

GIBSON MILL

1800
Heptonstall Road
Hebden Bridge
HX7 6AZ

1 IN 5

Accidents on major roads are sleep related

£300 MILLION

Saved in health & social care costs by 2035

200,000

Working days lost to insufficient sleep

1 IN 5

GP consultations due to tiredness & fatigue

£40.2 BILLION

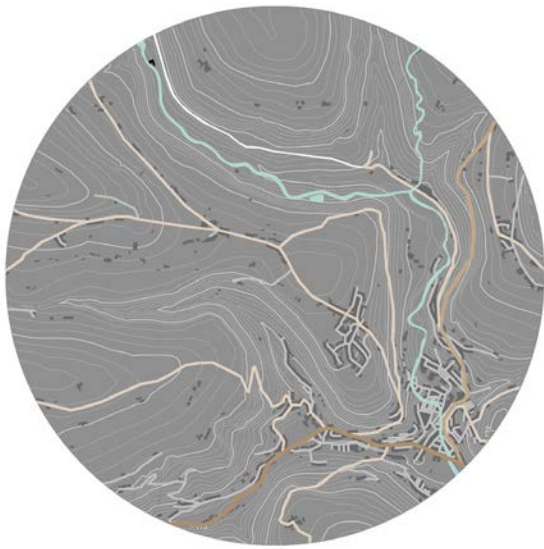
Loss in productivity due to insufficient sleep.



Almost half of all adults in the UK suffer from poor sleep (The Sleep Council, 2017), yet despite overwhelming evidence to underline its importance, there remains inadequate support. Sleep deprivation can have profound consequences on physical, mental and emotional health (Institute of Medicine, 2006, p. 2) and if left unabated, can link to potentially life-threatening complications and health conditions. However, despite the fact that roughly one third of a person's life is spent asleep, the full extent of its impacts on overall health are relatively unexplored. Conversely, the positive influence of adequate sleep and its resultant effect on health and wellbeing have direct and measurable impact on health and societal care costs in the UK.

Currently, the resources available to those who suffer with sleep issues are inadequate or non-existent. A recently released Sleep Manifesto - 'A Wake-Up Call' by The Sleep Council and The Sleep Charity - urges the government and the public to recognise the profile of sleep as a major health and wellbeing contributor and ensures sleep is a key issue on the Public Health Agenda. Both The Sleep Council and The Sleep Charity are key stakeholders in this project and set a precedent for other facilities of this nature.

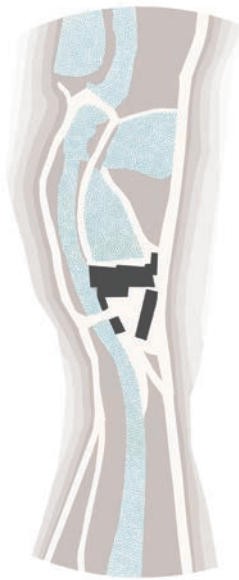
Located within 400 acres of unspoilt woodland, 'Invest in Rest' has transformed Gibson Mill from an unused cotton mill into a specialist treatment centre to combat the aforementioned societal issues by aiding sleep, providing treatment and education to those in need.



1:20000 SITE LOCATION MAP



1:10000 SITE LOCATION MAP



1:500 SITE LOCATION MAP



1:50 E-E BRIDGE SECTION





THE PINES VISUAL

BRAIN WAVES



GAMMA



BETA



ALPHA



THETA



DELTA

During sleep, the body and mind goes through 5 different stages, each categorized by the patterns of brain waves. These waves indicate what level of activity occurs at one time, with GAMMA being most active and DELTA being the least. Each space within the building was allocated a brain wave depending on the level of activity that occurs there, this concept informed many of the small and large scale design decisions.

