

ÝΠΝΟS

This design proposal seeks to help decrease the increasing prevalence of sleep disorders and related issues that have skyrocketed within the past decade of overstressed professionals especially within those in the healthcare sector; as there is a large avoidance of spaces currently that attend to their problems. This proposal includes creating a clinic and wellbeing center that encourages, monitors wellness, sleep patterns and disorders of the healthcare professionals. Hopefully benefiting and making them safer both their personal and professional life.

Incorporating biophilic design strategies and principles by intergrating natural elements such as plants, organic materials and natural light. As this site is next to a lock it aims to include and utilise the presence of water in its design. This concept enhances wellness, productivity, calmness, human health and connection to the natural world.

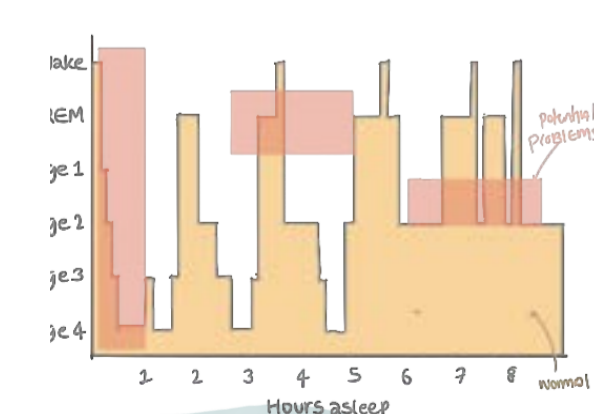
This project links to the category 'interior futures' as it addresses the constraints and issues within the NHS according to the staff. It offers a futuristic solution, a place where inbetween, after or on days off overstressed workers and come heal, relax and get informed in how to better their lifestyle.



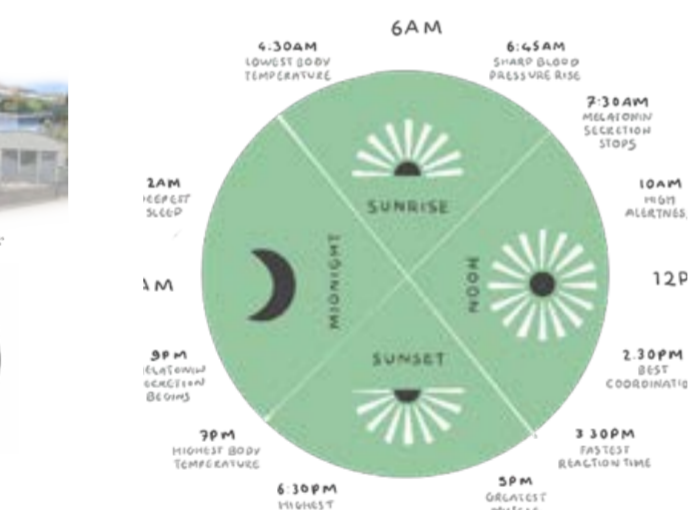
How many Hours are taken off work due to sleep related issues every year. 1,000,000 hrs

Of Road deaths caused by fatigue 20%

£ Billion cost to the UK economy caused by sleep deprivation in the work force 40.2%



When deciding and identifying an adequate location for a sleep wellness clinic and centre in London, it can be observed that within London it Needs somewhere with accessibility to numerous healthcare facilities such as hospitals, doctors, and other medical practices. It was important to choose London as there is a need for more availability from NHS and those who work for Them eg. More accessible.



Working in a healthcare environment can be physically, mentally challenging. Long stressful shifts without sufficient breaks, and night shift which go against the natural human body clock

The Sleep Charity, incorporating The Sleep Council, provide advice and support to educate the nation to sleep better. Independent voices on sleep related issues. They work with research lobbying government, investing in research, building partnerships with organisations and offering a range of services including working with the users as well as workshops as well as lifestyle plans to follow to corporate organisations and training professionals in the NHS and other health organisations.



My projects primary user will be over stressed and tired Healthcare professionals who to irregular shift work day and night and struggle with their lifestyle balance and rhythm outside of work. They will be using this proposal as a space they can come before or after work to catch sleep and relax, as a place to monitor and learn how to improve their circadian rhythm, and improve and stop possible mistakes happening in their hospital also their aim would be to get diagnosed/ treated and educated on sleep and stress disorders. therefore making their outside life safer and easier.

