

Night patrols and soundproofed rooms: How a hotel chain is waging war on snoring guests

By [DAILY MAIL REPORTER](#)

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It's the bane of many a light sleeper. The unrelenting sound of someone clearly enjoying a deep slumber but, in the process, denying others the same luxury.

Now one international hotel chain is taking action against snoring in the hope of helping all of its guests to sleep more soundly.

'Snore patrols' and 'snore absorption' rooms are being introduced at a number of Crowne Plaza branches all over the world to combat noisy sleepers.



Breathe easy: The snore absorption rooms being trialled by the Crowne Plaza hotel chain

Six of the company's hotels in Britain have implemented snore patrols this month while, what is thought to be, the first ever snore absorption rooms are being trialled in 10 hotels across Europe and the Middle East.

Designated quiet zones of hotels in London, Leeds and Manchester will have snore monitors patrolling the corridors.

Guests who snore too loudly will get a knock on the door from the monitors who will be listening out for offensive noises.



Laura Simpson, snore monitor for the Leeds Crowne Plaza hotel, said: 'We have quiet zones on two floors of the hotel.'

The noise police: The Crowne Plaza hotel in Manchester is one of three in the UK to introduce snore monitors to patrol the corridors



Common problem: Four out of 10 adults in the UK suffer from snoring, which is caused by a partial blockage of the upper airways

'As snore monitor, I conduct floor walks to check for noise disruptions, paying particular attention to the quiet zone rooms. Guests can ask to stay our quiet zone rooms if they are particularly light sleepers.'

If noisy sleepers cannot keep the volume down, they will be steered away from the quiet zone and offered an alternative room on their next stay at the hotel.

Ms Simpson added: 'If guests do continue to make noise we will suggest that the quiet zone is not really an area for them, and that they would probably be better off in one of our normal rooms.'

Cutting edge technology to reduce the repetitive noise will also be used in snore-absorption rooms, which are being introduced as an extra measure.

Sound proofed walls and headboards, anti-snoring pillows and white noise machines to ease guests' snoring are to be implemented at Crowne Plaza, owned by the InterContinental Hotels Group.

Spokesman Tom Rowntree said: 'We've all been there - lying wide awake at three o'clock in the morning burying our head under a pillow to drown out our partner's snoring.'

'There's nothing worse than being kept up all night, that's why we've designed this specific snore absorption room to help give our guests a great night's sleep.'

About four in 10 people in the UK suffer from snoring, which is caused by a partial blockage of the upper airways, according to the British Snoring and Sleep Apnoea Association.