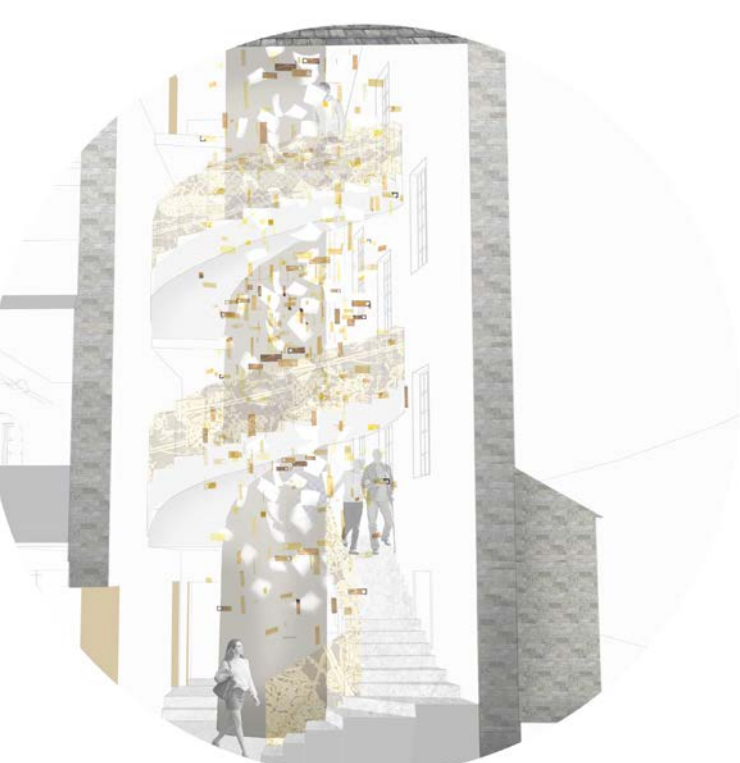
ENTRANCE



THE SEED - LIGHT VOID



STAIRCASE - POSITIVITY NOTE MOBILE



THE BRIDGE



MODEL MAKING



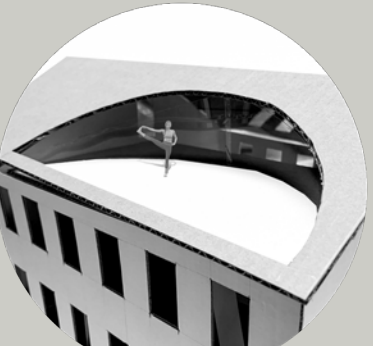
ENTRANCE



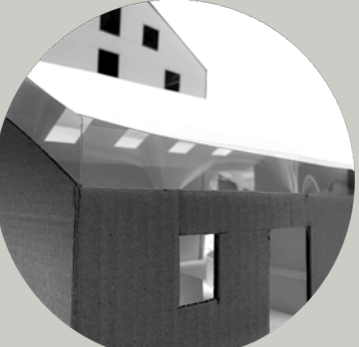
SLEEP SUITE



LIGHT VOID



ROOF TERRACE



GLASS ROOF EXTENSION



THE BRIDGE



SEATING



MAIN MILL SECTION



1:100 MAIN MILL NORTH ELEVATION



INTERNAL BRIDGE VISUAL

STEPPING STONES - A JOURNEY TO SLEEP (below)
Rituals to be carried out in order to prompt the creation of healthy habits.

- 1. ACCESS - Walk from car park encourages activity
- 2. GENKAN - (Shoes off) Highlights transition from exterior to interior
- 3. DEVICE DROP - All devices must be handed in - encourages healthy physical & social development
- 4. HAND WASHING STATION - Ensures a healthy environment & emphasizes the importance of creating healthy habits
- 5. POSITIVITY NOTE MOBILE- Encourages a healthier mindset
- 6. LAVENDER WALL - Helps to promote calmness & wellness
- 7. TEA DRINKING STATION - Highlights the importance of reflection and self care



EDUCATION PROGRAMME (above)
On arrival patients will fill out an in depth questionnaire to categorize the level of risk (low, medium, high). Depending on the level & professional opinion, patients will begin an educational programme (see above) or may require further investigation with an overnight stay.



