

UNYT COCOON

A napping and meditation studio



<https://competitions.uni.xyz>



Img 1: Sleep Deprivation is a Public Health Emergency

Premise

Every human body requires a minimum of 7-9 hours of sleep for overall health, well-being and productivity. But unfortunately, **sleeping has become a luxury**.

In fact, so many people aren't getting enough sleep, that CDC declared it **as a public health emergency**. 40% of employees experience sleep loss in the US, an overworked Brit doesn't sleep once a week and the epidemic is so serious in Japan that workers sometimes die due to lack of sleep. Lack of sleep leads to health problems, body fatigue and lack of efficiency.

Modern work schedules often force us to override our normal sleep patterns with more than **43% of workers feeling regularly sleep-deprived**. Even if offices mobilize employees to take rest by designing spaces, the perception of sacrificing one's personal need for benefit of the company is considered monetary rewarding.



Img 2: Many businesses look down upon sleeping during office hours because of the image associated with it.

Issue

Beyond the work schedule and commute, people aren't able to take rest during the day because of two reasons. A **pre-existent prejudice against sleep** in official capacity and also due to **lack of designated spaces**.

Offices like Google, Nike have introduced **sleeping pods** for their employees to take a quick nap. But not many people engage with it because sleeping besides being a private activity is **looked down upon in office culture**. Many business enterprises still don't encourage employees to rest - deeming it unprofessional.

People **also get tired outside the realms of office culture**. While one is traveling or engaging in a meeting, a person can easily get exhausted. *They either drive back home or try to take a quick nap in an uncomfortable botched bench or just continue with the struggle of keeping their eyes open.* We all been there once! **The ordeal of finding a place to sleep** makes the journey even more tiresome.



We have a **dedicated space** to
eat, drink, entertain and retreat.
Then why not **to sleep**?



Img 4: Power Napping Studio, Recharj in Washington.

Brief

With time people have started realizing the importance of mental and emotional health. Sleeping shouldn't be a luxury that is looked down upon. But **more so a necessity that people should be able to exercise.**

Designing **spaces that can help people access sleep is important in today's culture.** Research shows that a nap of about 20 minutes in the afternoon has a positive effect on attention, vigilance, mood and alertness. It offers rest from the stress of a high pressured work day.

Brief is to design a **meditation and power nap studio for 100 people.** While primarily it provides an opportunity for people to nap, at other hours it will act as a medication hub where classes in regards will be held.



Interior

Designing a spatial environment with tools, design elements which induces sleep and is peaceful



Landmark

The space should be a center point for every person in vicinity to retreat and relax



Universal

The module should be such that it can be replicated anywhere in the world



Scalable

Flexible design to accommodate the changing demands of number of users

Objectives

The following objectives can be a point of beginning to conceive this design. Participants can assume their own contexts and users before initiating their design process.

Resting Space

Space for 100 people to take a nap



56%

Meditation Center

Meditation Class - Can be taken in group or with a private instructor

Wellness Workshops - Teaching meditation practices

Course Training - Courses to equip teachers with skills required to perform their tasks effectively.

Rent - Space that can be rented for an event on temporary basis



24%

Services

Toilets, Reception Desk, Manager's Office, Conference Room, Service Room for customer and professional interaction



20%

Programmatic Outline

Design programme has been framed to create a successful commercial model. The primary intent is to provide a space for people to relax. During other hours, it will be a medication center where classes and workshops will be conducted in regards to mental wellbeing. The programme can be moulded, spaces added or subtracted depending on participant's design.



