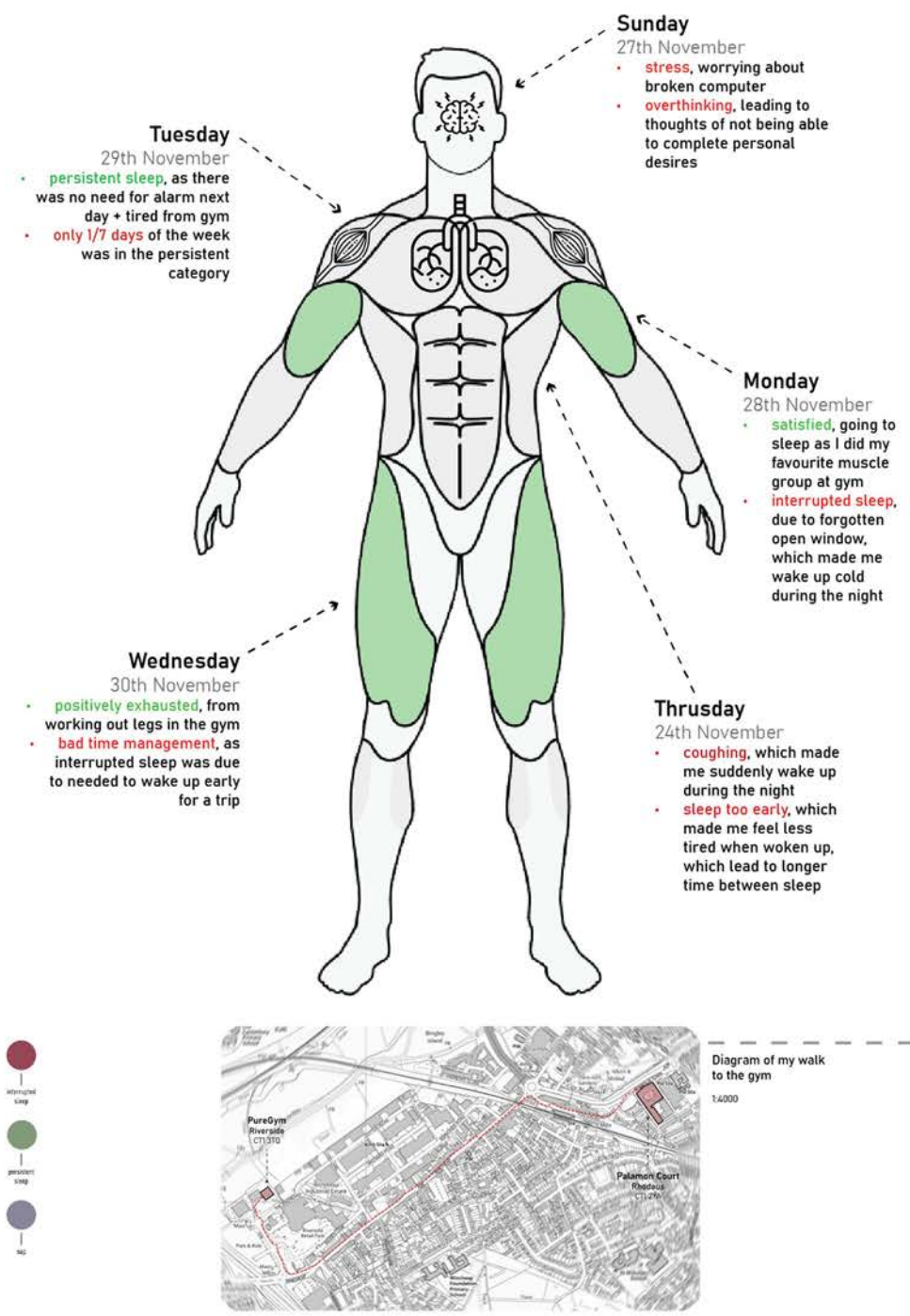