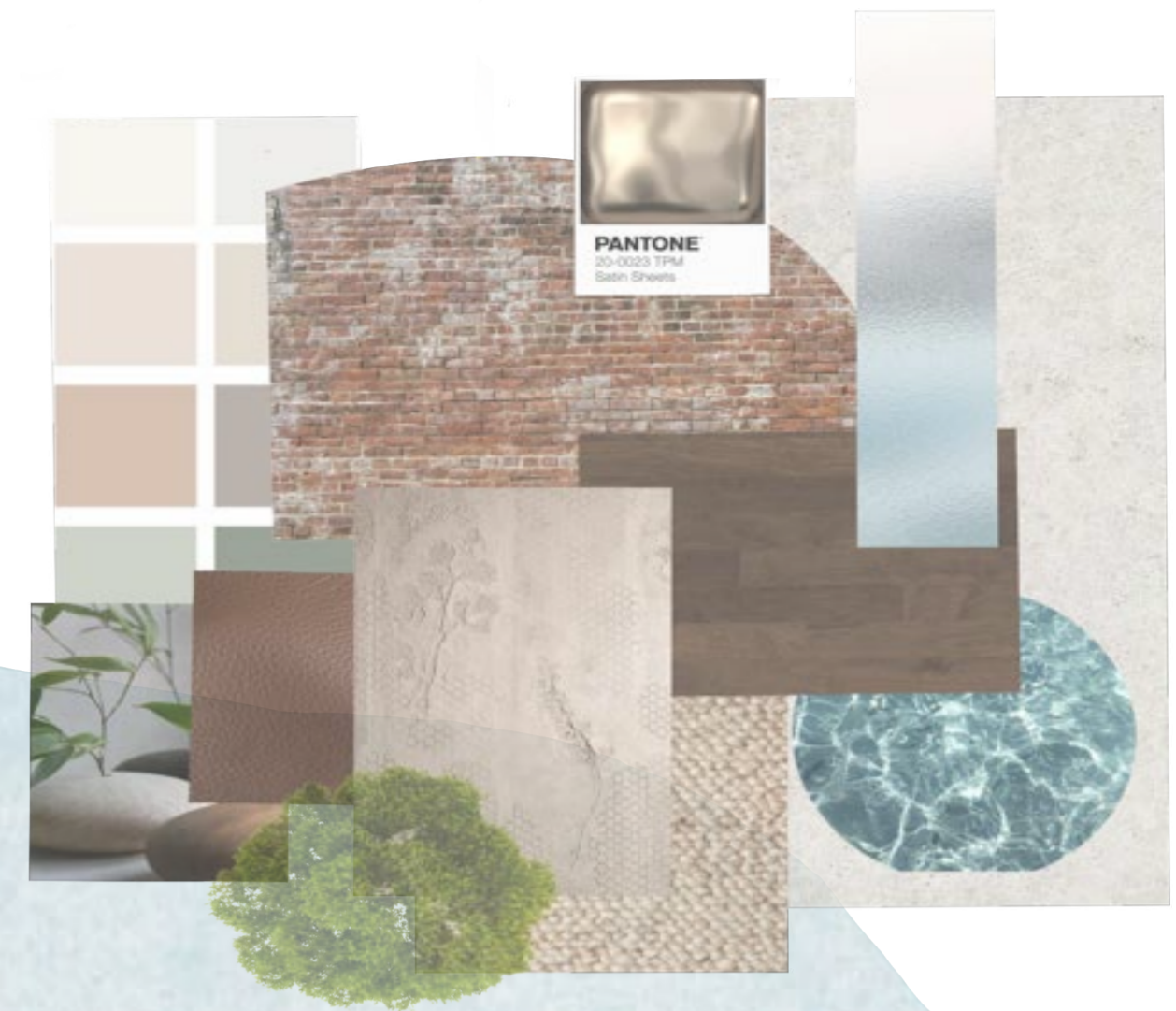
My tertiary users will be the staff. Highly trained doctors who specialise in sleep and mental health, as well as therapists and other practitioners like meditation and dietary consultants who specialise in the wellbeing of others.