South Korea

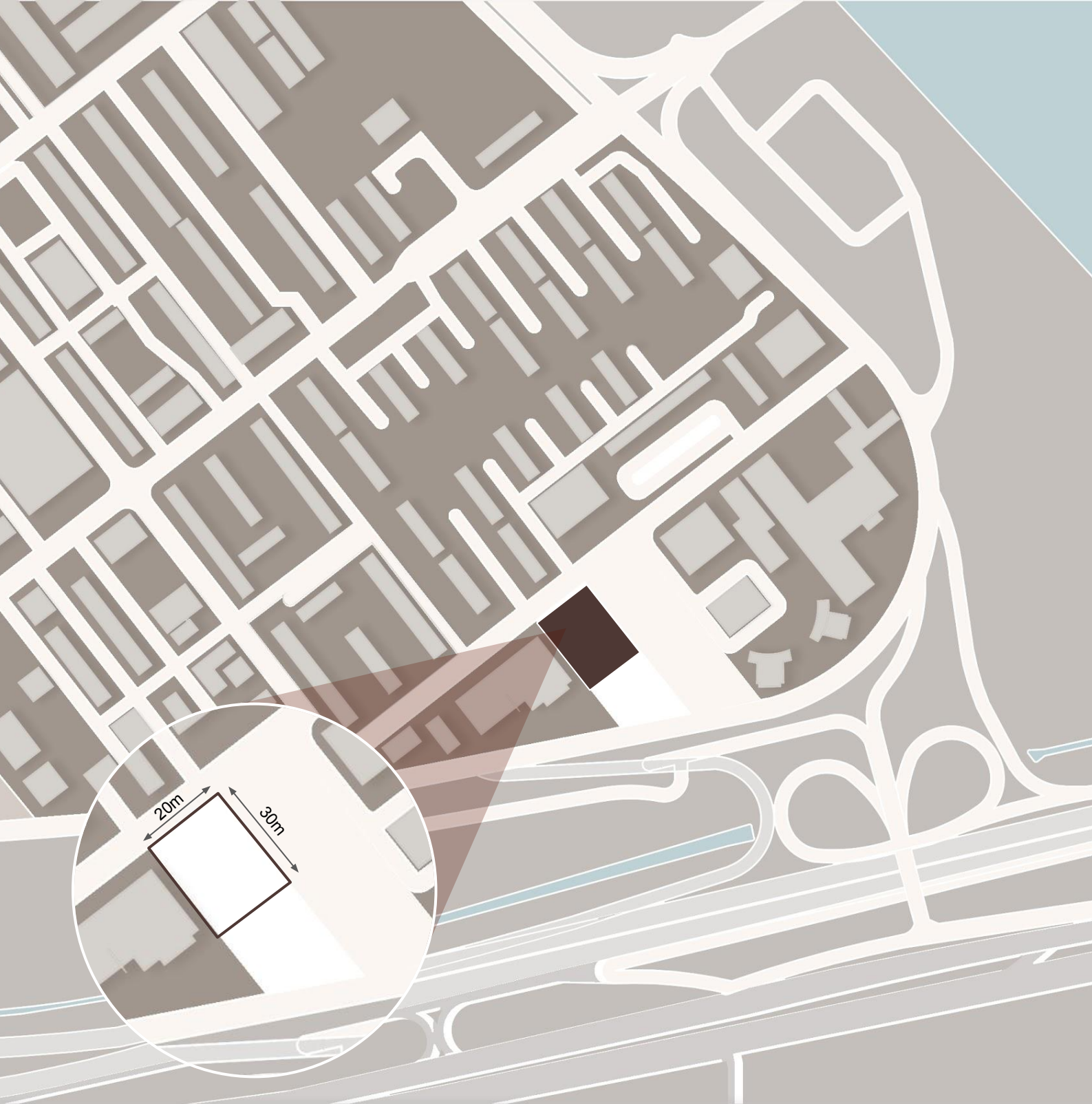
South Korea ranks second in the list of countries that gets the least sleep. One of the most sleep-deprived of the world's developed economies, the workplace culture of rampant overtime and few vacations have resulted in low levels of worker productivity. In lieu, the government is encouraging its workers to take an afternoon nap for up to an hour. The growing popularity of nap cafes indicates the need for solutions for locals, looking for quick fixes to soothe their bodies and minds.