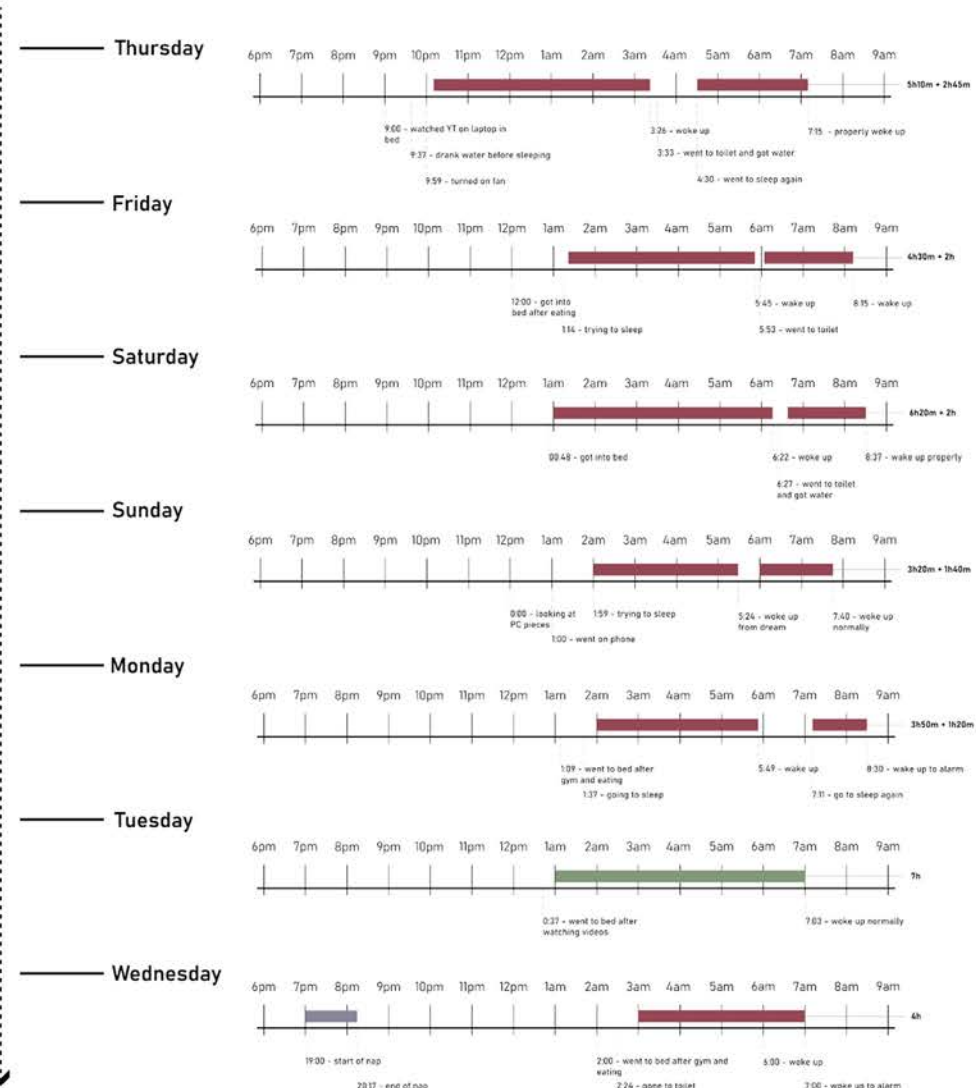


