

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

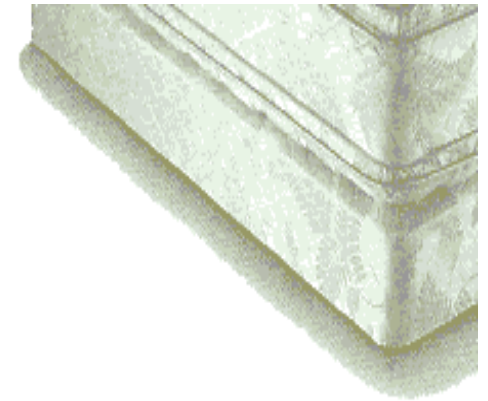
** Westin Study

*** 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

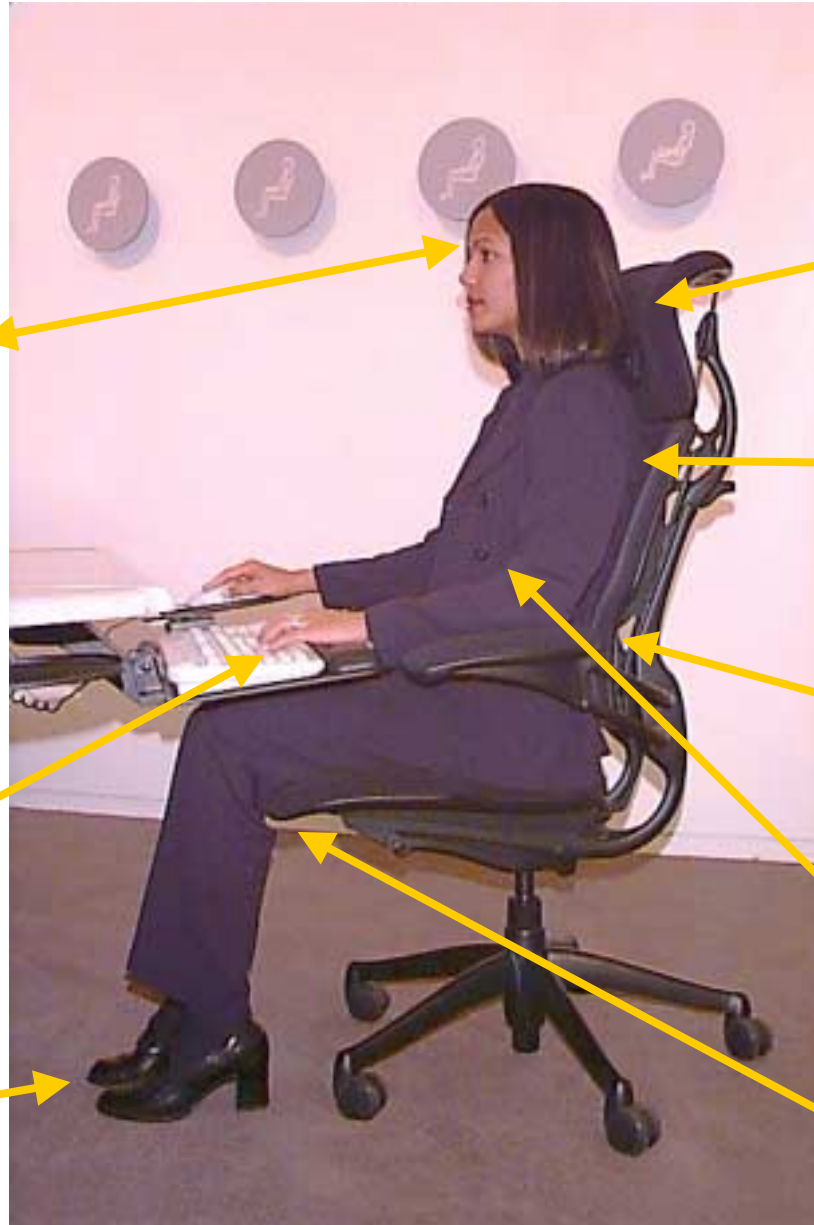


Office Chair Selection Guidelines

- 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

Relaxed & balanced neck

Relaxed & supported shoulders

Supported, lordotic back

Open elbow

Open knee, no compression

Neutral wrist, supported palm

Stable feet

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

