

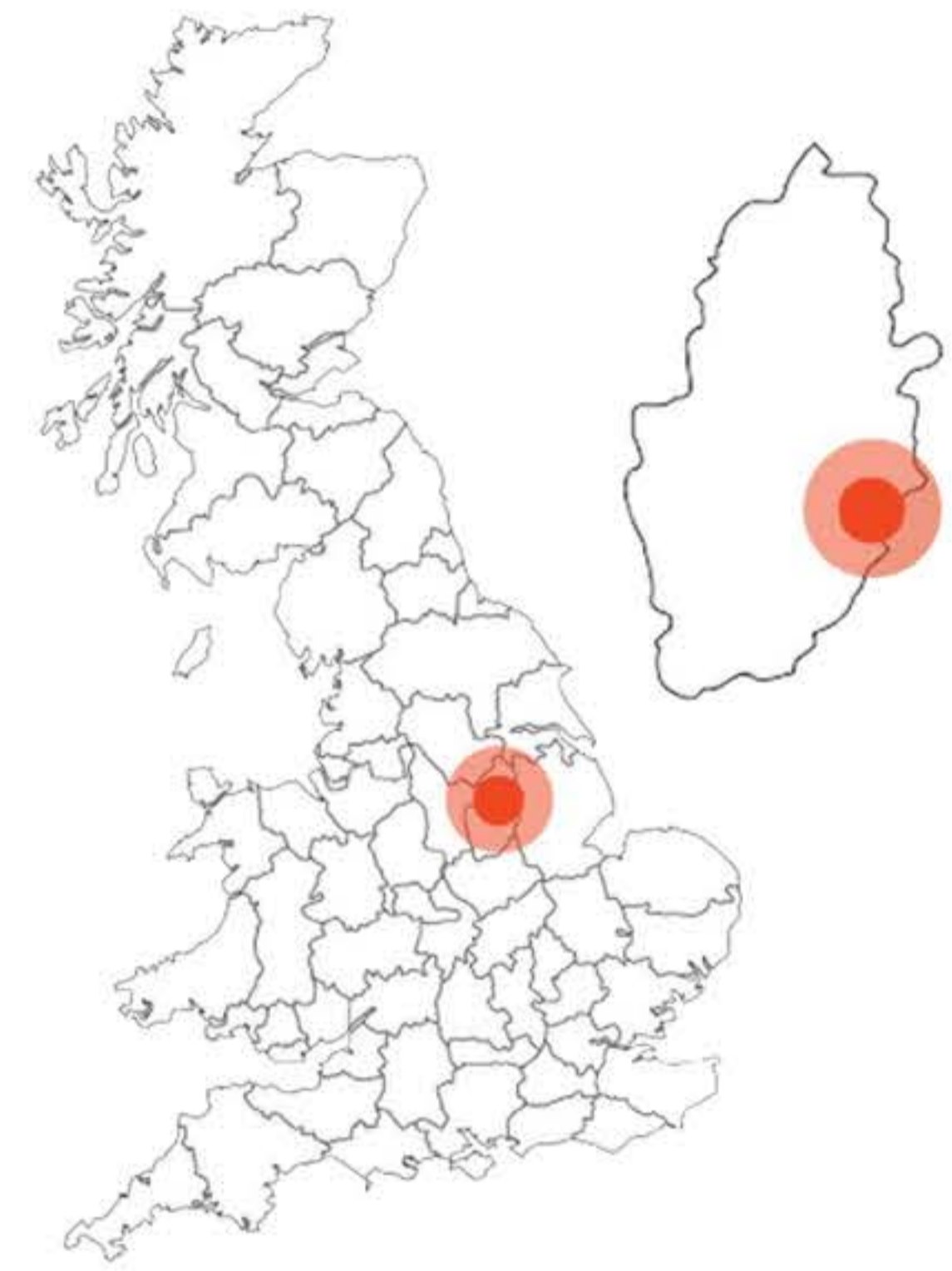


Journey into Dreams, Uncover the Science

Location: Navigation house, Newark

Client: LISREC sleep research centre

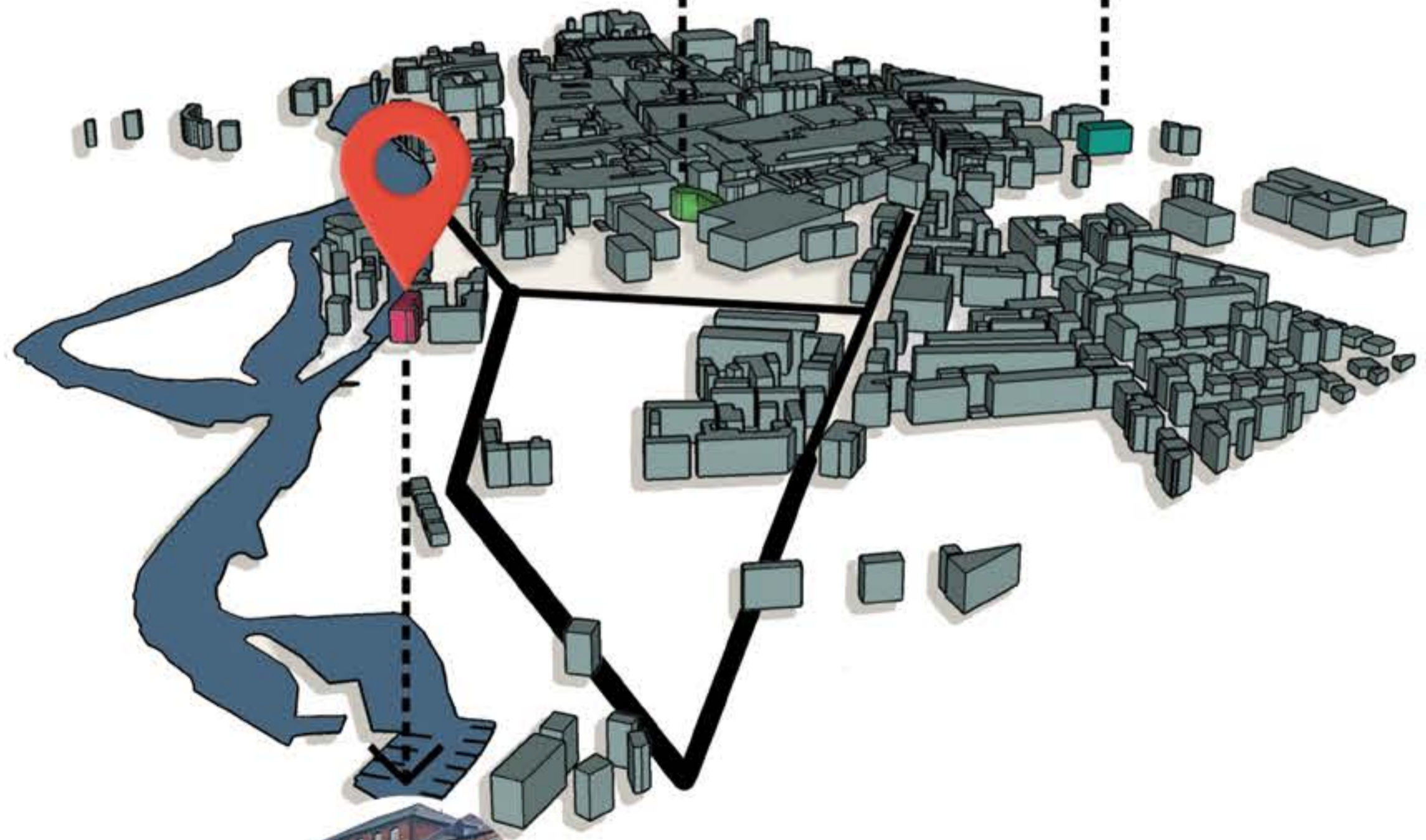
User: Students and people with sleep conditions