### Sleep Diagram

- recording the times of sleep and analysing what actions affected it and in which way it did; positively or negatively



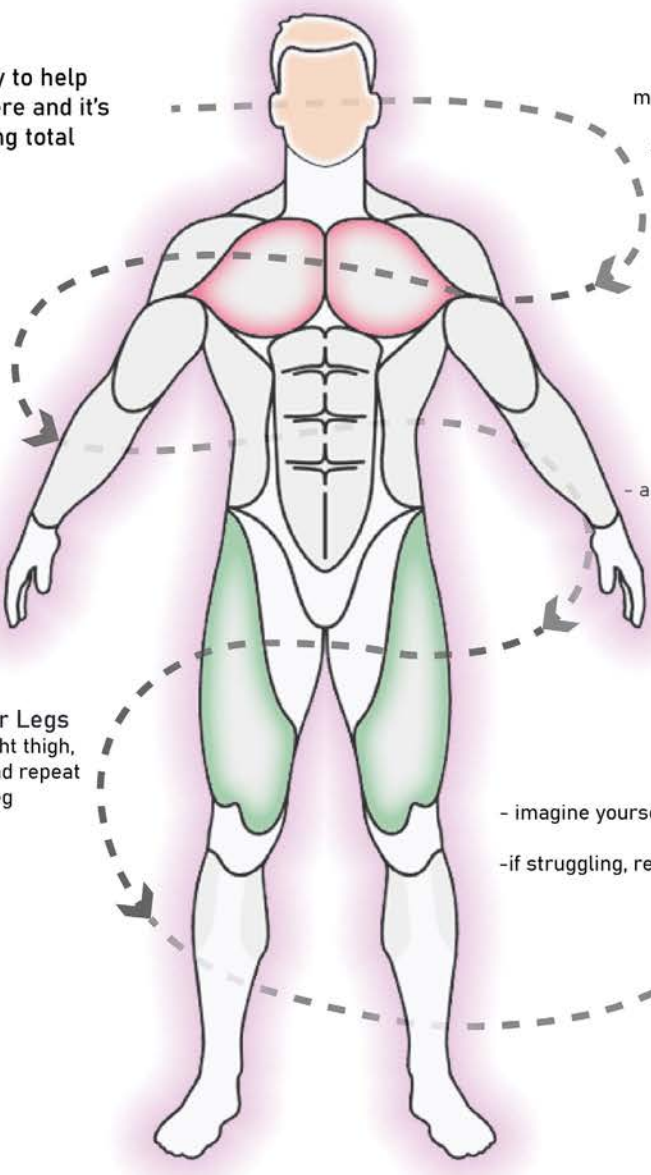
### Sleeping Techniques

- looking at certain sleeping techniques and how they work to enable better quality sleep

#### Military Method

- Created by the US Navy to help pilots fall asleep anywhere and it's the blueprint for achieving total relaxation

- 2. Release The Tension -release it in your shoulders, arms and hand -move down through your biceps, forearms and fingers -continue the deep breathing



- 1. Relax Your Face -starting at the top, relax every muscle in the face and make sure your jaw is unclenched slowly close your eyes and take slow, deep breaths

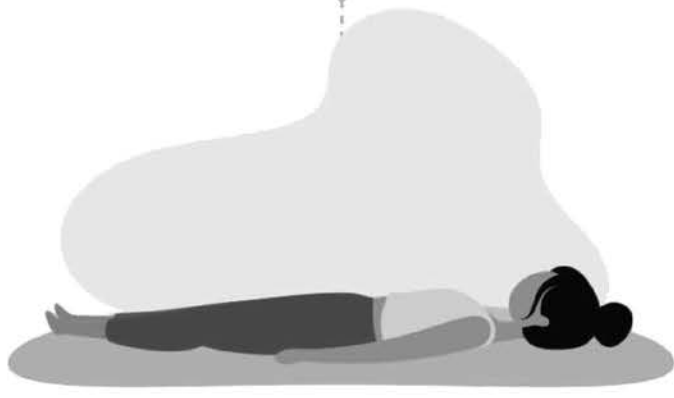
- 3. Relax Chest & Stomach - a lot of tension is carried in those parts of the body - relax the back as well - when exhaling make sure the abdominal muscles are relaxed

- 5. Relax Your Mind - imagine yourself lying surrounded by total darkness -if struggling, repeat 'don't think' in the head

#### Yoga Nidra

- It's a form of guided meditation also known as 'yogic sleep' or 'effortless relaxation'. It is a state of consciousness between waking and sleeping.

