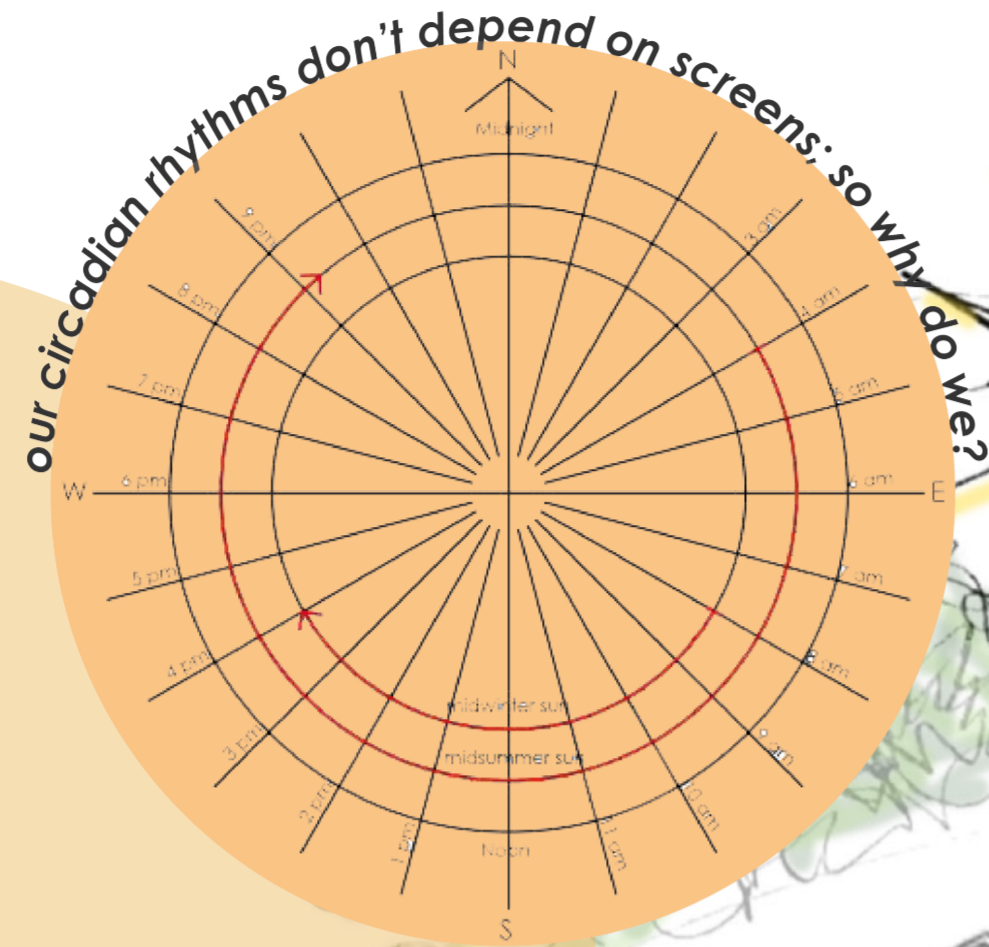


6% of the population are affected by SAD and another 14% by significant 'winter blues'

