

sleeping environment and bed

rating

tested hotel room	double room 304 with view of the Terra Nostra gardens
overall assessment	my overall impression of the quality of sleep in the hotel room was very good; I can recommend it without reservation. The double bed was 200 cm wide and 200 cm long, although bed widths and qualities may vary from room to room.
room temperature air conditioning available	yes, I visited this hotel in September. The air conditioning worked perfectly.
silence in the room - soundproofing	
noise of mini-bar fridge ★★★★★ = noises more or less absent	★★★★★ the minibar fridge was slightly audible, but not disturbing
air conditioning noises ★★★★★ = noises more or less absent	★★★★★ noises from the air conditioning and thus the cooling and heating system are discreetly audible in the background.
soundproofing regarding street noise, television, noises from neighboring rooms etc. ★★★★★ = noises more or less absent	★★★★★ - ★★★★★ the soundproofing in the room is good. Noise from the neighboring room was not noticeable during my stay.
possibility of darkening the room	
darkening Quality ★★★★★ = the room can be almost completely darkened	★★★★★ the hotel room can be darkened with a blackout curtain, allowing you to sleep in the room during the day. The curtain provides good darkening, except for a slight halo of light.
mattress properties	
mattress firmness	the mattress felt medium-firm and of very good quality, adapting very well to the body. Sleeping on the mattress felt comfortable. The double bed was 200 cm wide and 200 cm long, although the bed widths and qualities may vary from room to room.
there is an opportunity for improvement with a topper (this makes the mattress a little softer)	yes

pillows	
pillow menu	available as a brochure in the room
what types of pillows?	<p>two microfiber pillows are provided as standard per bed. One firmer and one softer.</p> <p>You can order additional pillows of this type through housekeeping.</p> <p>A pillow menu with four types of pillows is available (photo of the pillow menu on the following pages):</p> <ul style="list-style-type: none"> -Neck support pillows -Anti-allergy pillows -Down pillows -Anti-stress pillows





THE ERGOVISCO PILLOW

This pillow has two different heights so you can have optimum cervical support. Ideal for a night of absolute relaxation, so you can be ready for a fabulous day at Terra Nostra.



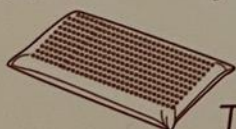
THE ANTI-ALLERGY PILLOW

Put a stop to sneezing, annoying cough and terrible sleep. Allergies should not be part of your dream voyage. With this Anti-Allergy Pillow your breathing rhythm may synchronize properly so you can have rest in absolute tranquility.



THE DOWN FEATHER PILLOW

How many times have you imagined yourself sleeping on a cloud? This is the closest to it when you use our Down Feather Pillow. Rest and relax, and allow your imagination to travel while you rest at the Terra Nostra Garden Hotel.



THE ANTI-STRESS PILLOW

The Terra Nostra Experience is inherently relaxing. Why choose the Anti-Stress Pillow? Flexible and adaptable, this pillow embodies all that Terra Nostra can offer you, custom moments and a unique experience.

For more information, please contact Reception by dialing 9.