NEWARK BUS STATION



NEWARK LIBRARY



NAVIGATION HOUSE (SITE)

The Concept...

The Initial idea for this project was motivated by the *evident challenges* that *students and the general public* face regarding *sleep*.

Despite messages discouraging sleeping in the university library, many students still sleep there for long periods. This project aims to *educate students* on healthy sleep practices and establish a dedicated space for *sleep studies*.

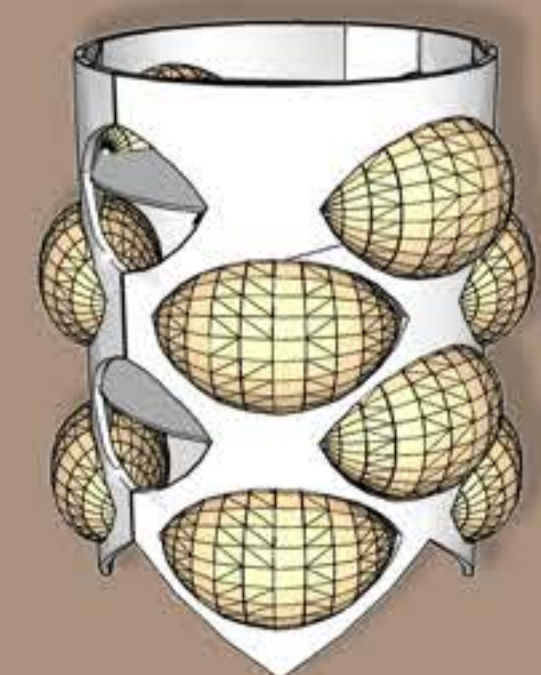
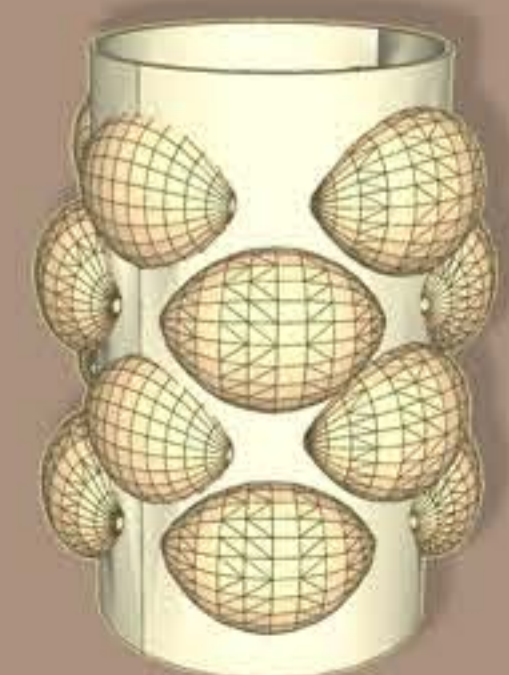


Nearly 3-quarters (71%) of UK adults do not have the recommended 7-9 hours sleep a night.



1 in 7 Brits survive on dangerously low levels of sleep a night, under 5 hours.

