

Did You Know?

During sleep, the eyes usually close, the muscles relax, and responsiveness to external stimuli decreases. Growth and repair of the tissues of the body are thought to occur, and energy is conserved and stored.

In humans and certain other animals, sleep occurs in five stages, the first four consisting of non-REM sleep and the last stage consisting of REM sleep.

These stages constitute a sleep cycle that repeats itself about five times during a normal episode of sleep.

Each cycle is longer than the one preceding it because the length of the REM stage increases with every cycle until waking occurs.

Stage I is characterized by drowsiness, Stage II by light sleep, and Stages III and IV by deep sleep. Stages II and III repeat themselves before REM sleep (Stage V), which occurs about 90 minutes after the onset of sleep.

During REM sleep, dreams occur, and memory is thought to be organized. In the stages of non-REM sleep, there are no dreams, and brain activity decreases while the body recovers from wakeful activity.

The amount and periodicity of sleep in humans vary with age, with infants sleeping frequently for shorter periods, and mature adults sleeping for longer uninterrupted periods.

We wish you deep sleeps while you are here with us.



STOLENTIME
Rendezvous

The sleep you've always dreamed of...

STOLENTIME
Rendezvous

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The Pillow Menu Selection



Treat yourself to a relaxing and rejuvenating night of sleep. Our complimentary Pillow Menu features five different kinds of **king size** pillows for the ultimate in personalized rest.

Select the right pillow for you from the choices below and inform Reception or Housekeeping on extension 7921 or 7940 between the hours of **9:00 am and 7:00 p.m.** Your pillow will be ready for you once you have made your selection and will stay with you for the duration of your vacation.

All of our pillows are also available for purchase, to take the sleep you've always dreamed of home with you. For more information and prices please contact Reception at extension 7921.



Natural Comfort

Our standard pillow offers you a medium support as it is made with 100% polyester fibre and 100% Proof Cotton Cover. It has the right amount of support along with the perfect amount of comfort. It is great for Person suffering with sensitivity to Allergens.

Super Luxury 100% Goose Down

The absolute finest soft luxury pillow ... indulge yourself ... these Hungarian Goose Down Pillows have a very high fill power and an exquisite, high thread count, Egyptian Combed Cotton white ticking.

Natural Goose Down & Goose Feathers

For a luxurious experience, these pillows are filled with very small white feathers to minimize the feel of feather stems, and are also mixed with down and a 200 thread count white ticking. These are well filled pillows for a luxurious feel.

Super Soft Gusseted Memory Foam Deluxe Pillow

This thick oversized hypoallergenic memory foam pillow is the perfect pillow for everyone who wants soft adjustable support, whether you're a back, side or stomach sleeper. The centre contains thousands of memory clusters that act like tiny Pillows cradling your head and neck in soft support.

Latex Pillow

This hypoallergenic latex pillow conforms perfectly to the body contours, for superb neck and back support. Its well ventilated interior dissipates heat and body moisture. It has anti-microbial properties that prevent the growth of common bacteria, mildew and dust-mites; therefore it is particularly beneficial to allergy sufferers.

100% Cotton Blanket

This all-cotton blanket can be used alone or layered on your bed for added warmth. The Herringbone Blanket will keep you cozy while you are nestled in bed. It is extremely versatile and is of medium weight which makes it ideal for all seasons.