

sleeping environment and bed

rating

tested hotel room	room number 648
overall assessment	My overall impression of the quality of sleep in the hotel room was really excellent, I can fully recommend it.
room temperature air conditioning available	yes, with the temperature selector switch I set the temperature to 18 degrees at night, and in a relatively short time the room temperature was pleasantly cool for sleeping. Unfortunately, I have already experienced in some hotels in winter that the room temperature cannot be lowered because the windows cannot be opened. Since room temperatures between 17 and 20 degrees are ideal, depending on individual sleep needs, I found it perfectly solved in the hotel room I live in.
silence in the room - soundproofing	
noise of mini-bar fridge ★★★★★ = noises more or less absent	★★★★★ on arrival during the day the mini bar fridge was audible. However, the mini bar fridges are routinely reduced centrally at night and are therefore actually no longer audible at night
air conditioning noises ★★★★★ = noises more or less absent	★★★★★ noise from the air conditioning in the background barely noticeable, far from annoying rattling, rumbling, humming or the like. Great solution.
soundproofing regarding street noise, television, noises from neighboring rooms etc. ★★★★★ = noises more or less absent	★★★★★ the soundproofing of the rooms is very good. There was no major noise pollution either from the neighboring rooms or from outside.
possibility of darkening the room	
darkening Quality ★★★★★ = the room can be almost completely darkened	★★★★★ the hotel room can be completely darkened

mattress properties	
mattress firmness	for hotel visitors who prefer a harder mattress, there is the option of pulling down the MYBED topper. I would classify the mattress properties with the topper as medium hard and without the topper as more firm.
There is an opportunity for improvement with a topper (this makes the mattress a little softer)	yes with the special Sofitel MyBed™ topper, provided as standard, the mattress hardness tends to be of medium hardness overall
pillows	
pillow menu	yes
What types of pillows?	<ul style="list-style-type: none"> • eiderdown firm / soft • Synthetic firm / soft • Working pillow • Spelled, cherry pit and lavender pillows <p>there is really something for every type of sleep, either synthetic pillows or eiderdown in a firmer or softer version. Also spelled and cherry stone pillows for special needs. Indeed, there is nothing left to wish for with regard to pillows</p>