THE PAUSE VISUAL



SLEEP SUITE VISUAL

Reception
The Branch
(dining, public & private kitchen)
The Seed (Educational)
Positivity Note Station
Movement Bud (Functional Gym)

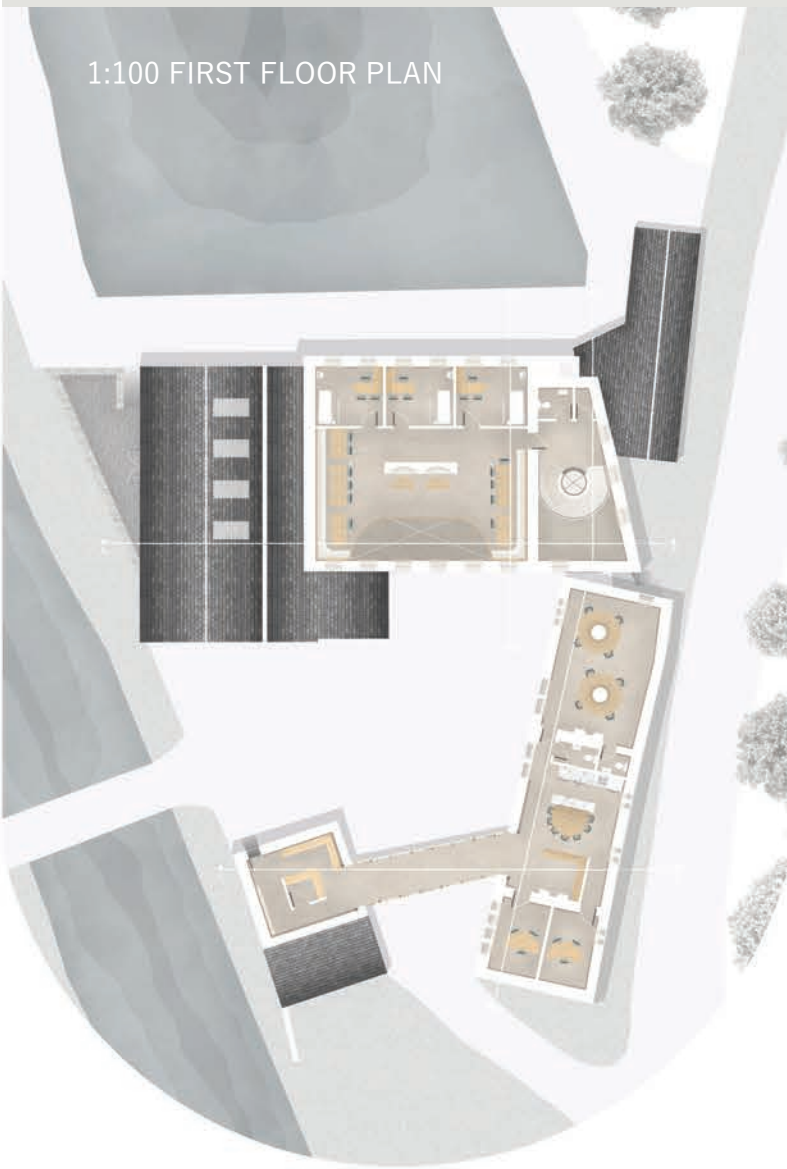
WC
Changing
Facilities
Hand Washing
Station
Sleep Suites

WC
The Pines
(waiting area & consultation rooms)
Lavender Wall
Preparation Area

The Bridge
Staff Relaxation
Area & Kitchen
Control Room
Staff WC
Doctors Offices

Tea Drinking Station
The Pause
(Open relaxation & private relaxation areas)