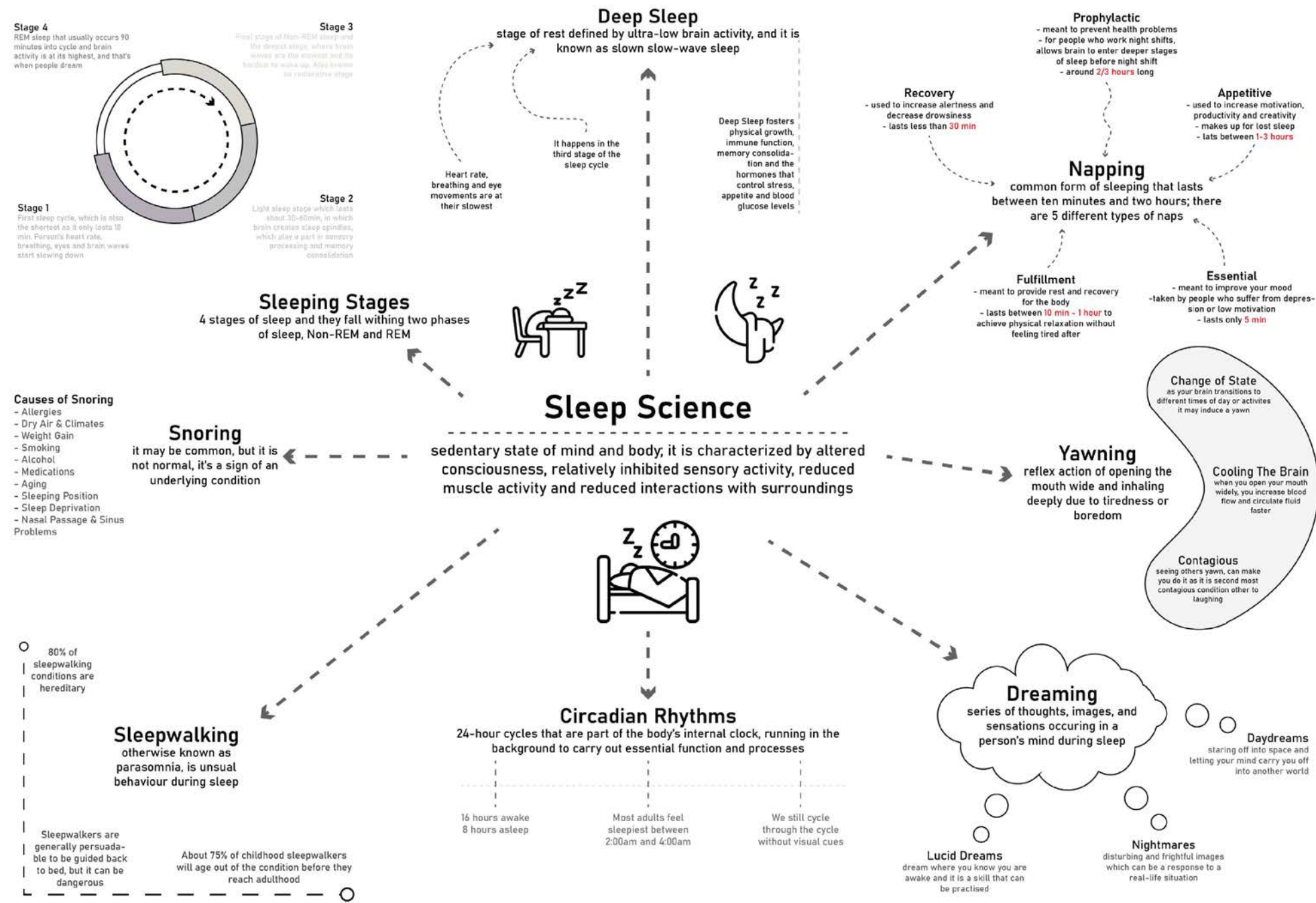
1. Connect to your heart's deepest desire
2. Set an intention
3. Find your inner resource
4. Scan your body
5. Become aware of your breath
6. Welcome your feelings
7. Witness your thoughts
8. Experience joy
9. Observe your 'self'
10. Reflect on your practise



## Sleeping Sanctuary

A heavenly and drowsy project that focuses on a thing that all of us do. Sleep. With a help of a lot of personal research, different types of diagrams & drawings, I answered a problem of inability or lack of sleep in a fun and refreshing way, while making it realistic. Curvy and flowy shapes, warm and peaceful colours, soft and comfortable textures/ materials, and dim, ambient lighting all help the user to feel like they are on a cloud.





### Narrative + Manifesto

- writing and creating a narrative through a story as well as making a strong film

**Narrative**

I wake up - still dreamy - still unaware, but relaxed nonetheless, like I was sleeping on clouds surrounded by guardian angels overlooking over my body in a mesomorphic mist that is indulging the space up to every corner I can see with my yet sleepy eyes. It's dark, however so peaceful, like a bonfire night on a summer evening that you were anticipating for ages to spend with your close friends. Shy shades of crimson and the more confident rays of iris were playing with each other to create an unreal atmosphere, one only experienced in the deepest depths of your dreams, however, this one was right there in front of my eyes. The mix of the angelic mist along with the dancing young lights was reminding me of something like the building was trying to tell me its own story, its own dream. Was there smoke here before? Were the colors symbolic of something here? All those questions confuse me, but they are helping me to wake up from such tranquil sleep. As I become more conscious and put my hands on the sides of me to get out of bed, I am greeted with even more confusion. There is no bed. No timber frames holding the piece together, which feel like they might snap one day from the years of surviving as you grow older. No steel backboard which bangs against the wall every morning when you try to wake up, giving you an even bigger headache. No step down to the floor, eliminating the possibility of you waking up on the wrong side of the bed. Huh. This place really does care about your sleeping quality, doesn't it? I know I signed up for a quick nap before my train journey, but I didn't expect such prestigious service; all I can say is that life is full of surprises and this is one of them. As my body powers up and emerges from the ground, I can see my shoes and accessories beside me on a funky-looking bedside table. It is like the mist transformed a minimalist piece of furniture and evolved it into a brand new item which continues to re-inforce the idea of this space, giving it a definitely strong motto. Grabbing my stuff I turned around and noticed that my bed was a cloud. I clean my eyes to make sure I am fully awake and still not in the phase I was back to 30 minutes ago, however, that changed nothing. It wasn't a feeling of sleeping on clouds, it was a real thing, showing me that dreams can become reality. This place keeps surprising me in the most positive ways. The cloud bed is spacious, but composed having great control in the space it inhabits, with raises on the head and legs, improving blood circulation in the body. The pillow submerged underneath the tissue of the bed is the same density as the one I picked first while walking in here. Attention to detail in this place is mesmerizing. Looking around I see an illuminated green sign, which stands out slightly above the mist, stating 'Stairs Up'. It's time to continue my journey and finish this dream some other day.