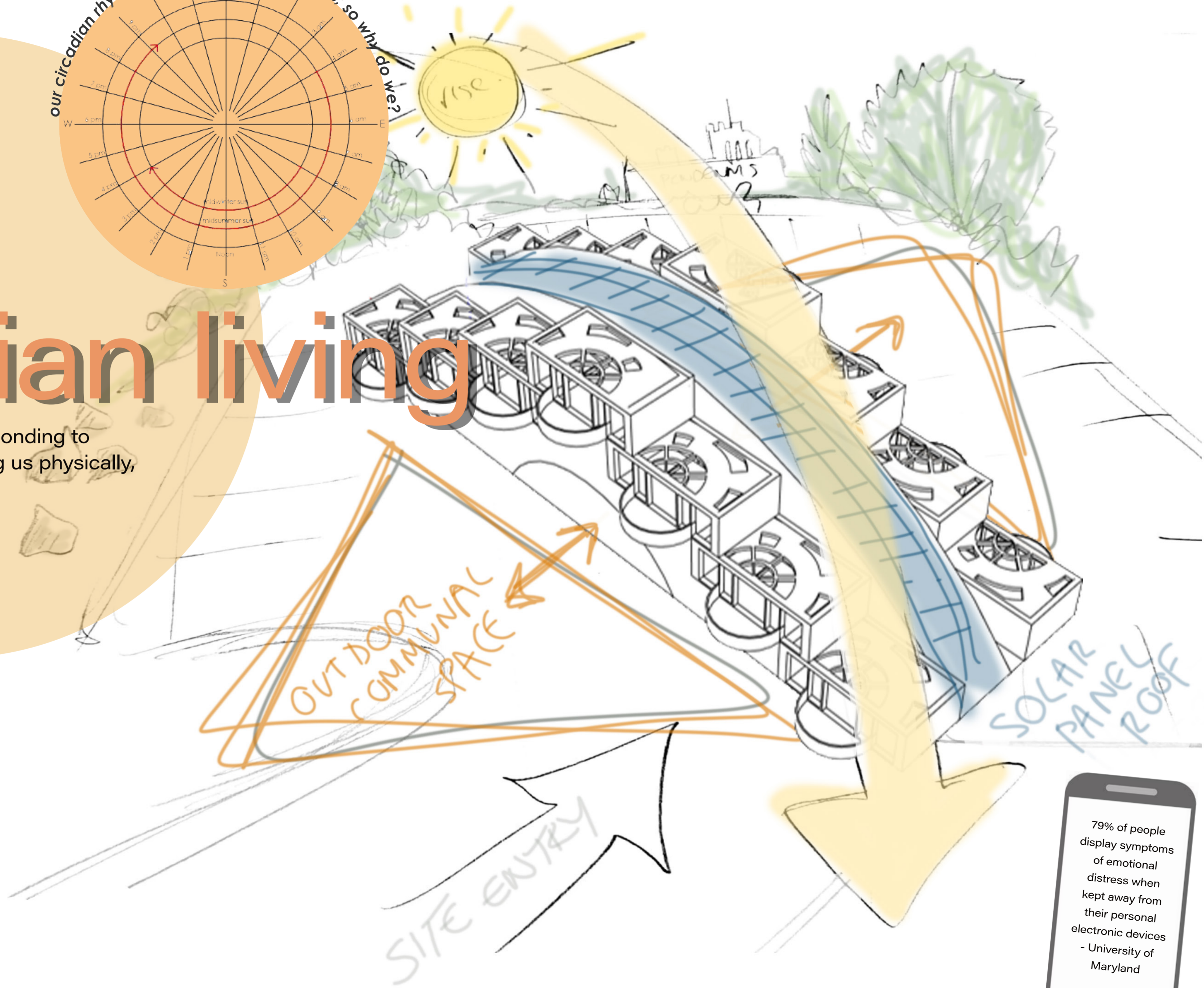


our circadian rhythms don't depend on screens: so why do we?

circadian living

a biological 24 hr cycle responding to light and darkness, affecting us physically, mentally and behaviourally.

our bodies rely on the daily cycle of natural light to synchronize our circadian rhythms



79% of people display symptoms of emotional distress when kept away from their personal electronic devices
- University of Maryland