The Pause
(Mezzanine)
Roof Terrace

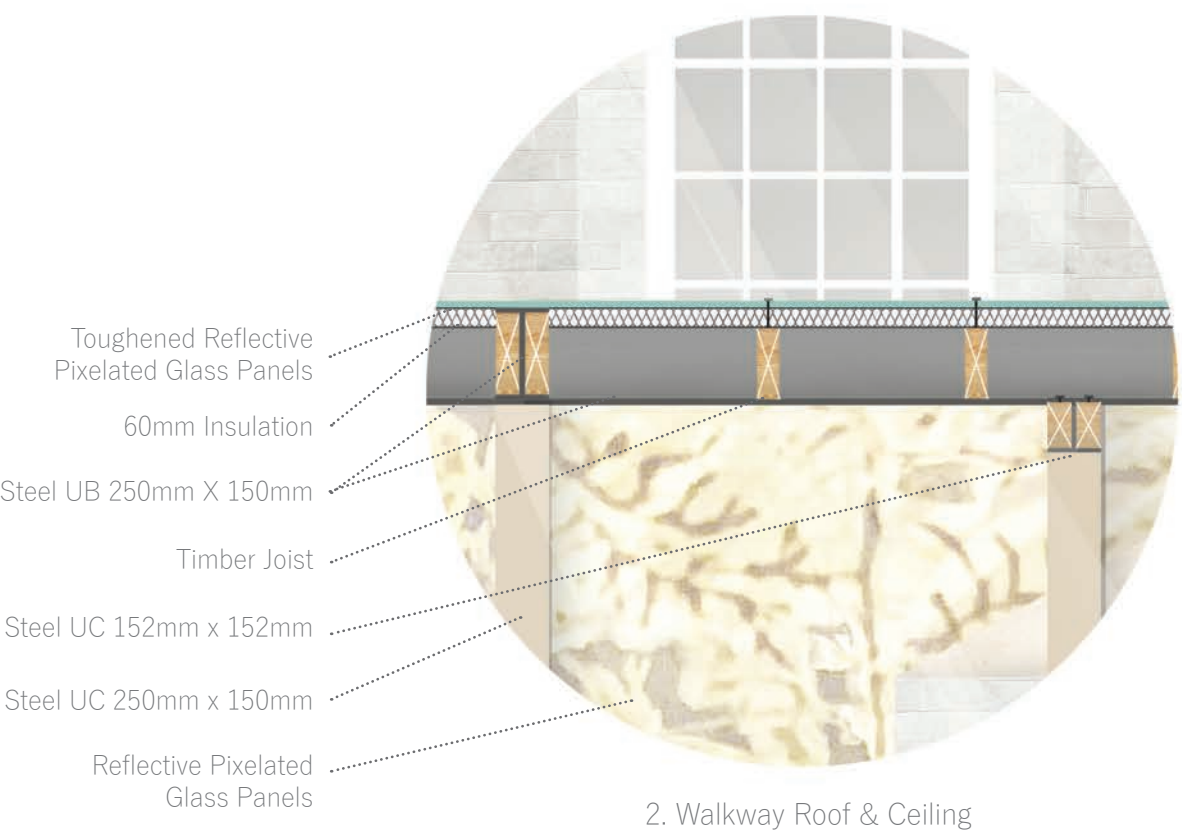
