


sleeping environment and bed

rating

tested hotel room	Room number 315 on the 3rd floor, view of the valley, park and Frankfurt skyline.
overall assessment	my overall impression of the sleep quality in the hotel room was very good, I can recommend it. The hotel attaches great importance to the quality of sleep and offers other amenities such as earplugs, sleep mask, wake-up light and certain sleep aromas for a healthy sleep.
room temperature air conditioning available	yes, I visited this hotel in November, so it was already the cold period with daytime temperatures around 10 degrees. The air conditioning worked perfectly, with it the room is both cooled and heated. There are 2 blower levels, level II is a bit loud for sleeping at night, but if you switch it back to level 1, the air conditioning noise is much quieter and only perceptible as a quiet noise in the background. Level I is perfectly adequate and you can sleep well. However, we slept without air conditioning, since there are two floor-to-ceiling balcony doors in the room through which you can get the good air of the climatic health resort flushed directly into the room. There is absolute silence at night with the windows open.
silence in the room - soundproofing	
noise of mini-bar fridge ★★★★★ = noises more or less absent	★★★★★ the minibar fridge was acoustically inaudible, so it was absolutely not disturbing. Technically very well solved
air conditioning noises ★★★★★ = noises more or less absent	★★★★★ Noises from the air conditioning and thus the cooling and heating system are clearly perceptible at level II, if you set the fan to level 1 (which in my opinion is sufficient for cooling and heating the room), it becomes much quieter and you can sleep well.
soundproofing regarding street noise, television, noises from neighboring rooms etc. ★★★★★ = noises more or less absent	★★★★★ the soundproofing of the room is very good. Noises from the neighboring room were not perceptible during my stay. Room 315 faces the park and is very quiet even with the balcony door open.

possibility of darkening the room	
<p>darkening Quality</p> <p>★★★★★ = the room can be almost completely darkened</p>	 <p>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 seam of light on the floor.</p>
mattress properties	
mattress firmness	<p>feels like a medium-firm box spring mattress of very good quality. If the mattress is still too hard, you can order a so-called topper from reception. On the box spring mattress, however, there is already a topper layer by default, so try it out first so that it doesn't get too soft.</p> <p>The double bed was 220 cm wide and 220 cm long. Of course, these dimensions are great for sleeping</p>
there is an opportunity for improvement with a topper (this makes the mattress a little softer)	yes
pillows	
pillow menu	available
what types of pillows?	<p>on the bed there are 2 different types of down/feather pillows per place to lie. One pillow measuring 50x70 cm has 80% feathers and 20% down, the other pillow measuring 60x90 cm also has 80% feathers and 20% down.</p> <p>You can order more pillows of this type from housekeeping, as well as a dimensionally stable neck support pillow or a neck roll. An anti-allergy pillow is also available, as is a wonderful, long stomach/side sleeper pillow for stomach/side sleepers.</p>