mood & rationale

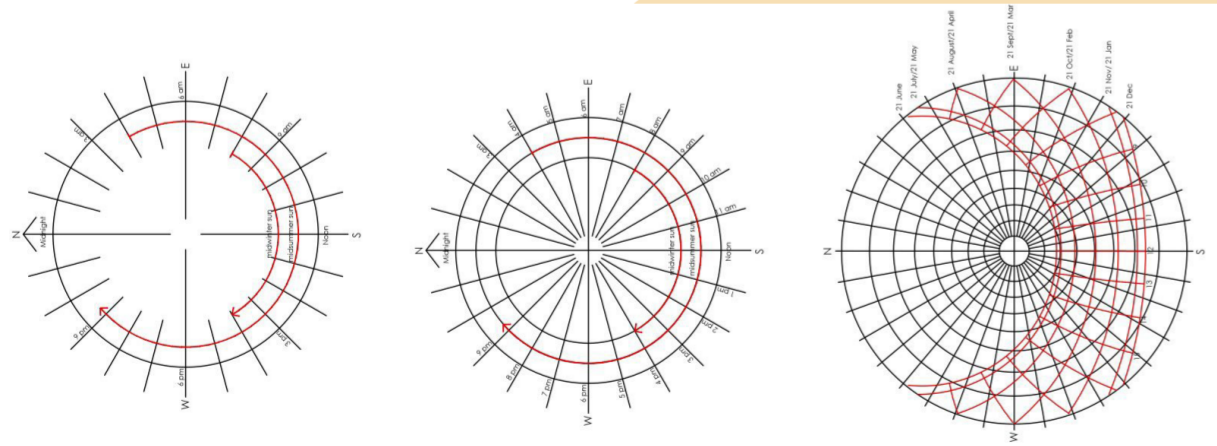
Today society is phoned obsessed and technology dependant: resulting in a well-being crisis. With a world of consumerism and increasing disconnection, we are facing a social sustainability dilemma that threatens the smooth running and longevity of the planet.

Without looking after ourselves, how can we expect to look after our planet?

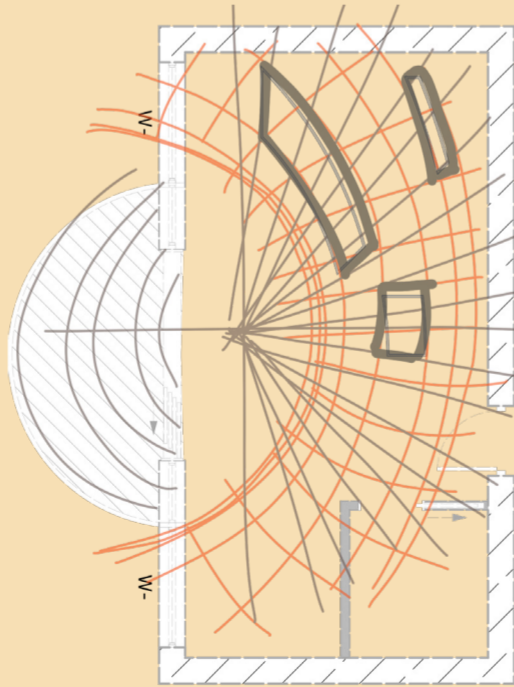
A screen free zone to reconnect with our circadian rhythms by utilising natural light and easy access to fresh air. This will also push for increasing social interaction.

Through an emphasis on the sleeping zone, and encouraging grounding through low seating and directed focus; well-being is at the core.

Materials of a warm neutral tone will allow the eyes to rest after days of looking at screens, open space will create a sense of freedom and release and the movement of shadows livens up the atmosphere.