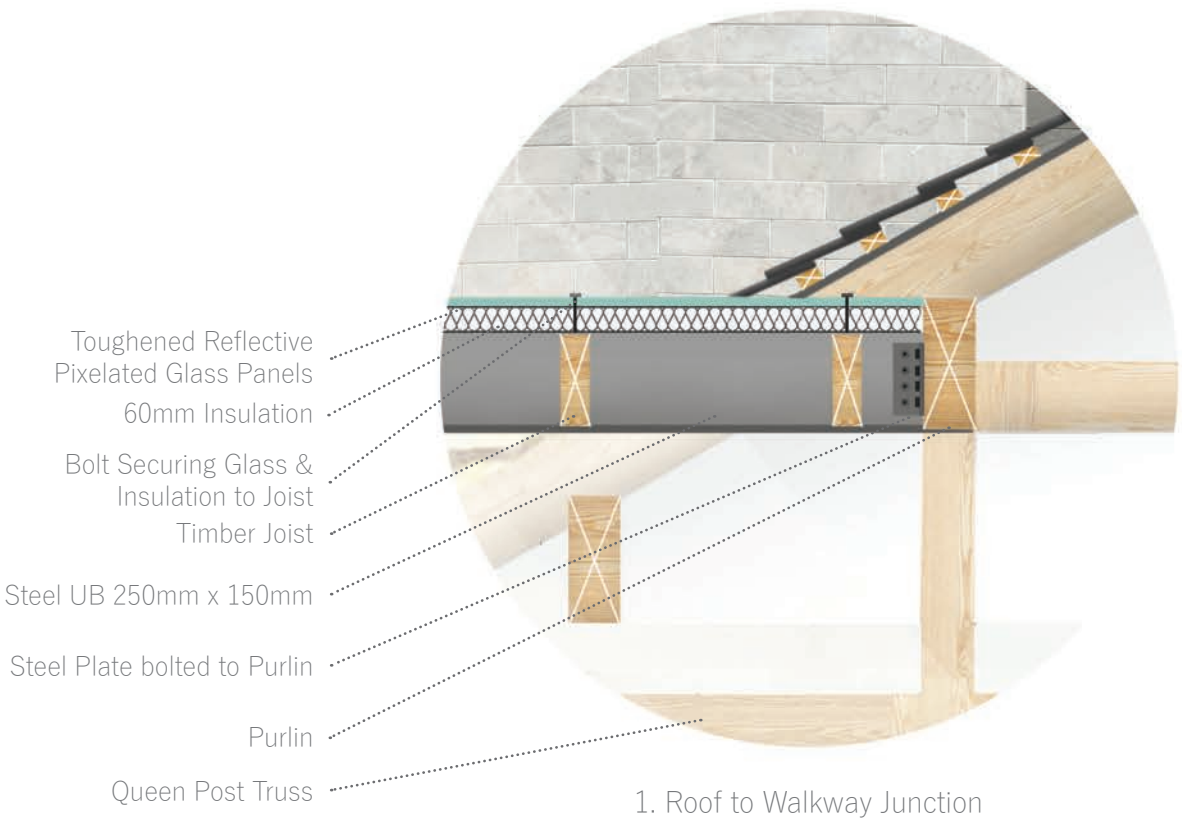


