Hotel Room Considerations

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Hotel Research

- A comfortable bed is the No. 1 amenity in the hotel guest room*
- 82% of respondents can cite something they disliked about hotel beds**
- 93.8% of respondents said that comfortable mattresses and pillows were important to them in their selection of a hotel room***
- 83.6% of respondents said that the firmness of the mattress was important to them in their selection of a hotel room***
- U.S. Business Travelers listed noise from neighbors as the No. 1 sleep inhibitor****
- Other sleep inhibitors included outside noise, unfamiliar environment, room temperature, & mattress/strange bed****

* Guideline Research  
** Westin Study  
*** Study of Business Travelers’ Selection of Lodging  
**** Study by the National Sleep Foundation and Hilton Hotels
Mattress Selection Guidelines

- Designed to conform to the spine’s natural curves & keep the spine in alignment
- Designed to distribute pressure evenly across the body…
  - to help circulation
  - to decrease body movement
  - to enhance sleep quality
- Designed to minimize the transfer of movement from one sleeping partner to the other
- Designed with perimeter edge support
Pillow Selection Guidelines

- Designed to keep the spine in natural alignment
- Designed for maximum adjustability
- Designed with the ability to be fluffed to fit the unique contour, shape, and sleeping posture of the user
- Designed to support different sleep positions:
  - side sleeper
  - back sleeper
  - stomach sleeper
Desirable Features of a Pillow

- Supports the head
- Provides tactile softness
- Eliminates pressure points
- Increases facial circulation
- Reduces “sleep wrinkles”
- Provides long-term performance
- Offers easy adjustability
- Hypoallergenic
Office Chair Selection Guidelines

- Adjustable seat height (15” – 22”)
- Adjustable backrest angle (100 – 120 degrees)
- Adjustable arms (width and height)
- Lumbar support (adjustable if possible)
- Ability to turn while seated
- Easy-to-use controls
- 5-arm pedestal base
Neutral Working Posture

- Preferred viewing angle, distance & monitor height
- Neutral wrist, supported palm
- Stable feet
- Relaxed & balanced neck
- Relaxed & supported shoulders
- Supported, lordotic back
- Open elbow
- Open knee, no compression
Office Desk Features

- Keyboard & mouse that can plug into a laptop
- Adjustable keyboard & mouse tray
- Large worksurface area
- Easily accessible phone
- Easily accessible data port
- Desk height @ 28 inches
- Adjustable task light
Ambient Environment Guidelines

- **Noise**
  - Consider the sound transmission of walls, ceilings, and windows
  - Consider the placement of elevators, stairways & ice/vending machines in relation to guest rooms

- **Humidity**
  - Consider the ideal sleeping humidity level - between 60 and 70 %

- **Temperature**
  - Consider the ideal sleeping temp. of 65 degrees Fahrenheit

- **Light**
  - Consider window treatment that completely blocks sunlight