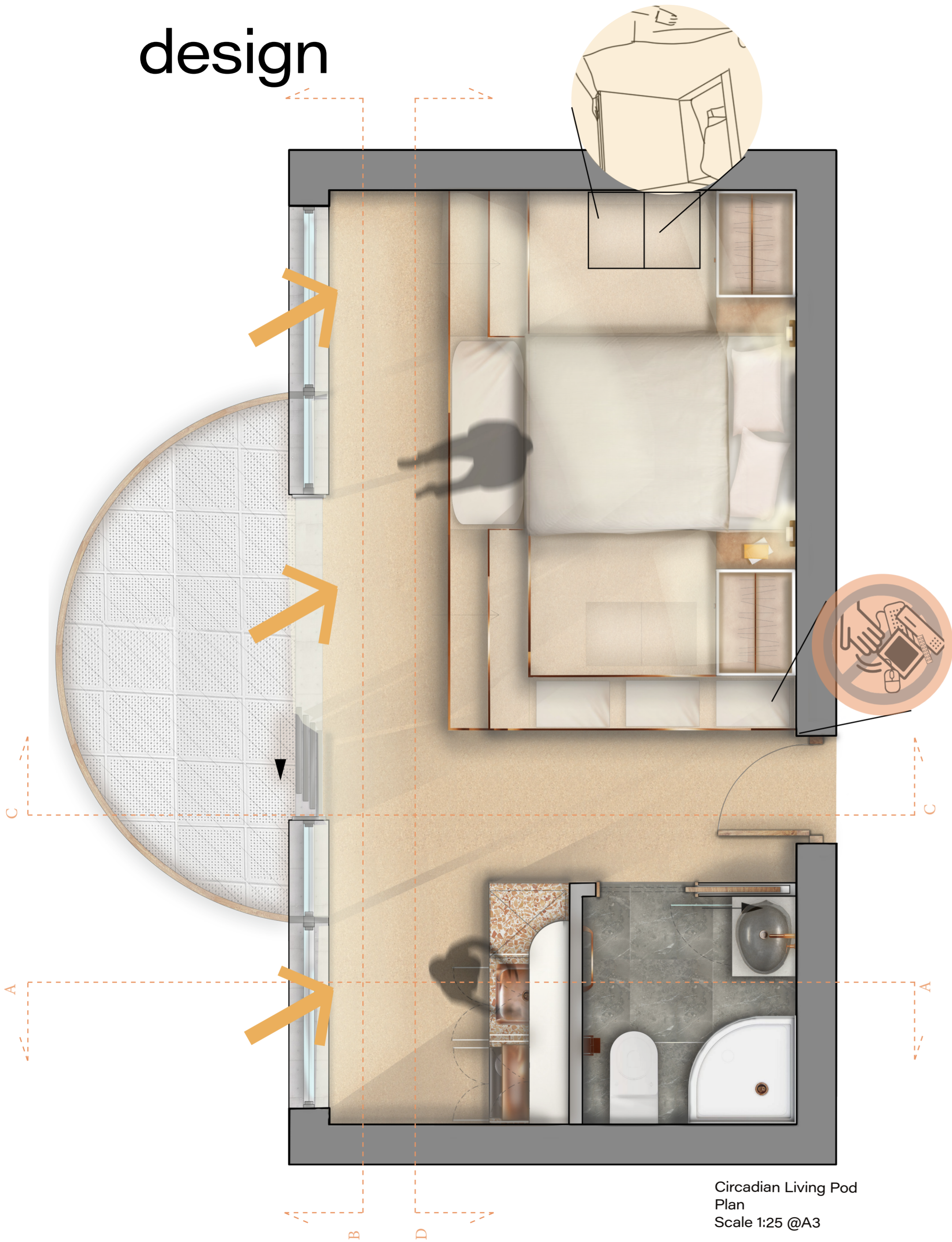


Using the sun path diagram to influence the sky light position this adds a dynamic aspect to the small space and opens it up in a new dimension. Encouraging people to look up towards the sky, instead of down towards their screens.