Render of the nature's courtyard



Colours and certain hues can be used as a determinant of human behaviour and can evoke certain emotions. For this project, warmer/neutral hues will be used to provoke a sense of calmness. For example green often symbolises nature, balance, revitalisation. For this project the use of neutral hues are more prevalent in this design to aide in the goal of achieving the ultimate user experience. For this project colours and materials were taken inspiration from a 'japandi' japansese and korean styles. As well as teh prevalence in water and its soft blue colour is suggested to have a calming affect on teh brain and body reducing blood pressure.

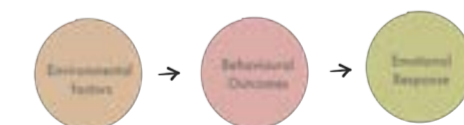


Design Strategy



Concept Infographic drawing reflecting the different elements that make up the concept and how they connect and merge together.

The concept being the synthesis of enviromental psychology, biophilic interventions, holistic healing and the circulatory nature of biological ciccadain rythms



My design references this circulatory nature and the stages of the circadian rhythm as my design follows the strategy of

'consult, learn, feel and sleep'

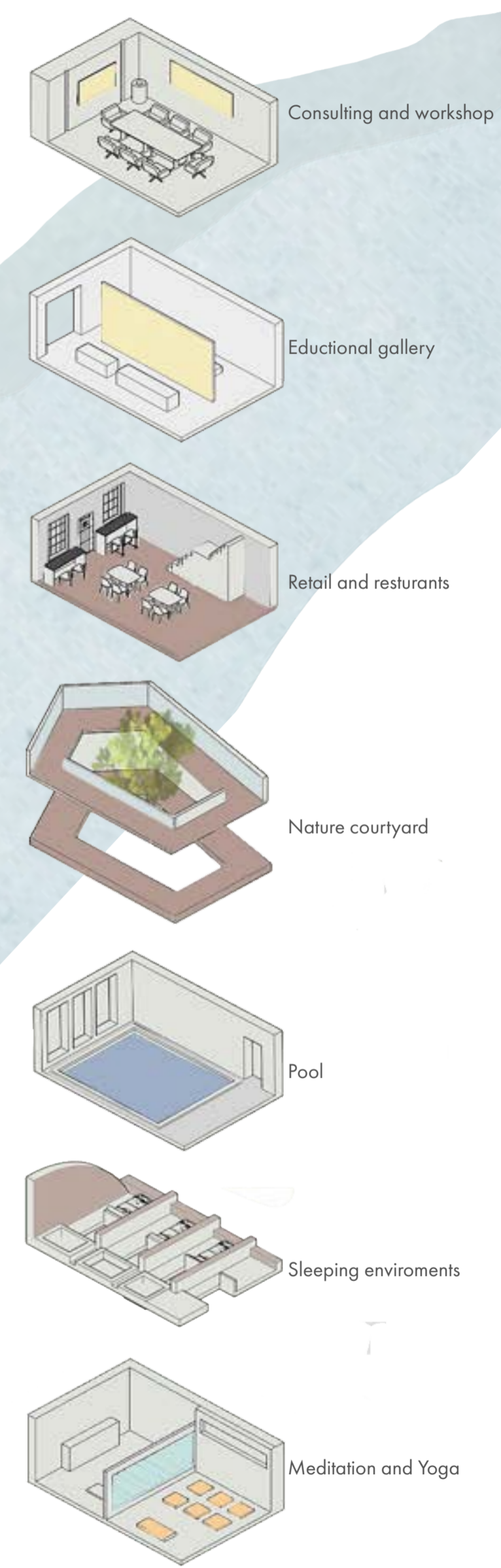
The presence of water was incorporated using the parallel lines of the canal as well as the biophilic design and natural in the mezzanine courtyard, a large open garden taking reference from the Maggie's centres in the previous chapters, to aid the user's wellbeing and acre. Large open windows blur the boundary between the interior and exterior. Natural materials were used on the bespoke furnishings and various fixtures.



