

**sleeping environment and bed**

**rating**

<b>tested hotel room</b>	room 3011, type Junior Suite Swim Up
<b>overall assessment</b>	my overall impression of the sleep quality in the hotel room was very good, I can recommend it.
<b>room temperature</b> air conditioning available	yes, my visit to this hotel was in September, so it was still a hot period with daytime temperatures over 30 degrees C. The air conditioning worked perfectly. It is possible to completely open the window / balcony door of the room, which is always very helpful for ventilation and cooling. Alternatively, you can use the temperature selector switch to set the temperature at night so that you get a cool room for a good night's sleep.
<b>silence in the room - soundproofing</b>	
noise of mini-bar fridge ★★★★★ = noises more or less absent	★★★★★ the mini bar fridge was acoustically inaudible so absolutely not annoying. Technically very well solved.
air conditioning noises ★★★★★ = noises more or less absent	★★★★★ noises from the air conditioning in the background are only faintly audible
soundproofing regarding street noise, television, noises from neighboring rooms etc. ★★★★★ = noises more or less absent	★★★★★ the soundproofing of the room is good. Depending on the volume of the neighbors, noises from the neighboring room are not perceptible or are slightly to moderate, but not really annoying. Because of the pool directly from this room type, you can hear the neighbors when they are in the pool. This requires a private pool in front of the door, as the neighbors spend more time in or in front of your room at their own pool. If this bothers, you should choose a room without a pool in this hotel. Most of the rooms face the beach so there is no traffic or street noise.

<p><b>possibility of darkening the room</b></p> <p>darkening Quality  ★★★★★ = the room can be almost completely darkened</p>	 <p>the hotel room can be darkened by a blackout curtain, so you can sleep in the room during the day. The curtain darkens quite a bit, but it's not completely dark.</p>
<p><b>mattress properties</b></p> <p>mattress firmness</p>	<p>it feels like a medium-firm mattress. With a topper, which you can order from the front desk, the result is a softer lying feeling. If, despite the topper, the mattress is still too hard, there is the option of simply having a second topper layer, so that an even softer feeling can be achieved. Please keep in mind, however, that with 2 topper layers, a softer lying feeling is conveyed, but the distance to the mattress increases further and thus the body support is less good. I had one topper come to me so that the mattress was soft enough for me and still had good support. The full-length duvet on the double bed was a bit unusual, but a phone call to reception and we had received two beautiful single duvets.</p> <p>The mattress has a length of 200 cm. I am 180 cm tall and the mattress seemed too short to me because my feet were almost at the bottom of the mattress. I also found out why that is. On the headboard is a superstructure in which the two bedside tables are also built in. The bed, which, thank God, can be moved, was pushed against the wall under the superstructure so that a few centimeters of the mattress were missing as a lying area. But I was able to solve the problem easily by pulling the whole bed forward a little and thus being able to use the entire mattress.</p>
<p>Verbesserungsmöglichkeit mit Topper vorhanden (Matratze wird dadurch etwas weicher)</p>	<p>yes</p>
<p><b>pillows</b></p> <p>pillow menu</p> <p>What types of pillows?</p>	<p>yes</p> <p>4 additional pillow types were available through the pillow program. Several synthetic pillows, probably microfiber, were already on the bed.</p> <p>On the one hand, there were 2 types of goose feather pillows via the pillow menu, one of them more firm, the other rather softer. The softer feather pillow felt it had a higher proportion of down.</p> <p>There is also a memory foam pillow, which gives way to body heat and becomes softer, and an even firmer, anatomically slightly contoured latex pillow. As a side sleeper, this was my pillow of choice. In my opinion, the two feather pillows or the memory foam pillow would also be good options for those who sleep on their backs.</p>