



Senior travelers need their sleep, whether still in the working world or retired to a life of hoped-for quiet. However, hotels are required to operate with all kinds of guests, conventions, machinery, elevators and drunks in the hallways.

First, choose the most quiet room in the hotel. It'll be on a high floor at the end of the hall, far away from elevators and most other rooms. Bring sound-reducing earphones or comfortable earplugs, so you can enjoy silence or radio or recorded music. Before leaving home pre-record preferred sounds, such as bubbling water in a fountain or raindrops. Or you can silently recite 99 bottles of beer on the wall until the sandman arrives....