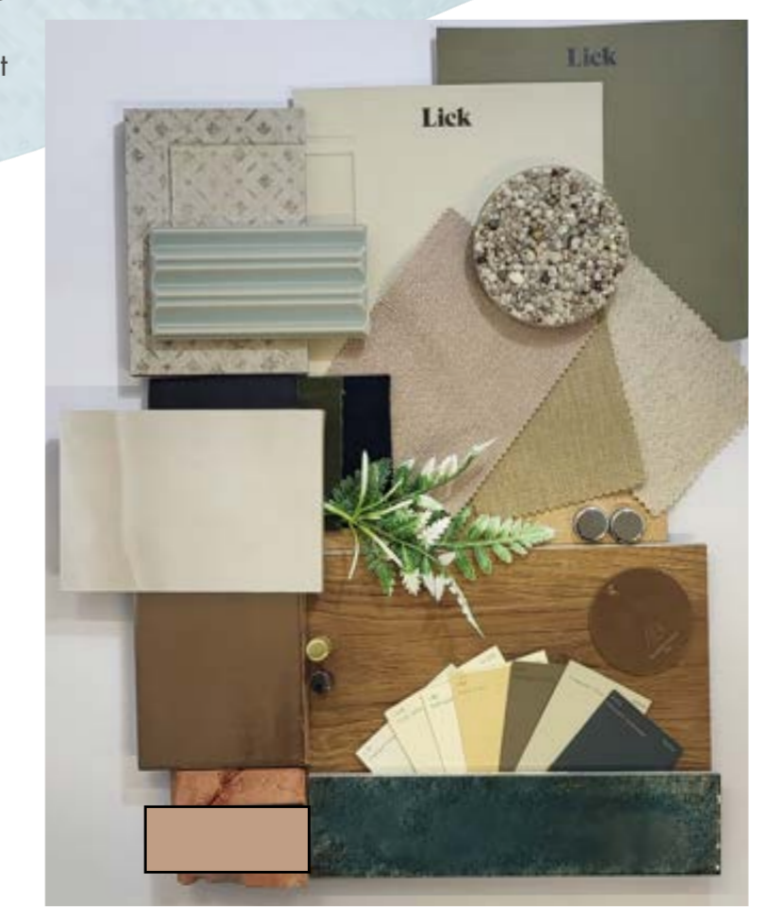
Outside the tea cafe



Activity mapping

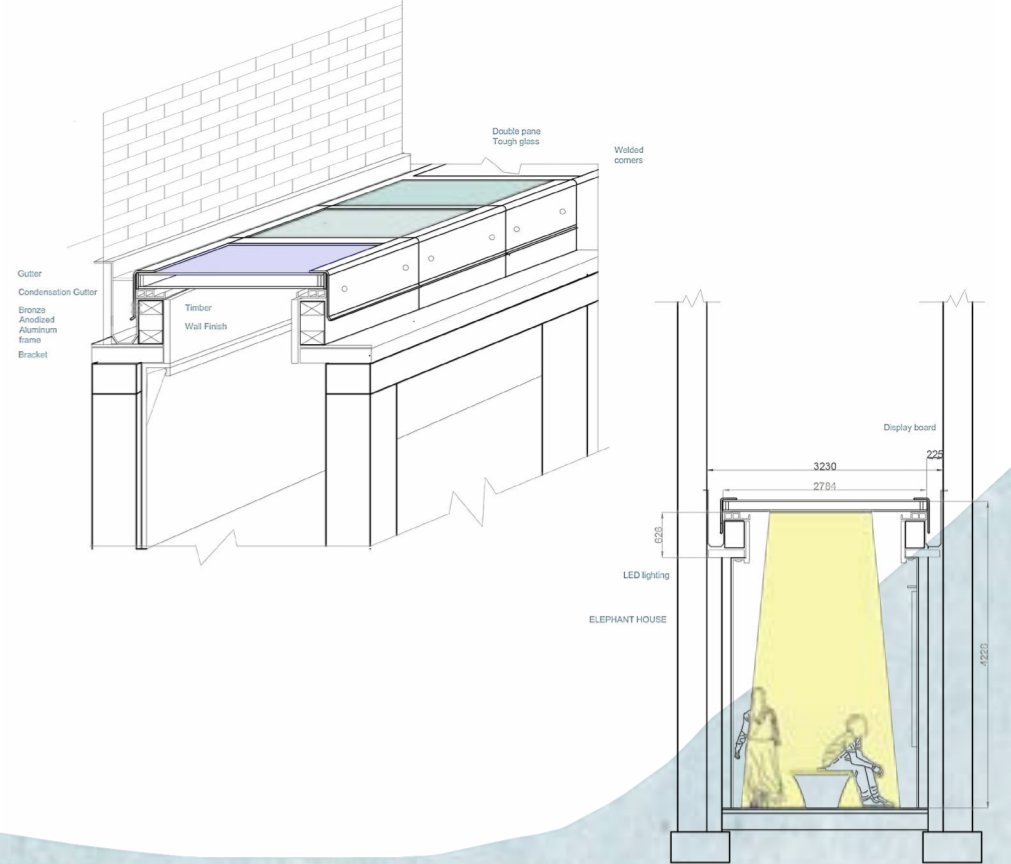


Starting at the main entrance of the site, the user will enter into a bustling yet calm cozy environment. The first thing that draws the attention is the implementation of trees to try and bring nature indoors, that and the underfloor water feature in the waiting area representing the biophilic design principles that I've tried to include.





The technical detail of the skylight that goes over the hallway which runs parallel to the canal and straight through the main part of the site. The skylight sits on top of the high ceiling of the airy hallway . This design took influence from this projects concept model, this is because of the stained toughend glass in different colours alike to the materiality and layers of the model.