QR code to watch the entire video



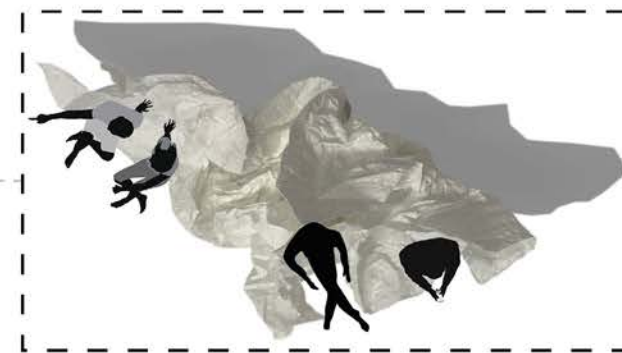
Length 1:20min

### Sleeping Models

- combining the act of sleeping with the art of creation -



Diagram 1: Top down picture of a sitting area



Sitting area made from a crumpled piece of tissue that goes with the theme of the cloud seating. Its form and complex shape make it an interesting area for people to engage with and sit on

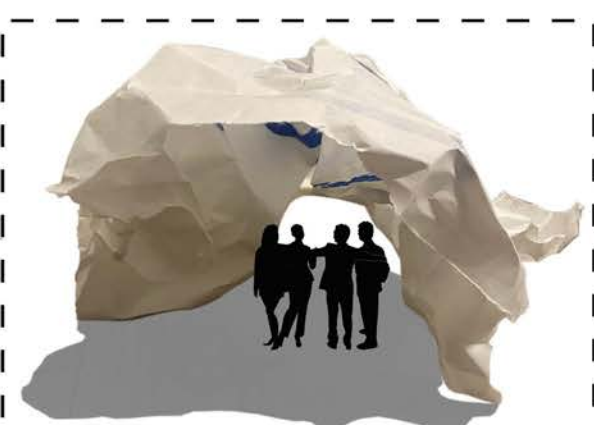


Diagram 2: Perspective view of people inside a 'chill' zone



Diagram 3: Picture of crumpled duvet on the bed

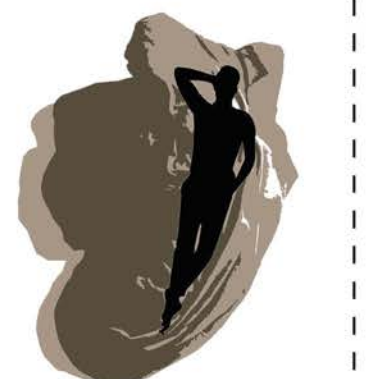
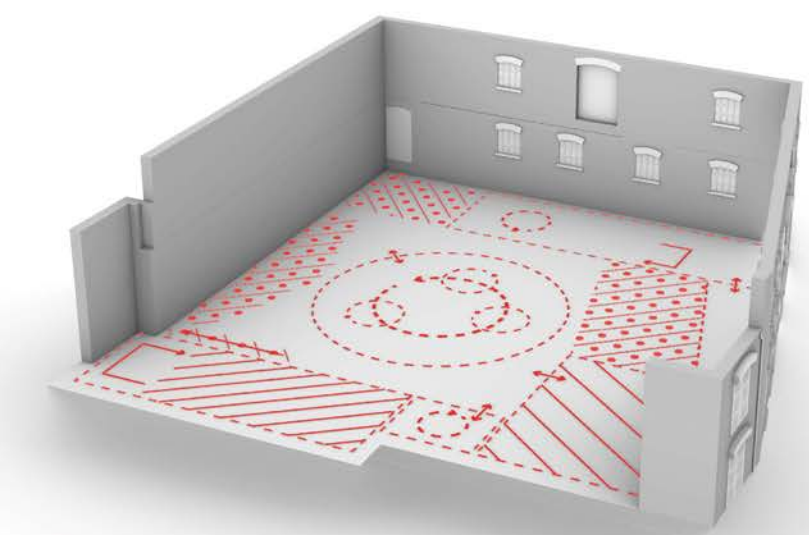
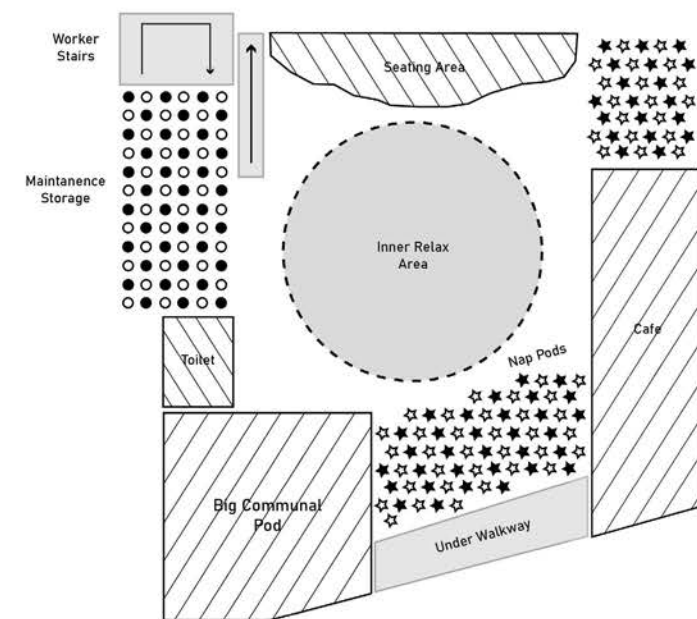


Diagram 4: Image altered to make shape of a bean bag

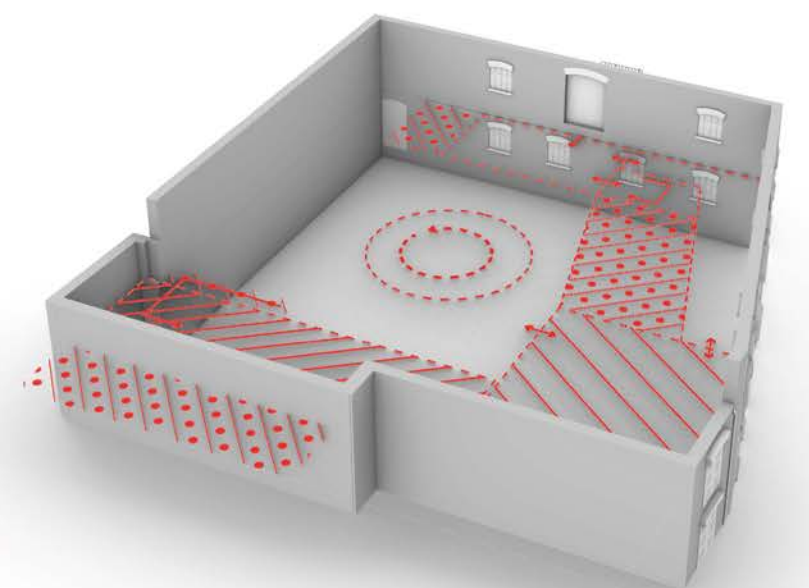
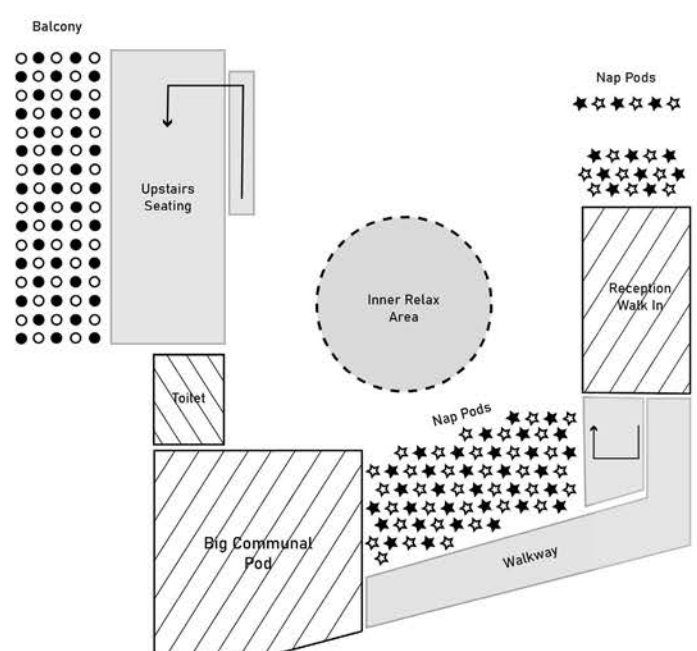