Circadian Living Pod
Use of sun diagram to influence Skylight positioning
NTS

design

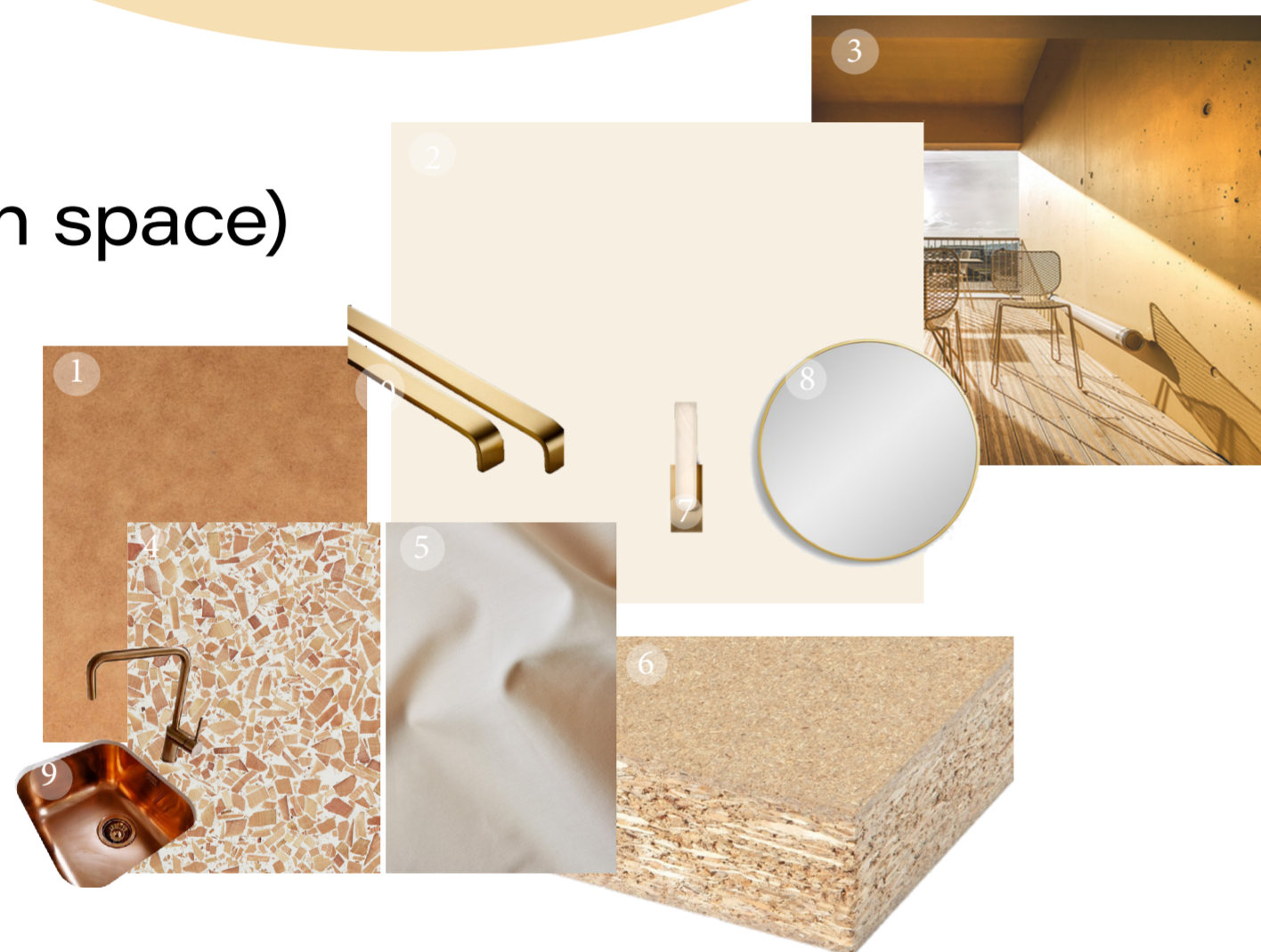


materiality/ FF&E

As new sustainable materials are ever emerging, the selection for this design offers a timeless aesthetic to the scheme; with the ease of adaptation or replacement for future, more eco, choices.

They go hand in hand with the use of the sun path. Solar power would run the electrics and renewable water source on-site leans towards a cradle-to-cradle design.

(main space)

