



sleeping environment and bed

rating

<p>tested hotel room</p>	<p>room number 571 on the 5th floor, view towards a side street without through traffic</p>
<p>overall assessment</p>	<p>my overall impression of the sleep quality of the hotel room was good, I can recommend it. Very spacious room and large bed, no annoying humming of the minibar fridge. The only drawback is the quite loud air conditioning, which fortunately is not needed very often in our area</p>
<p>room temperature air conditioning available</p>	<p>yes, my visit to this hotel was in June, at that time the daytime temperatures in Munich were 25 degrees. The air conditioning worked perfectly. Proper cooling was achieved in automatic mode or levels 2 and 3. However, in all of these settings, the air conditioning was quite loud for sleeping. But if you manually set it back to level 1, the air conditioning noise is significantly quieter, but the cooling effect is also significantly lower. You can open both windows completely on the 5th floor. Since it cooled down well at night, I preferred to sleep with the window open, which was particularly pleasant since the window faced a street with no through traffic.</p>
<p>silence in the room - soundproofing</p>	
<p>noise of mini-bar fridge ★★★★★ = noises more or less absent</p>	<p>★★★★★ the minibar refrigerator was acoustically inaudible and therefore absolutely not disturbing. Technically very well solved.</p>
<p>air conditioning noises ★★★★★ = noises more or less absent</p>	<p>★★★★★ noises from the air conditioning and therefore the cooling system are quite loud in automatic mode, level 1 and level 2. If you set the fan to level 1 it becomes significantly quieter but the cooling effect is also significantly lower. However, you could sleep well in this room with the window open because, as already mentioned, the windows face a side street with no through traffic.</p>
<p>soundproofing regarding street noise, television, noises from neighboring rooms etc. ★★★★★ = noises more or less absent</p>	<p>★★★★★ the soundproofing of the room is very good. Noises from the neighboring room were not noticeable during my stay. The soundproofing of the windows is also very good.</p>

possibility of darkening the room	
darkening Quality  = the room can be almost completely darkened	 the hotel room can be darkened with a blackout curtain, so you can sleep in the room even during the day. The curtain darkens the room quite well
mattress properties	
mattress firmness	feels like a firmer box spring mattress. If the mattress is too hard, you can order a so-called topper from reception, which will make the feeling of lying on it softer, to the level of a medium-firm mattress. The double bed was 200 meters wide and 220 cm long. It's wonderful to have such a large bed, which is easy to set up in the spacious room. But I'm not sure whether all rooms have beds of this size
there is an opportunity for improvement with a topper (this makes the mattress a little softer)	yes
pillows	
pillow menu	unavailable
what types of pillows?	on each side of the bed there was a smaller pillow (approx. 45x30 cm) with 90% down and 10% feather content and a larger pillow (70x40 cm) with 30% down content and 70% feather content. Pillows with lots of down provide a fluffy, soft feeling when lying down. Pillows with a higher feather content are more likely to provide optimal support for the cervical spine, especially for side sleepers. I am a side sleeper and I put the down pillow on top of the feather pillow, so I had good support and a soft feeling when lying down. A neck roll and a dimensionally stable foam neck pillow (approx. 55x40 cm) are also available from housekeeping.
is there a pillow menu as a directory for reading in the room?	no