Diagram 5: Models inside the space



### Location F2 + F3

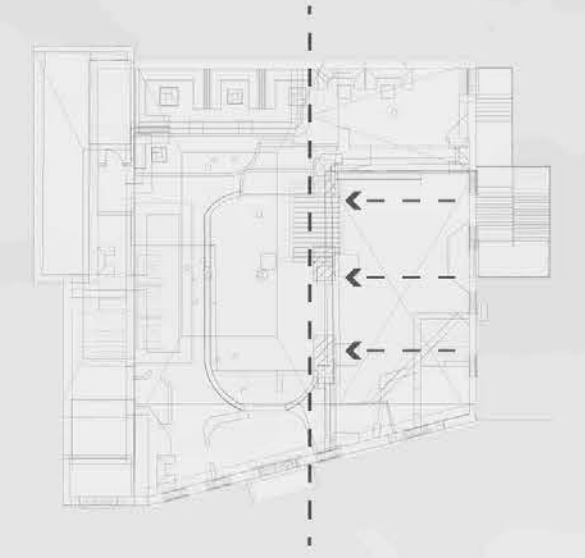
Zoning + Circulation Diagram - second and third floor -





# Technical Right Section

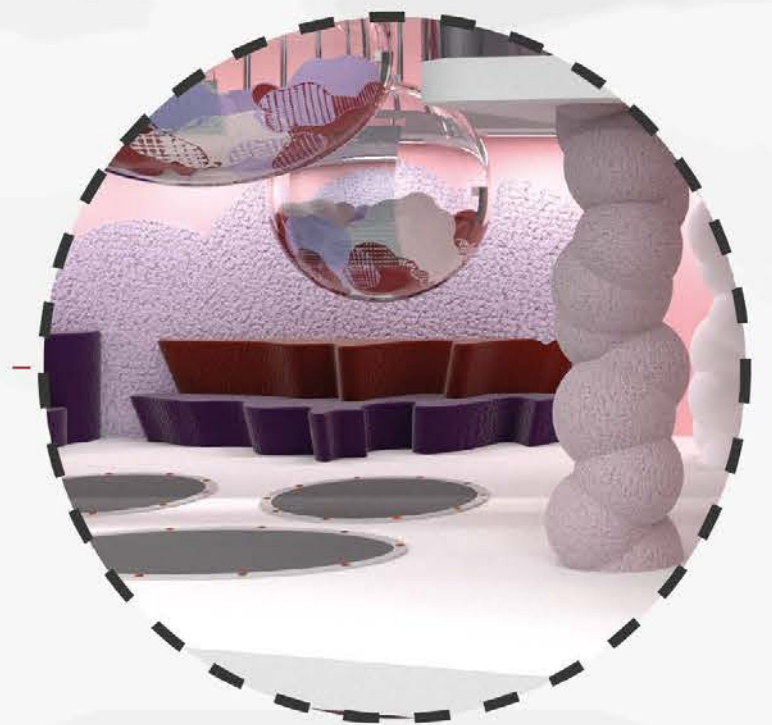
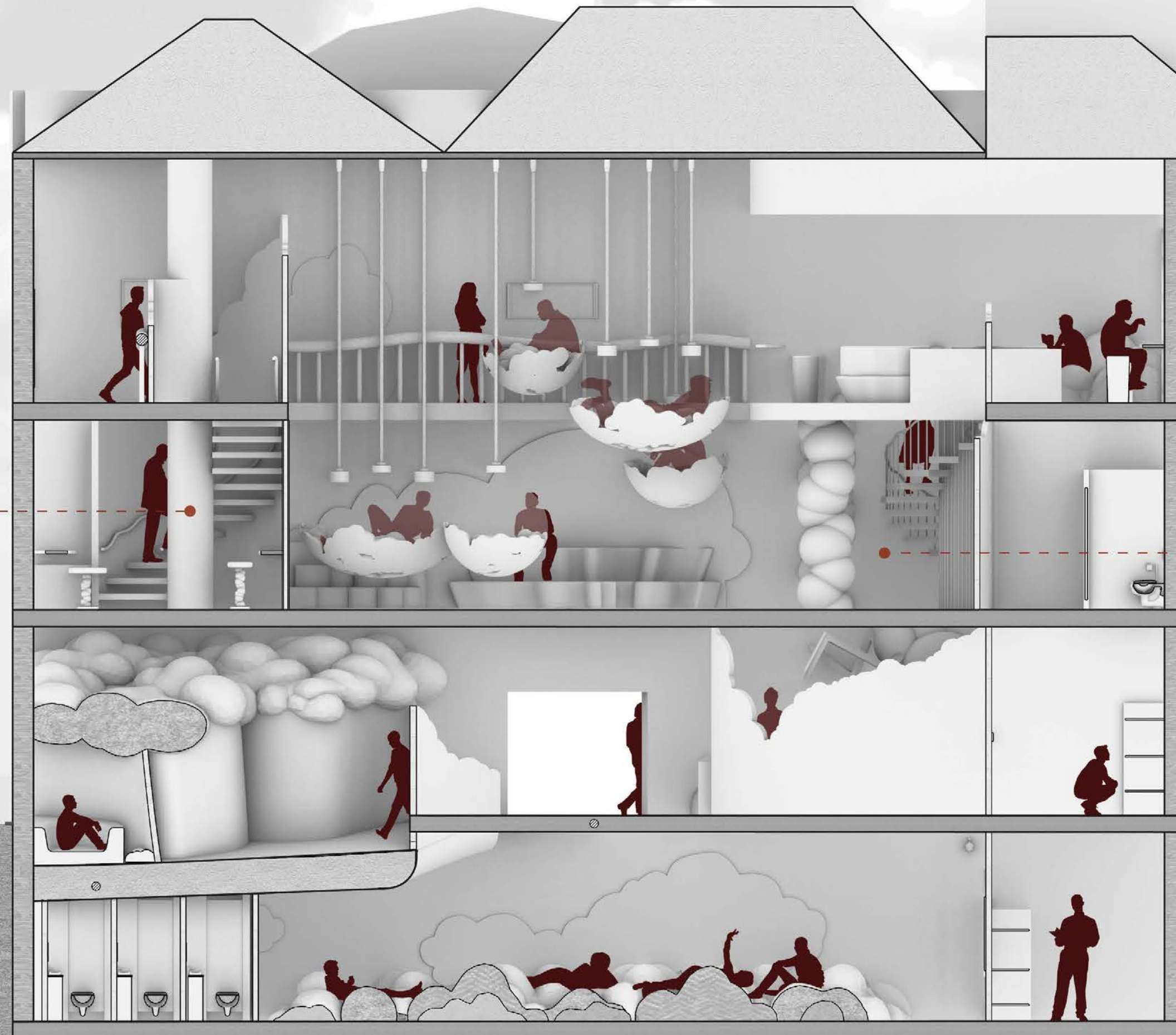
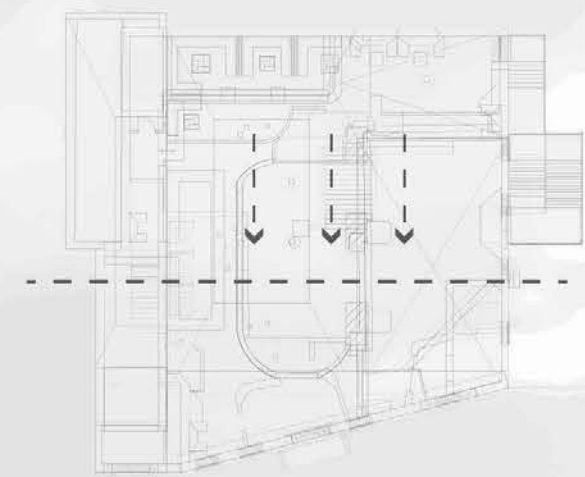
- informative drawing, showing how people interact with the space on different floors and areas





# Technical Back Section

- informative drawing, showing how people interact with the space on different floors and areas







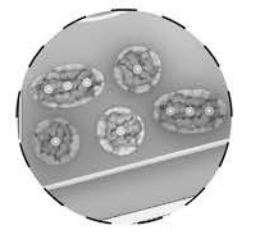
Floor 2

Floor 1

Ground Floor

Basement

**Floating Pods**  
 - elevated way of relaxing, choose an available pod and emerge yourself in it



**Sleeping Pods**  
 - individual pods where you can finally get that perfect, needed sleep