USP Concept Model Progression

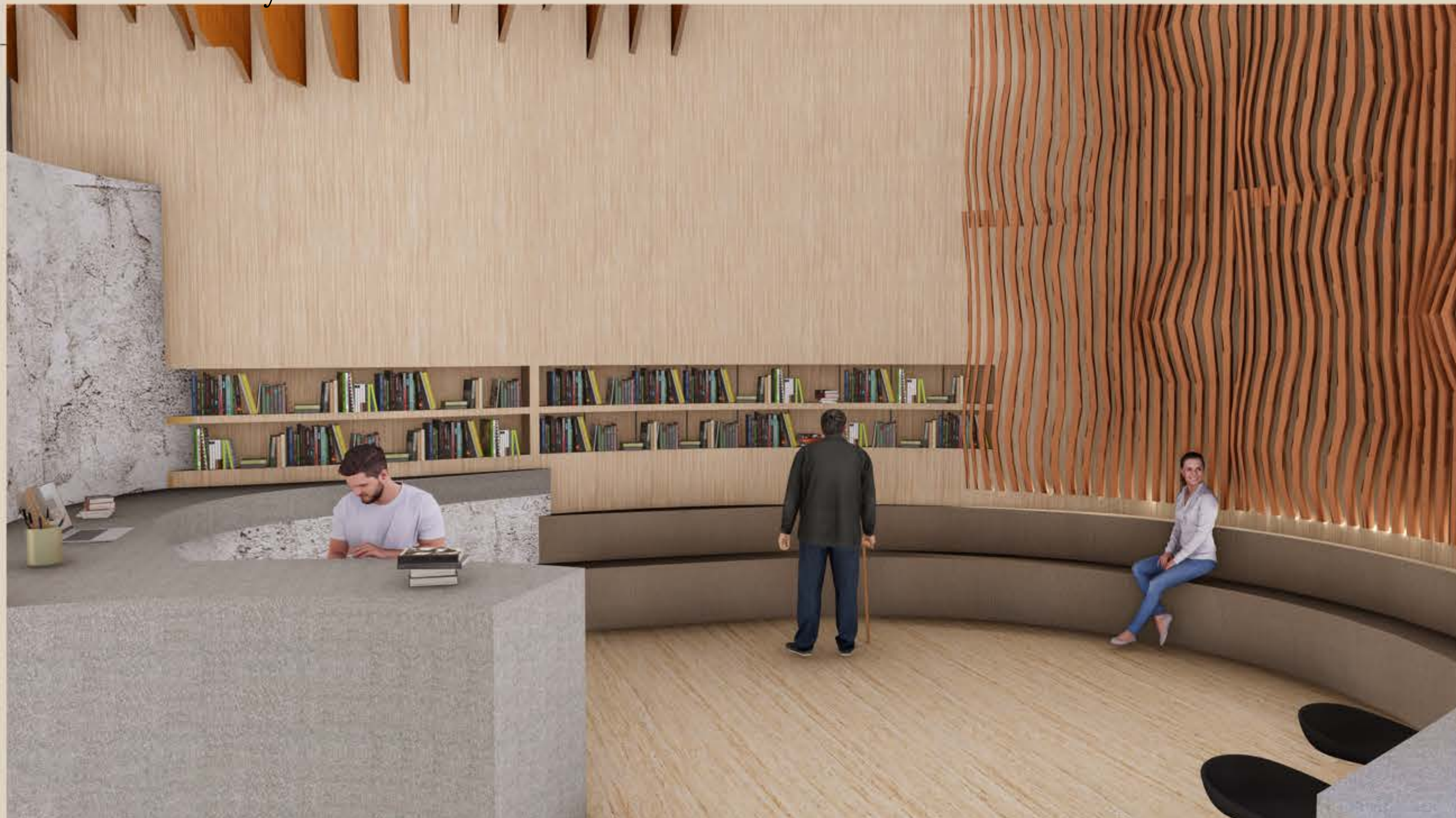




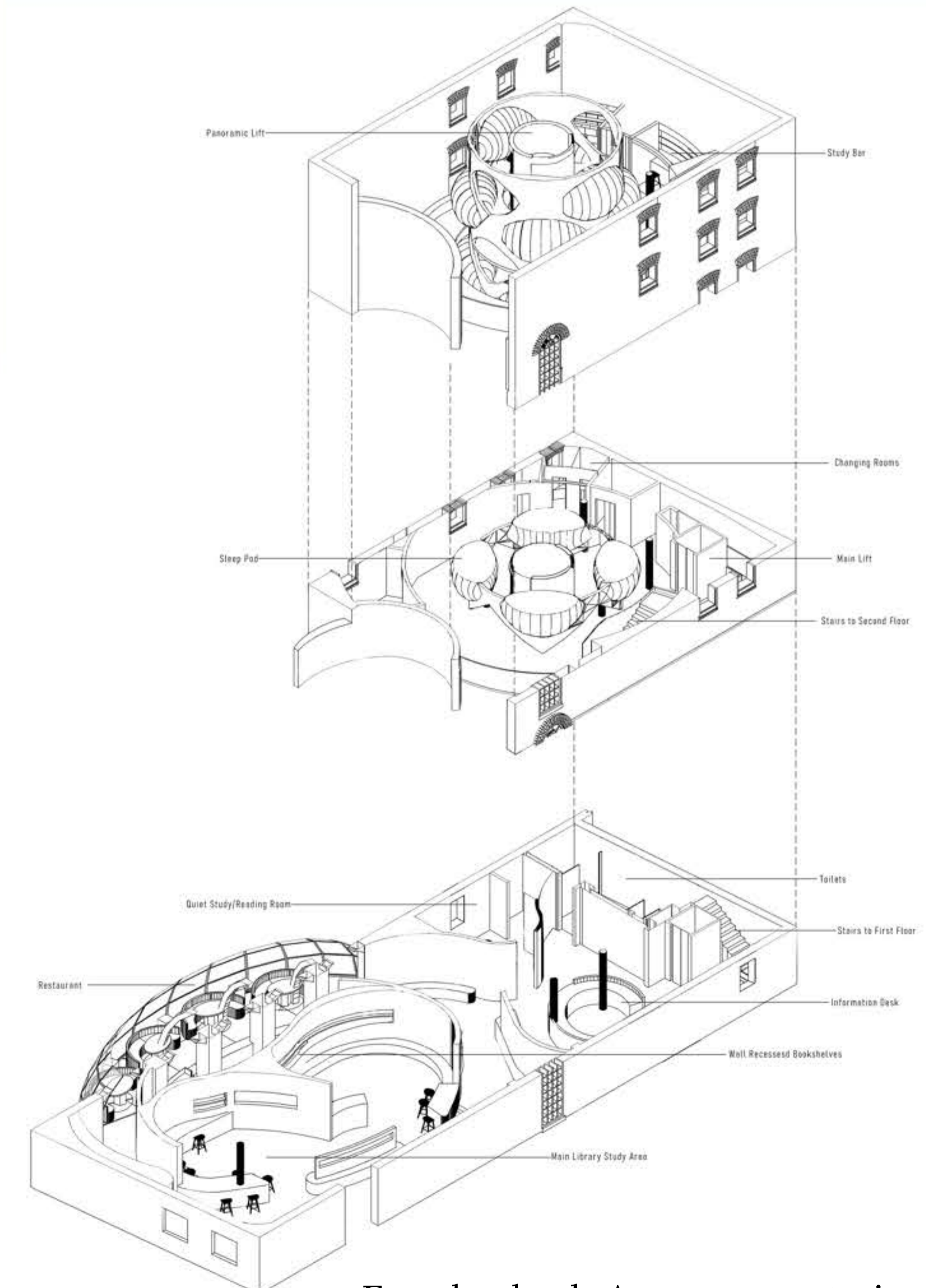
Main Library Area



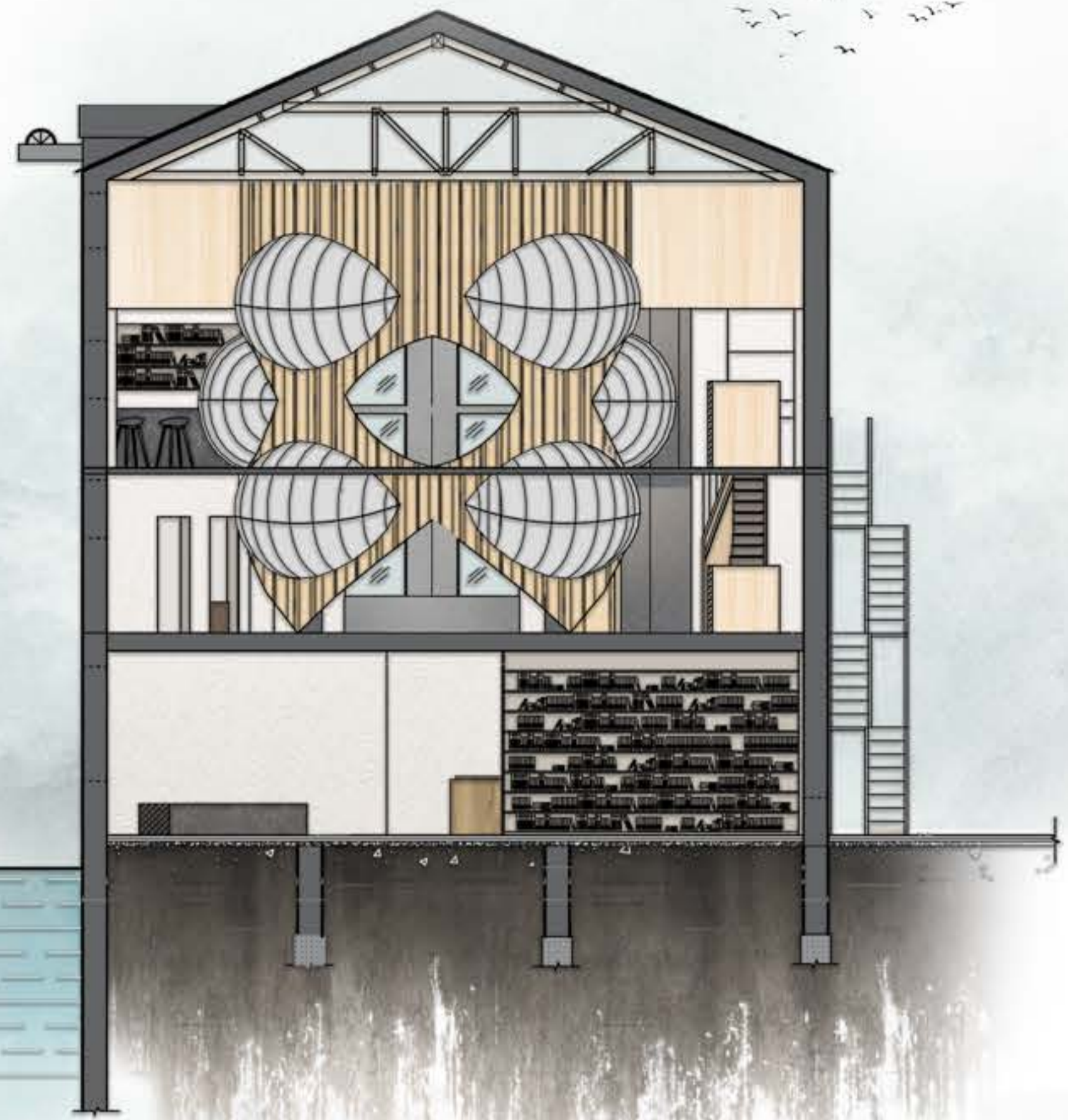
Information Desk