Throughout this project there has been consistent use of a colourful yet neutral toned colour palette, comprising of muted natural earth tones such as green and off white and organes. This has been taken inspiration from numerous pre-dant studies from korea and japan as they use such tones to create harmony and balance in chaotic bustling enviroments such as big cities.

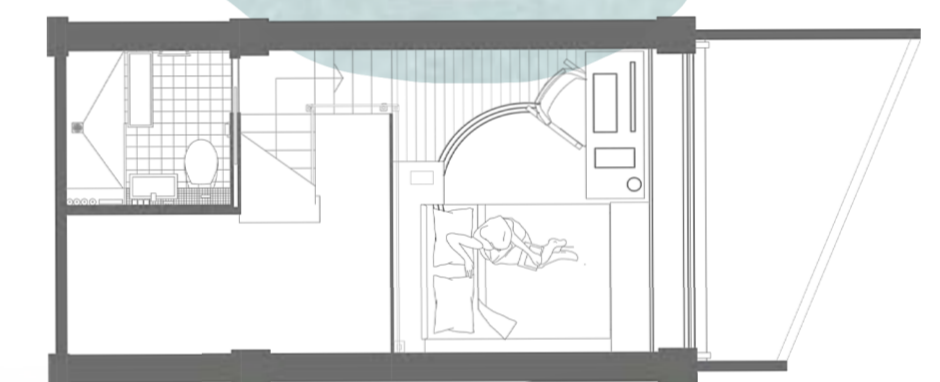
This has been implemented into the design, focusing heavily on teh wall finishes such as limewash and other wall render finishes.
 Sandstone lime wash two tone, Rust-oleum
 Modern Grey Paint Dullux
 Palest Satin Paint Dullux

The rich browns are relected in the wooden panling and cladding of tthe exterior nature mezzazine and the soft cloud grey and shades of white represent calmness and merge well with the appolistry frabricts of curtains, blinds and upholst-ed sofas. (shown in the render to the right of the inside view of the balcony)

For this project on the groundfloor of elephant house many of these shades are in the consulting and meeting rooms.



