

SUITE DREAMS

Many hotels are offering pillow menus so guests can avoid a stiff neck in the morning. In San Francisco, the Chancellor Hotel's choices include buckwheat filling and antimicrobial fabric (chancellorhotel.com); at the Benjamin Hotel in New York, a sleep concierge will help you choose among 11 pillows, such as the Snore-No-More, Satin Beauty, and Swedish Memory (\$35 to \$175; www.thebenjamin-hotelsathome.com). If you find the pillow of your dreams, you'll be able to order one for at-home hibernation.



Pillow Talk...

REAL DOWN
An all-natural classic favorite.

BUCKWHEAT
Helps to sleep better and reduce neck pain, headaches, and lower back pain.

AUDIO
High quality surround sound for personal listening pleasure.

BETWEEN THE KNEE
Reduces stress on the lower back.

BATH
Fill with warm water to soothe neck and upper back.



THE BENJAMIN

Sound Sleep Pillow Menu

SNORE-NO-MORE
Reduces snoring to promote a more restful sleep.

SWEDISH MEMORY
Space-age foam designed by NASA for unique self-molding characteristics.

JELLY NECKROLL
Therapeutic moldable gel core conforms to the head and neck. Can be heated or chilled.

UPPER BODY
Candy cane-shaped pillow for head and upper back support.

SATIN BEAUTY
Soft foam designed to reduce pressure on facial bones. Maintains hairdos overnight.