Main Library Area Continued



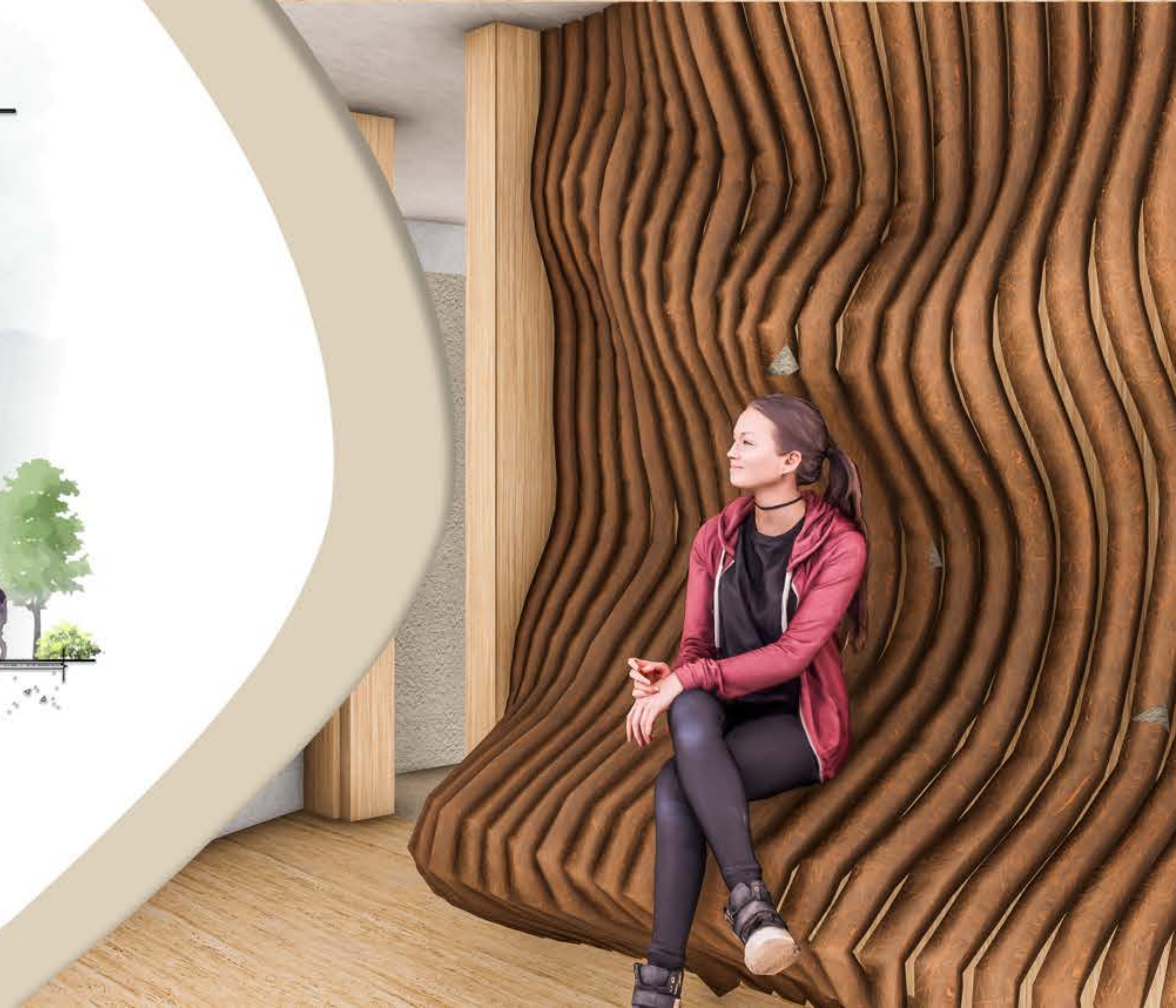
Exploded Axonometric



Short Section

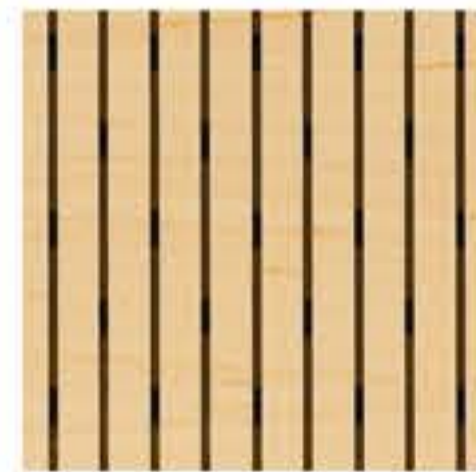


Long Section

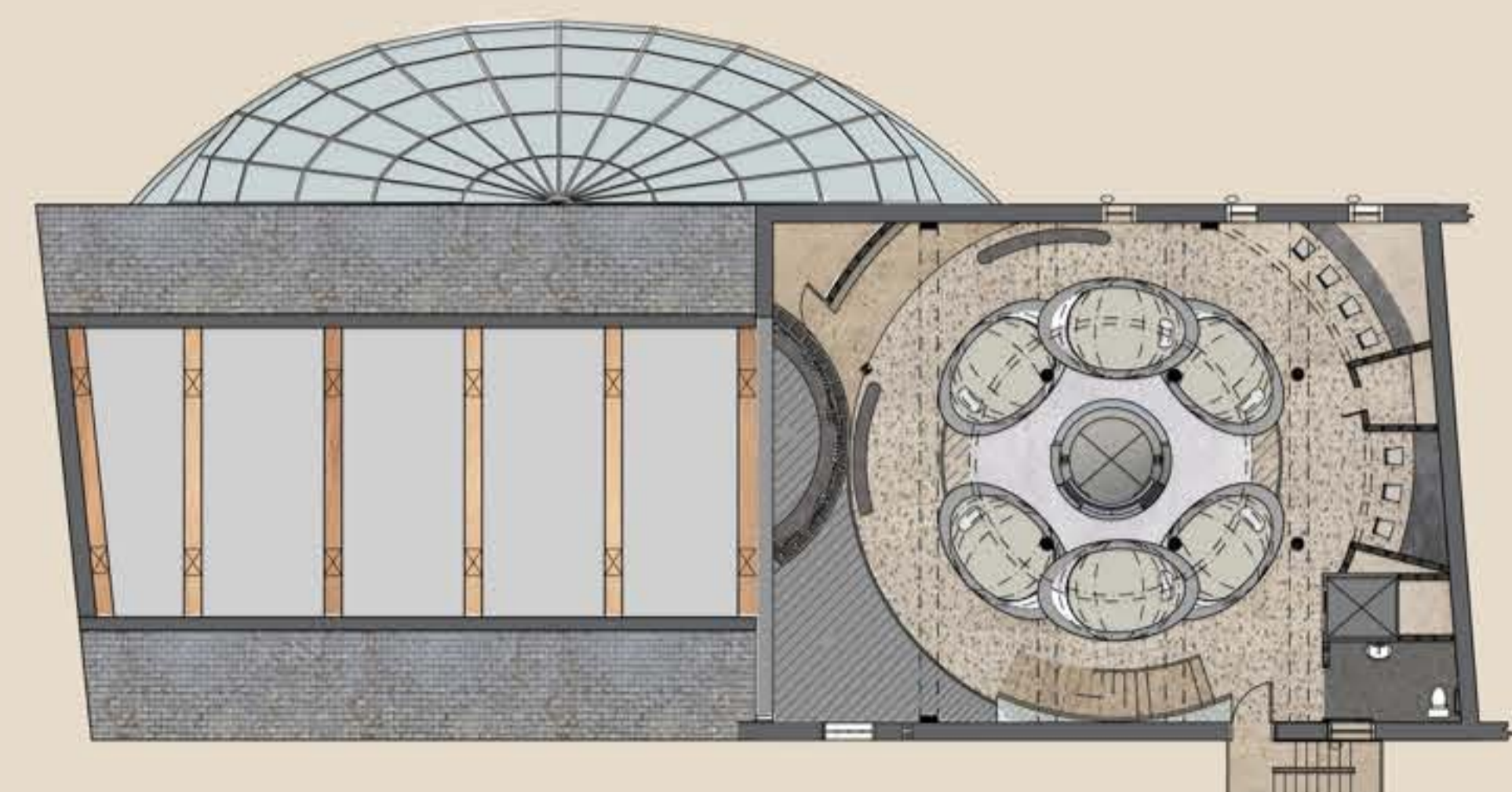