KEY:

1. THE BRANCH - Eating & Dining
2. PUBLIC KITCHEN - Cooking & Preparing food
3. HAND WASHING STATION - Ensures hygiene throughout the building
4. THE SEED - Group Educational Area
5. (Behind Glass) Movement Bud - Exercise
6. POSITIVITY NOTE - Mobile suspended above allowing visitors to experience each note as they transition into different spaces
7. Lift - Circular with stairs wrapped around
8. The Pines - Waiting Area
9. The Pines - Consultation Rooms
10. The Pause - Open Relaxation Area
11. The Pause - Private Relaxation Area
12. The Pause - Mezzanine Level
13. Roof Terrace - Relaxation Area, exploiting views

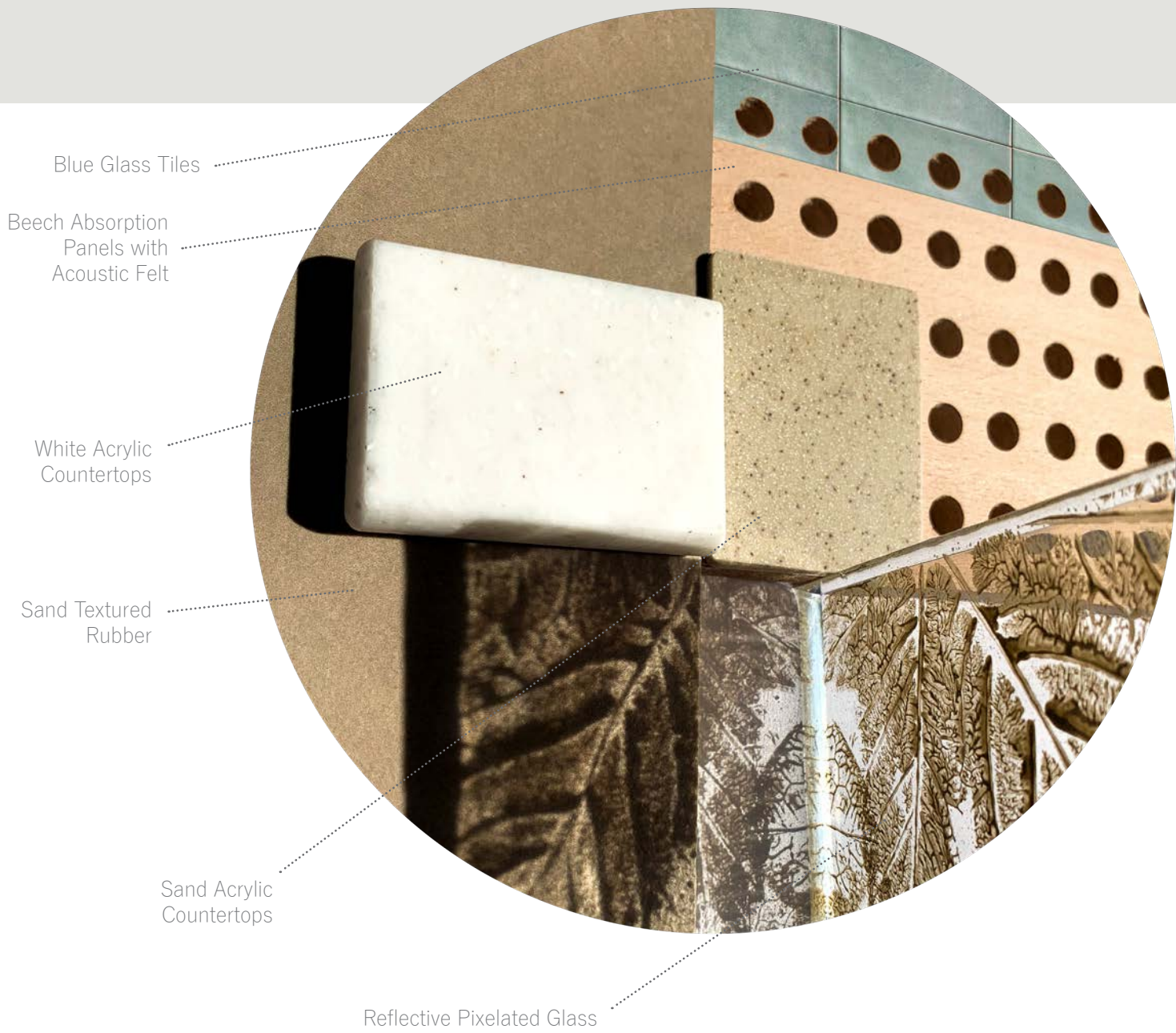


1:50 A-A MAIN MILL LONG SECTION



MATERIALITY

Gibson Mill sits within Hardcastle Crag, a semi-natural woodland with half being older & natural and half being new & manmade. Introducing materials will both honour the existing and complement them. Repurposed Beech has been used for non-structural timber as this is currently being felled in the surrounding woodland. The reflective pixelated glass has been inspired by the surrounding woodland, using the patterns from the mixture of broadleaf trees to create the pixelation's in the glass.



Reflective Pixelated Glass -
Reiner John

50mm Underlay - Exaggerates threshold
between interior & exterior and substantially
reduces noise pollution.

