I prefer full composition over style tiles for sure. I think that you accomplish just as much and develop a much more defined feel and design. My style tiles gave me a good idea of what I wanted and how I would present the information sure. But a full comp does that but also gives me a specific goal while working with css. I can forge my code without question and the nonsense of not being sure what looks good. I already know what looks good i just need to make it happen. I spent more time on the style style to be honest, I was so concerned with making the layout feel good. But i think that time was wasted because if I would have spent all that time on my full comp plus what i spent on my full comp it would be even more epic. I would say about 2 hours on each design (style tile, full comps). A lot of drinking around and decision making. I am sure the design will still change.