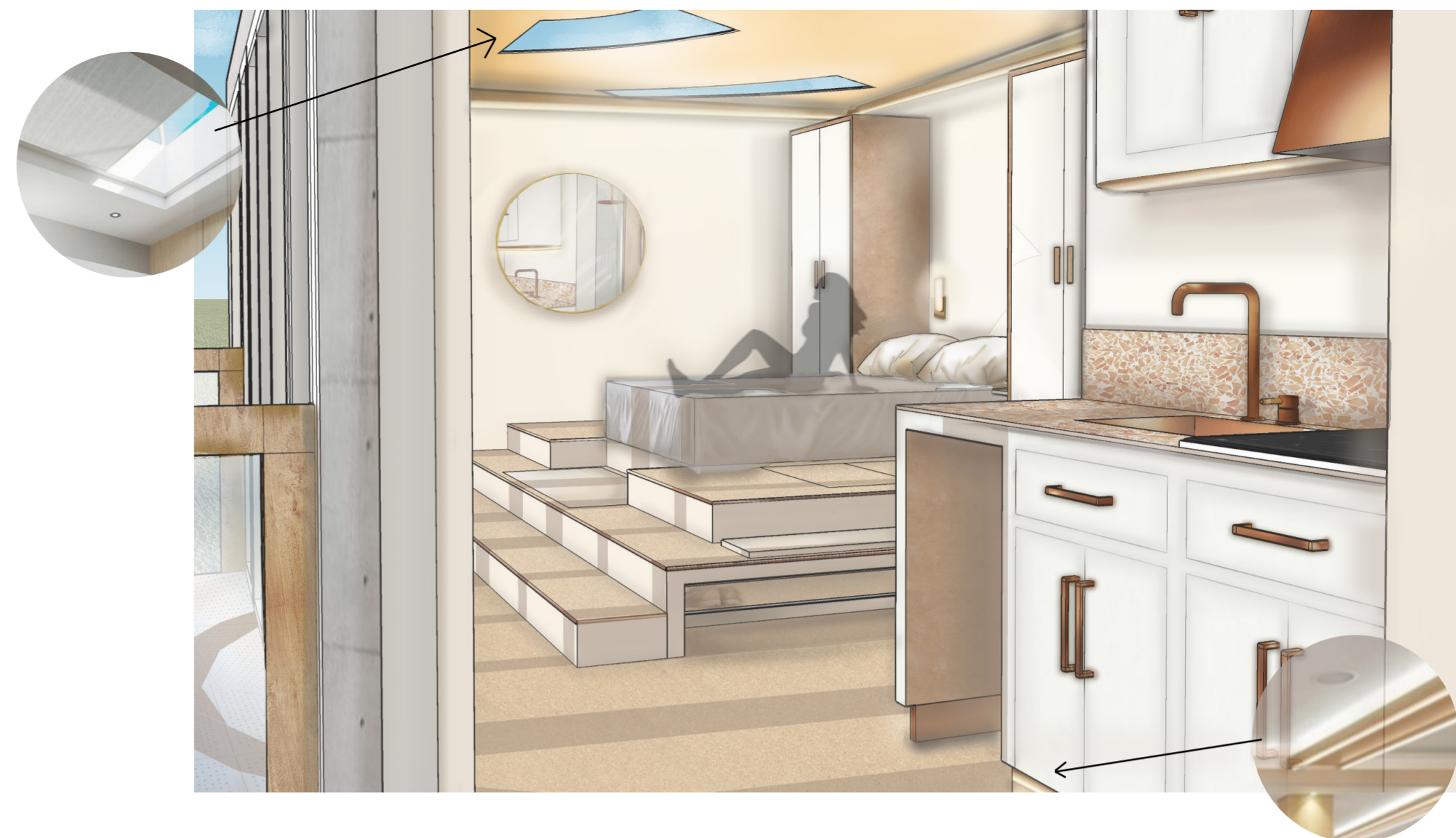


1. Richlite Heritage: Natural (kitchen cupboards and wardrobes) / 2. Bauwerk Lime Wash Paint: Serene (main walls) / 3. Keim mineral Stain: Design Lasur Gold (ceiling) / 4. Foresso: Bianco Mono (kitchen counter top) / 5. Undercover Living Tencel Fabric and organic cotton (bedding and seat covers) / 6. Unlin Chipboard systemfloor (raised platform) / 7. Holly Hunt Wall Lamp Agatha Sconce (bedside lighting) / 8. Circular metallic gold edge large mirror (end wall) / 9. Copper basin and tap (metallic kitchen details and step edge)

(bathroom)

