

## How to cope with hotel beds

Once you've exercised at your hotel weight room, the biggest physical challenge may lie ahead of you.

That's when you lie down.

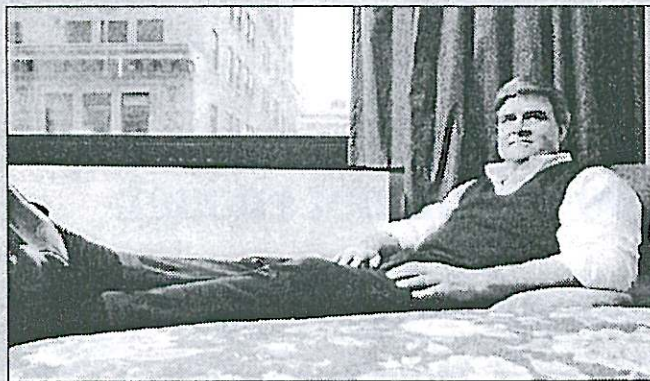
Hotel beds can be murder on your back and neck because most beds and pillows are too soft, says chiropractor Scott Donkin. "People equate comfort with fluffiness, but but it's support that ends up being more comfortable over time ... and healthier."

Some tips for comfort:

► Ask for a king-size bed. They are usually firmest and "are generally in better condition," says USA TODAY Road Warrior Doug Plette.

► Sleep diagonally. That way you avoid the "body tracks" — dip in the middle of the mattress caused by frequent use.

► Sleep on your back or side. Your pillow should fill the space between your neck and the bed to keep your neck horizontal.



By Mario Suriani, AP

**BEDSIDE ADVICE:** Bed too soft? Sleep on floor, Plette says.