Ground floor



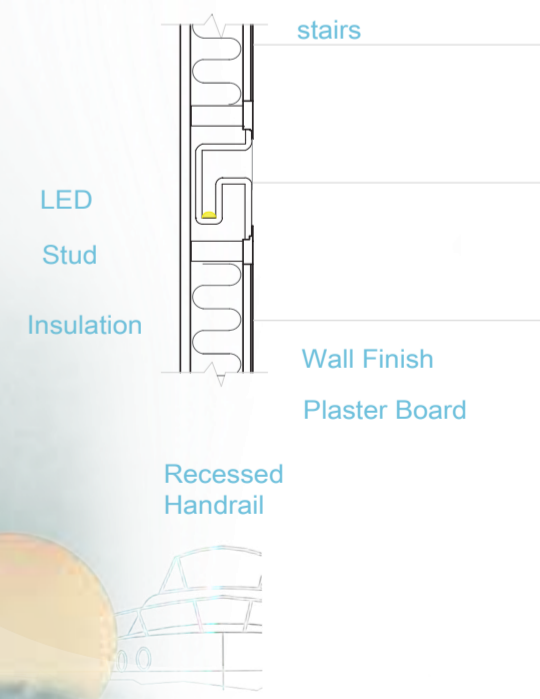
First Floor Mezzazine

Isometric Graphic of the Double Height sleeping pods with an arched roof structure reflecting the sun path and automated brise sollet blinds, makig sure users are woken up naturally with the sun, further ading in the regulation of their circidain rythms. In addition to the ends of the pods are slanted blancy with privacy screens over looking the regants canal and kentish lock emphasising the importance of the integration of the pressnce of water in holistic healling journey.

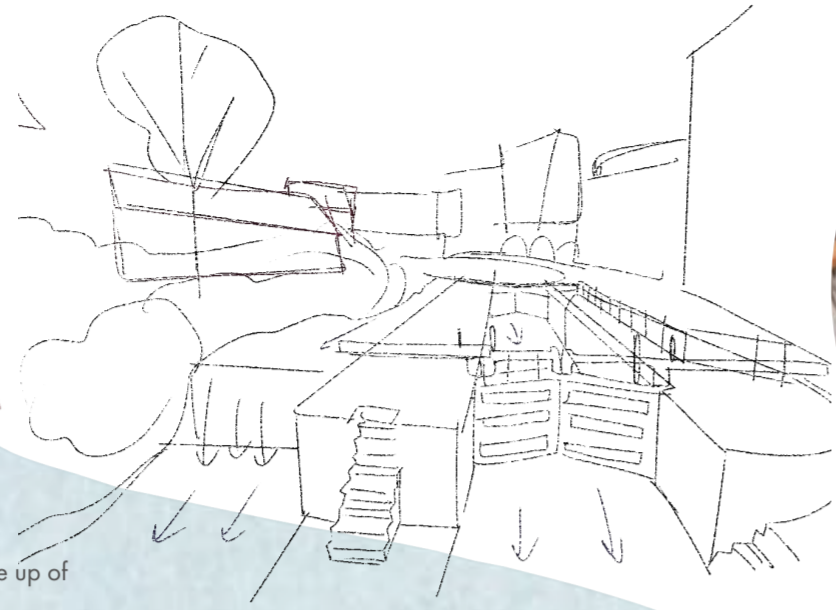
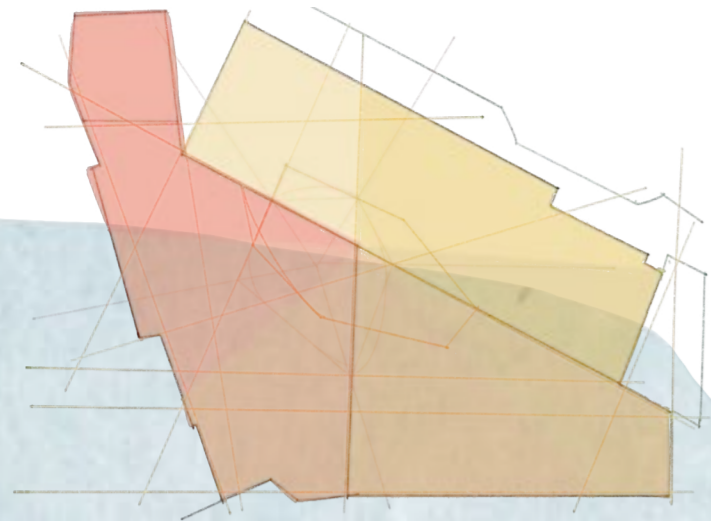
As the aim of this project is to understand the intricate relationship between the built enviroment and circadian rythm and explore the implications of biophilic design principles on wellbeing and better the sleep patterns of the users; using organic forms, natural light to better their psychological response. As well as this project promotes health and better lifestyle choices, so this centre include gym, worksop and yoga and meditation spaces. One of the main spaces of this project are the long stay accomadation section which inludes