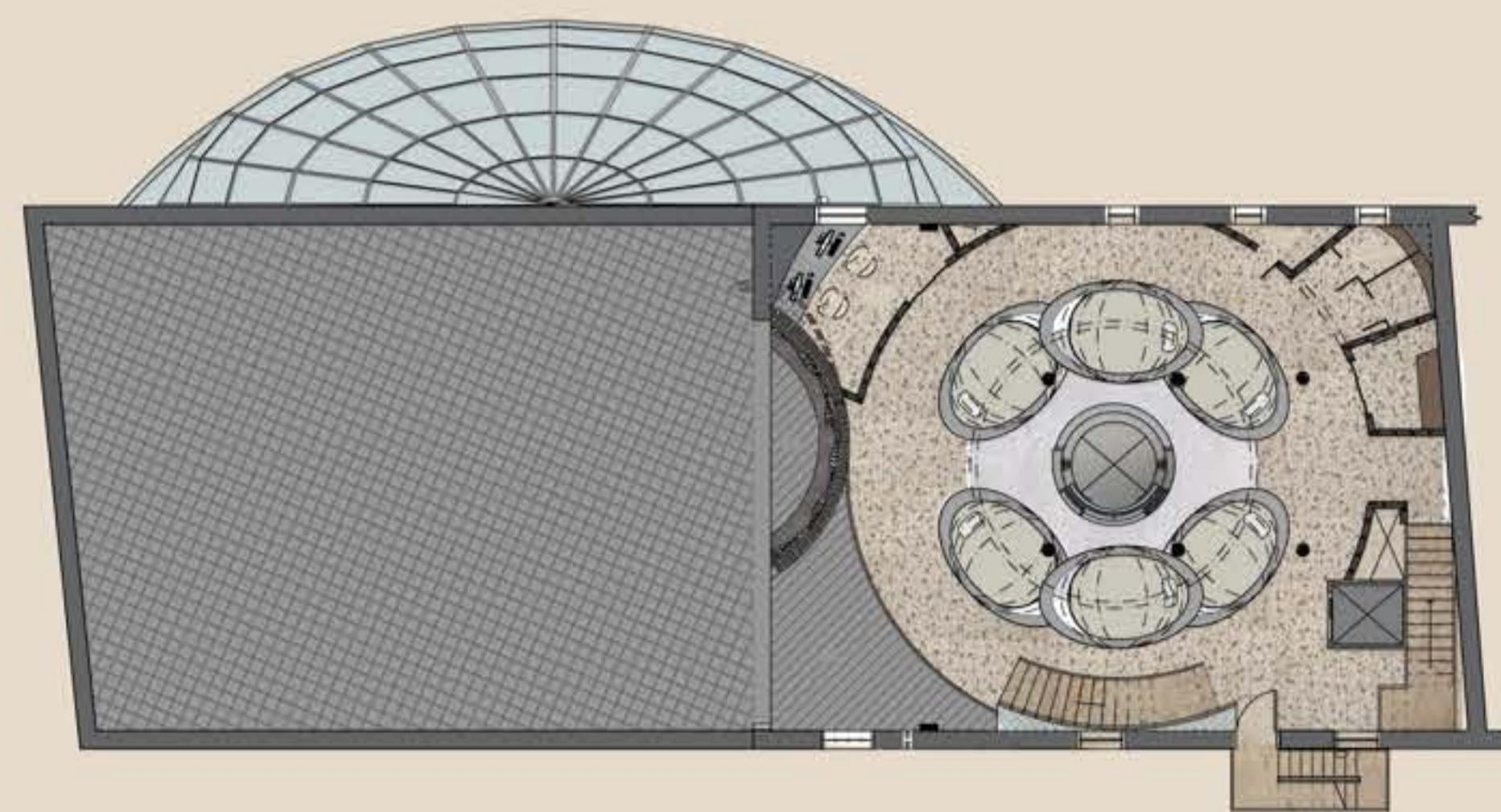
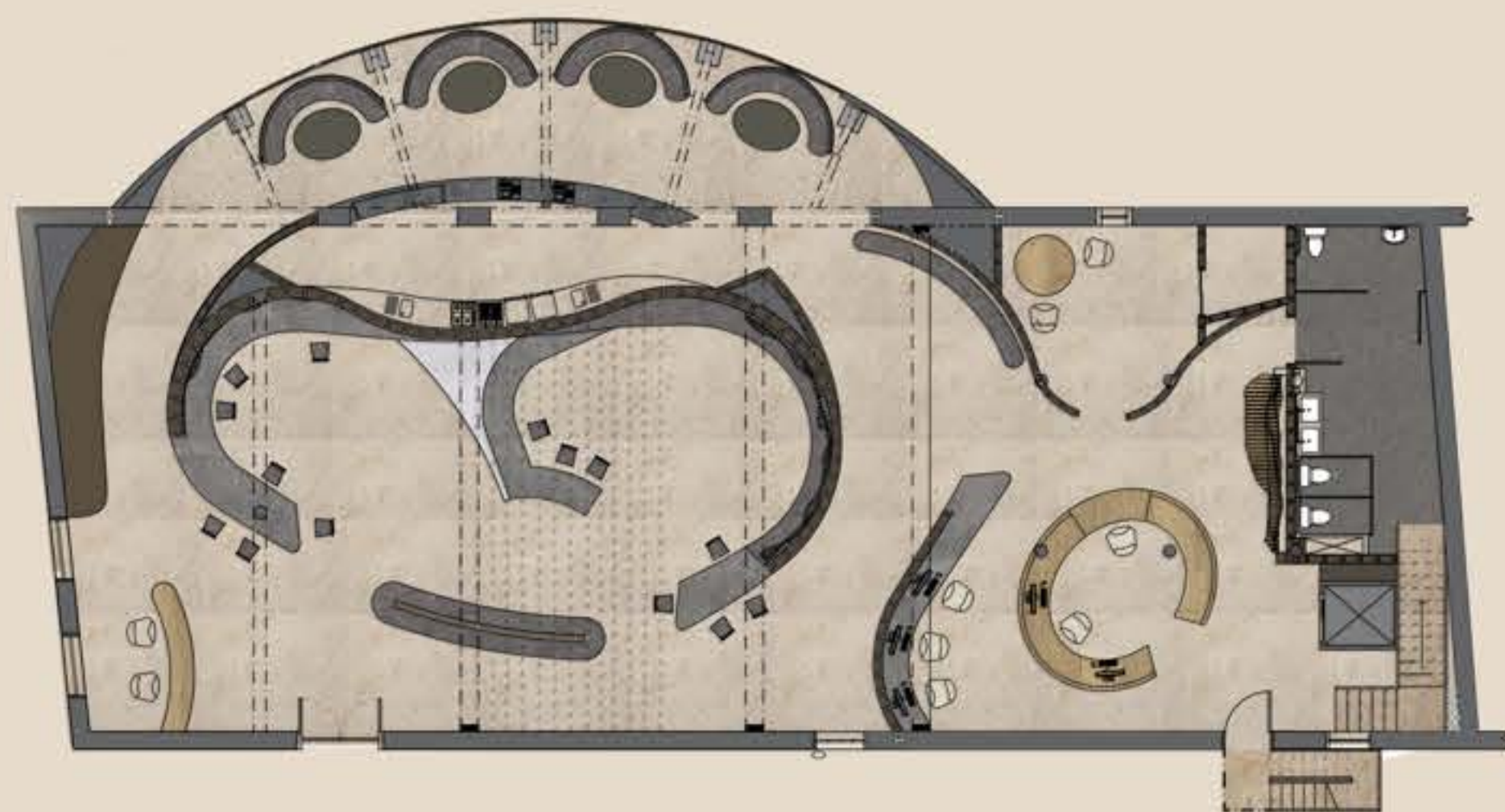




The project utilises curved flowing forms and neutral colours inspired by salutogenesis which demonstrates the idea that a built space should be designed and developed with the intention of promoting health, happiness, and well-being among its users - Key for promoting healthy sleep practices.



