

# A reason why hotel beds provide better sleep

By Suzy Strutner, Huffington Post

You know the feeling: you wake up after a long night's sleep in a hotel bed, slip into your fuzzy hotel-issued slippers and hotel-issued robe, step onto the fluffy hotel carpet and think "WHY is this so amazing?!"

The question is certainly intriguing. So we asked a handful of HuffPost editors for their favorite hotel bed experiences. And the more we researched, the more we realized that all blissful hotel experiences have one important detail in common:

All the best hotel beds are white.

You've probably never thought about it, but try to imagine an ideal hotel bed that isn't white, and you'll see what we mean. And yet we all spend time trying to find colorful quilts and crazy bohemian-print sheets for our bedrooms at home ... what's the deal?

Turns out white is a symbol of luxury, and the bet is that you'll feel more luxurious – and sleep more luxuriously! – in a white bed.

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