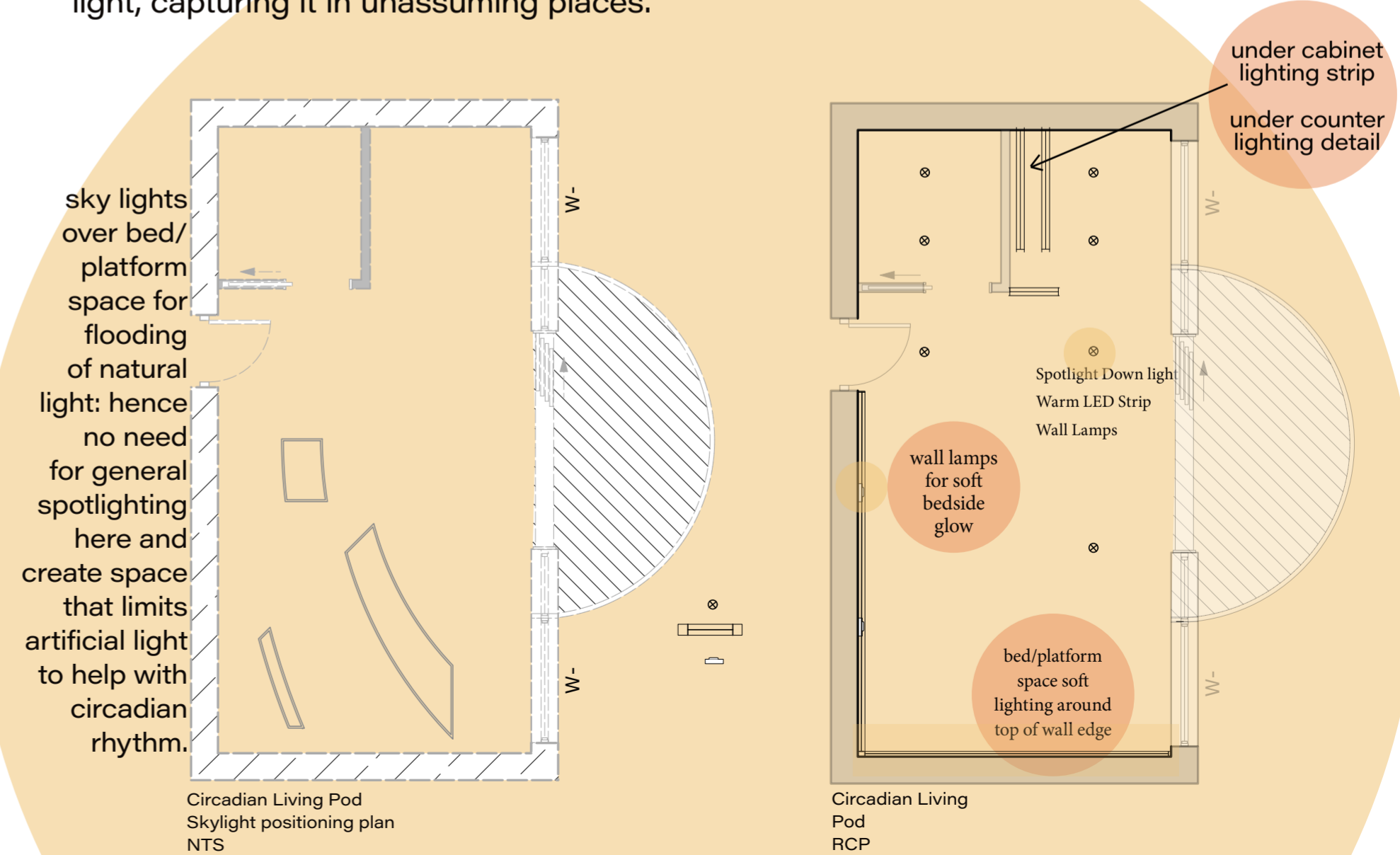


1. Domus group: Natural stone - Levigati (flooring) / 2. ceramica vogue: Transparency mater tiles in Mastic (walls) / 3. Smile plastics: Grey mist (sink counter top) / 4. Mandarin Stone: Lavastone Basin (sink basin) / 5. Lusso: Luxe Rose Gold Wall Mounted Basin Mixer Tap V1 (tap)



Detail through a brass strip on the edge of the steps and LED strip lighting under counter adds a soften throughout but also emphasises the beauty of sun light, capturing it in unassuming places.

RCP & skylight Plan



review



empowering

literally by giving space for breath and recharge
conceptually as luxury tones of golf and brass/ copper feel rich and

flexible

literally through a fairly neutral palette for easy personalisation of individuals.
conceptually through changing of natural light in space

courageous

literally as the user is disengaged from their devices
conceptually strong traditional layout of bed/ living space



collaborative

literally communal work spaces, device free to encourage social interaction
conceptually aim to all improve well-being by reconnecting to our circadian rhythms

With large tech firms ever expanding as the world of new science grows and we become more dependant on devices; we get little to no break away from screens.
Our eyes need a rest.
Our minds need a rest.
Our circadian rhythms need to be reconnected.

Technology free living for a calming environment to reconnect with our circadian rhythms. Limited number of pods to encourage social interaction and maximise natural light. In partnership with large firms, this concept offers a new approach to employee care and work/life balance.