- communal daylight room
- spa and pool area
- secondary reception
- educational gallery

Showcased in this section BB, shows the mezzazine long stay rooms which would be normally be held up to 24hrs for a single user.



stairs
 LED
 Stud
 Insulation
 Wall Finish
 Plaster Board
 Recessed Handrail



View from outside the pods



Sleeping area render, built in lighting and bed frame



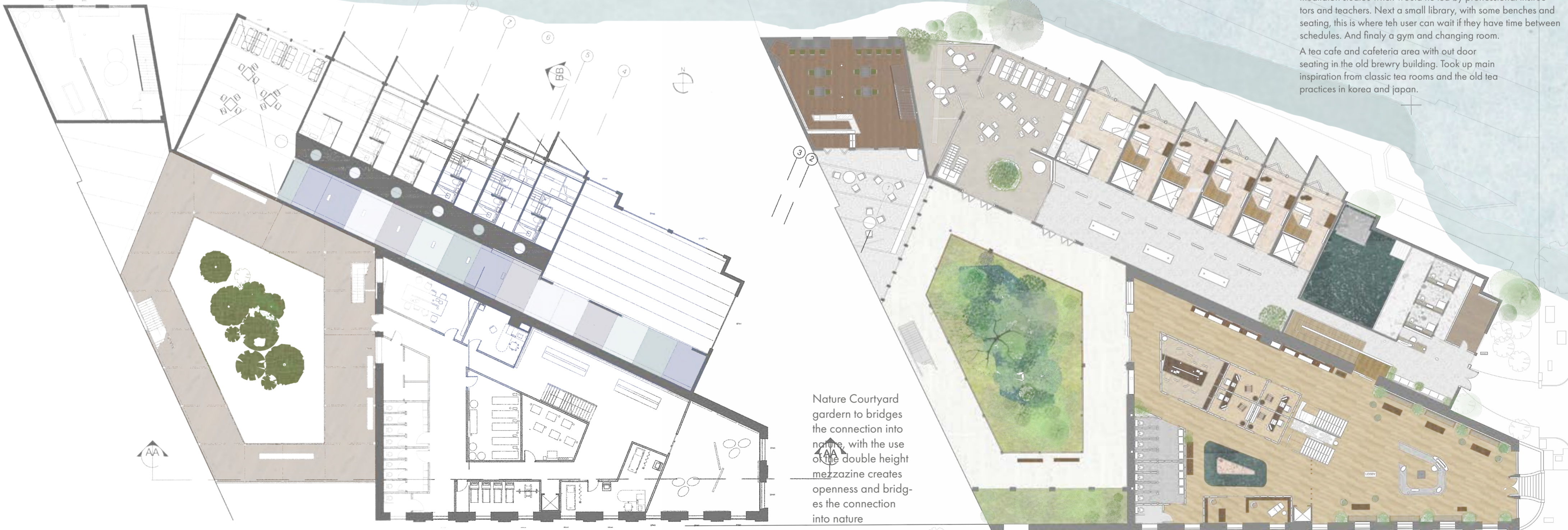
One of the central meeting rooms.

Whilst referencing the the circulatory nature of the concept, this project is made up of three buidlings

- Elephant house, consulting, teaching , gym and sensoryspaces
- brewery building, tea cafe and shop
- long stay accomadation, where the pool and other long stay services are

First floor of elephant house includes a sensory room where the use of colour sound and feel promotes calmness and overstimulation relaxing the brain and body . Next in the centre yoga and meditaion studios which would he led by professional instructors and teachers. Next a small library, with some benches and seating, this is where teh user can wait if they have time between schedules. And finally a gym and changing room.

A tea cafe and cafeteria area with out door seating in the old brewery building. Took up main inspiration from classic tea rooms and the old tea practices in korea and japan.



Nature Courtyard garden to bridges the connection into nature, with the use of the double height mezzazine creates openness and bridges the connection into nature

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