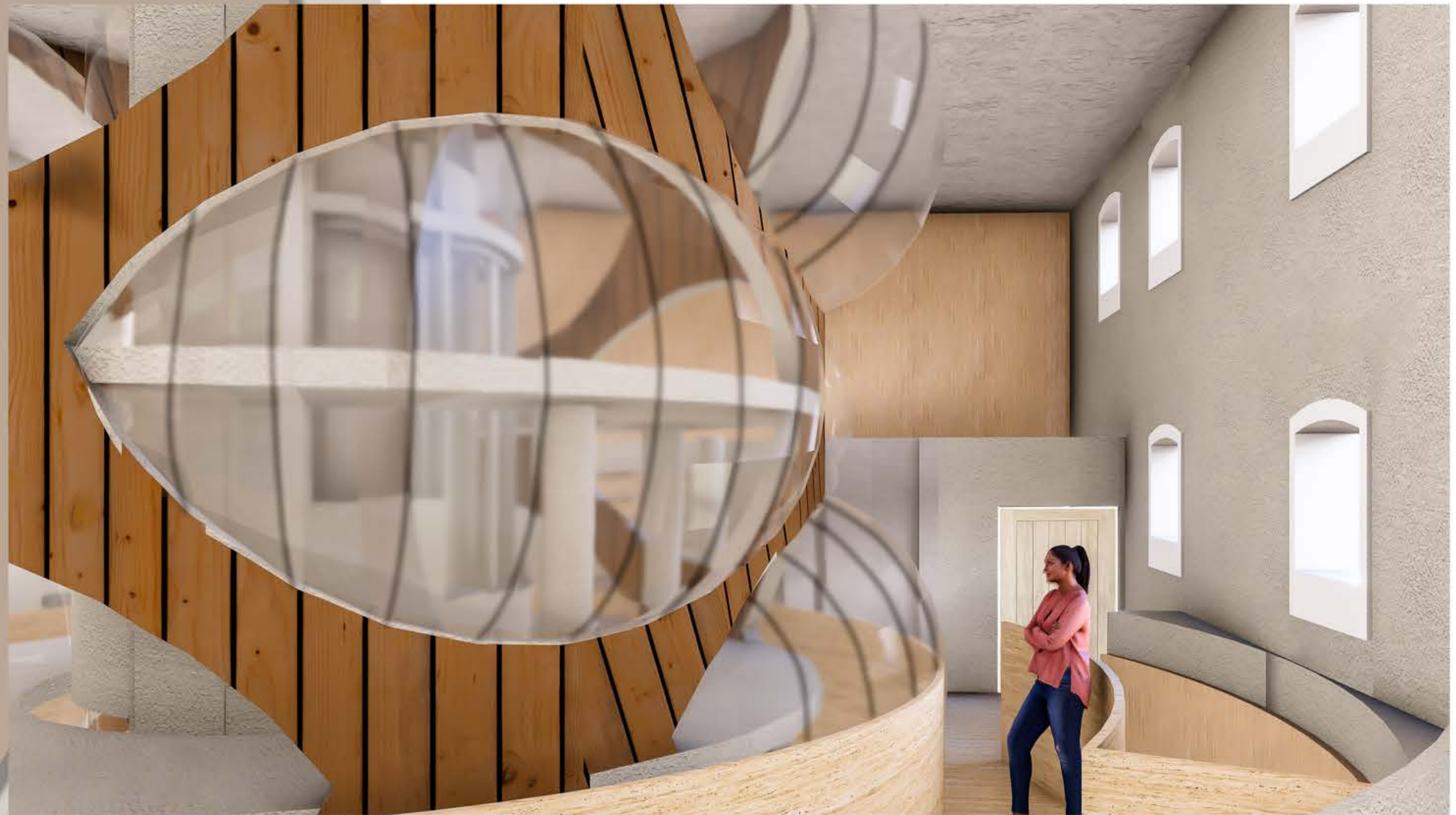
MATERIAL PALATE



The sleep pod aims to allow sleep studies to take place in the space conducted by the LISREC team.

The exterior of the pod is made of Tetraflouroethylene (ETFE) which is strong and environmentally friendly.

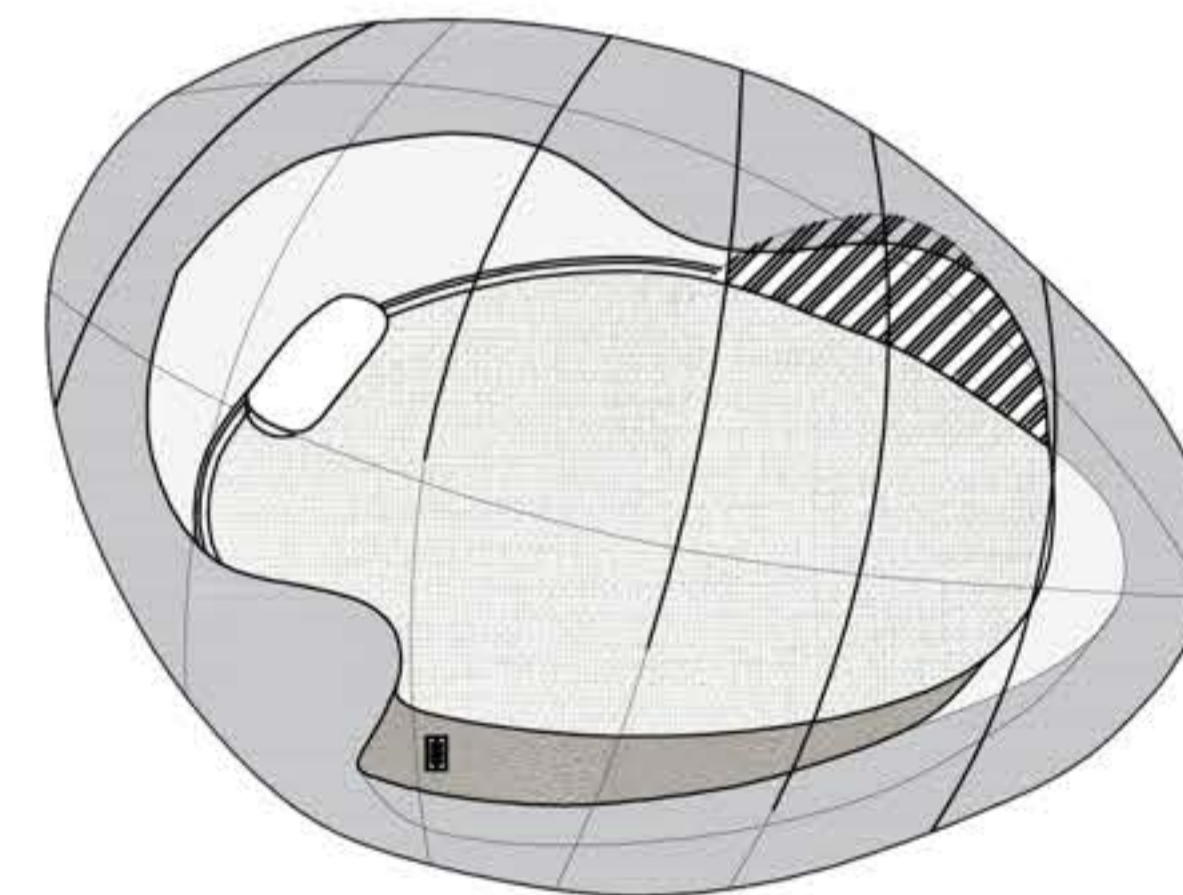
The shape of the pod was inspired by how grapes form as by using biomimicry, spaces can mimic natural environments known to reduce stress and promote healing, such as green spaces and natural light which is seen in salutogenesis.



