★☆☆ - ★★★★★★ the soundproofing of the room is good. Noises from the neighboring room were not noticeable during my stay.
<b>possibility of darkening the room</b>	
darkening Quality ★★★★★ = the room can be almost completely darkened	★★★★★☆☆ the hotel room can be darkened with a blackout curtain, so you can also sleep in the room during the day. The curtain darkens well except for a small fringe of light.
<b>mattress properties</b>	
mattress firmness	feels like a medium-firm mattress of very good quality, which adapts very well to the body. You felt comfortable sleeping on the mattress. The double bed was 180 cm wide and 200 cm long.
there is an opportunity for improvement with a topper (this makes the mattress a little softer)	

<b>pillows</b>	
pillow menu	unavailable
what types of pillows?	<p>on the bed there are 2 down/feather pillows measuring approx. 40x80 cm every sleeping place. Both pillows have 85% duck feather content and 15% duck down content, You can order additional pillows of this type through housekeeping. However, there is no pillow menu with other types of pillows. However, I would like to emphasize at this point that the existing down/feather pillows have wonderful support and were anything but saggy. The good support comes from the high feather and low down content.</p>