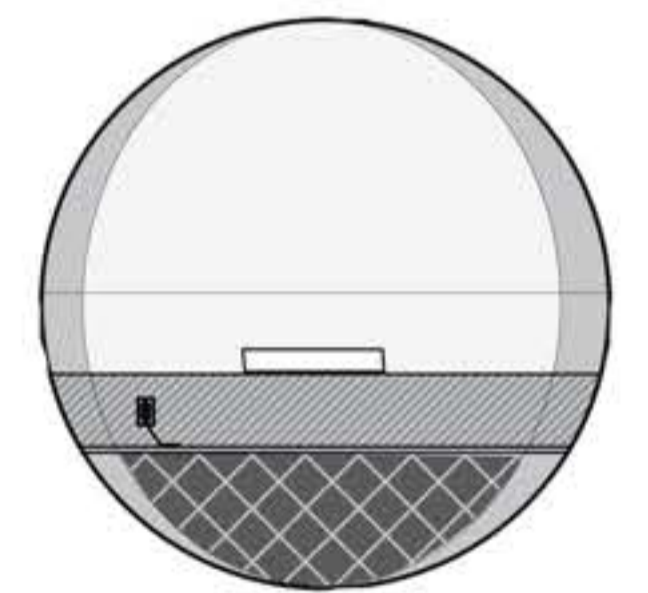
Pod View From Second Floor



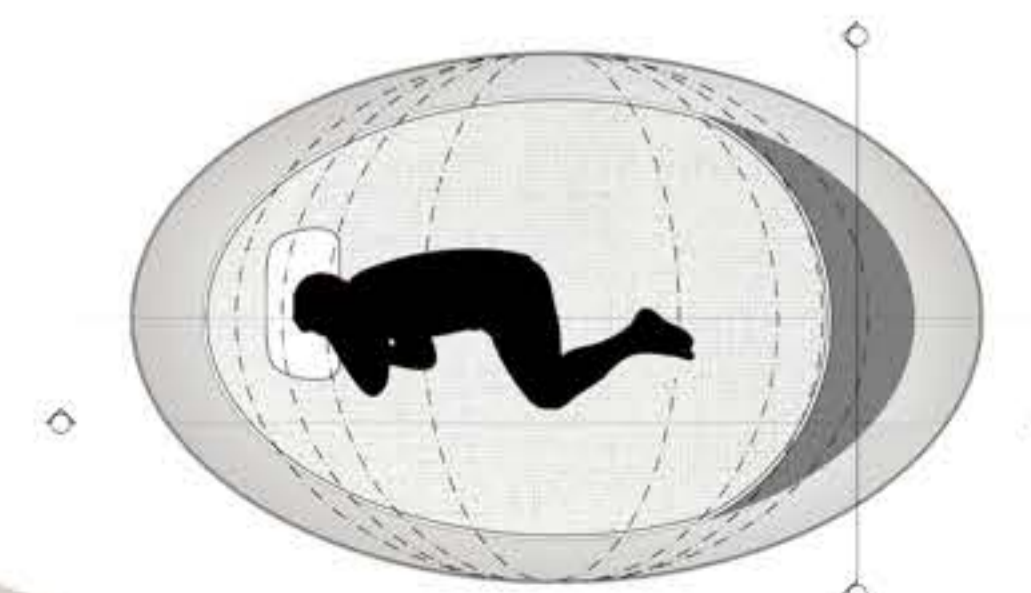
Curved Staircase & Pod View From First Floor



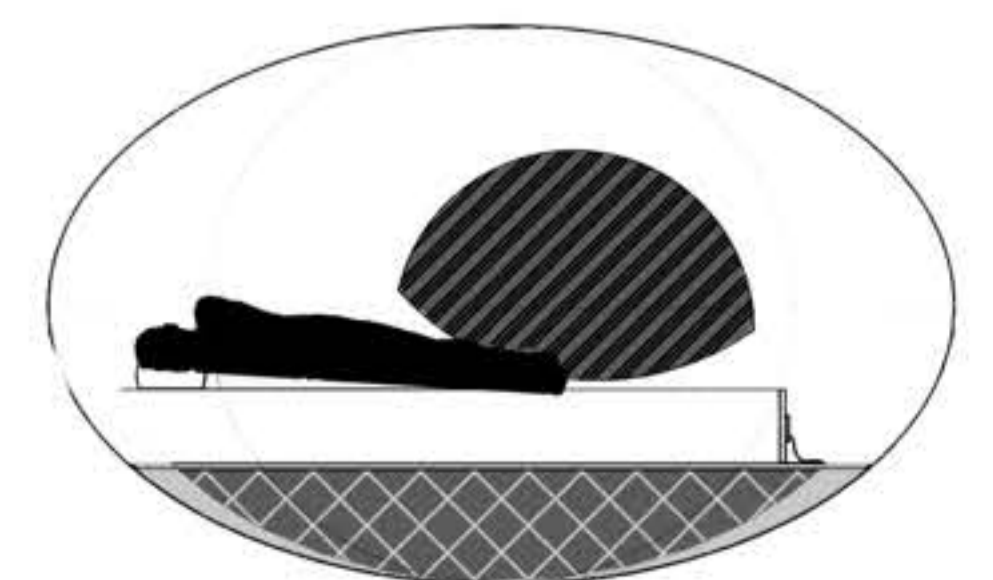
3D Interpretation



Short Section



Plan



Section

Pod Detail