Img 6: Overview of district of Yeouido in Seoul

Yeouido, Seoul

Yeouido is an 8.4 square kilometre island sculpted by the Han River in Seoul. Known as the Wall Street of Korea, it is an economic district constituting of several investment enterprises and banks. Additionally, the island holds the National Assembly where the regulations and political decisions of paramount importance to South Korea are conceptualized and framed. The island is known for many offices and centres encouraging a culture of nap cafes. Multiplex cinema chain offers sofas to dozy office workers and Siesta Program runs from 11:30am to 1pm, from Monday through Thursday.



Img 7: Site for design intervention

Site Plan

Site is present within the context of a commercial fabric that substitutes hospital, bank on it's left and restaurants, sauna on it's right. Present near a parking lot, the participant can design anywhere inside the 600 square meter site.

Site Area: 600sqm | Ground Coverage: 100 sqm |
Build Area: 2800 sqm | Coordinates: [37.518708, 126.937718](#) |
Height restrictions - 60m | SetBack of 2m on all 4 sides

Guidelines

You have to deliver an architectural outcome on the following site, based on the given outlines.

- Recommended number of sheets/presentation images/boards:

5 (Five) of size [**2362px x 3544px**] or [**400mm x 600mm in 150 dpi**] in portrait digital format (**JPEG only**).

Minimum 3 (Three) & No maximum sheet limit. Each image should be less than **15MB**. (Do not submit PNG format)

Minimum requisite submission are sheets/boards + Cover image containing:

- Site plan (Compulsory)
- Key conceptual sections x 1 (Minimum)
- 3D views x 4
- Cover image / Thumbnail of size 2000px x 1000px or larger in aspect ratio 2:1.
- Answering 6 FAQ's #
- This is the link for new file sizes, [here](#).

#The FAQ's have to be answered as instructed in the FAQ document in the 'additional resources folder'.

Deadlines

Discover the competition schedule and deadlines on the competitions page or on this link - [Schedule](#).

Resources

This competition contains additional resources that contains a set of files useful to complete the competition submission. This folder is made available on your profile dashboard automatically as soon as you register.

This additional resources folder of this competition contains: Submission Format files in PSD | AI | InDD, FAQs, High Res maps, Sketchup Model of the site and CAD file of the site plan.

Rules

- + The competitions is open for **students and professionals** from all the disciplines of design.
- + The team limit for this competition is **4 members maximum per team**.
- + You can register more than one team but they have to be registered separately.
- + Ensure that the final sheets submitted **do not include your name or any other mark of identification**. Your submission is linked to your user account which stands as your identification.
- + This is a design **ideas challenge only**. There is no built commission/realization associated with the problem.
- + In case of publication in yearbook we will reach out separately for selected entries.

Pro-Tips

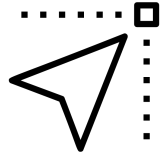
- + Use exploded views to discuss multi levelled conceptual models better.
- + Mention sheet number on corner of every sheet.
- + Plagiarism of any idea / form / design / image will be disqualified with a notice.
- + All the sheets or images will be viewed on a digital device. **e.g.** Laptop screen or projector. Uploaded sheets or images will not be physically printed for evaluation. The submission hence should be prepared for digital viewing only.
- + Submit JPEG images only. (PNG will not function)
- + Learn



Awards

Grants of up to a total of **22,000\$** can be won on this challenge. Learn more about the full conditions on the competition page [here](https://competitions.uni.xyz).

The entries will be judged by an international jury of the competition on the following criteria:



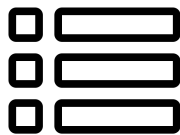
Presentation

The fundamental to a good entry is a good presentation.



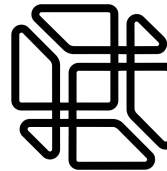
Concept/Idea

Quality of thought and intent in pre-design phase.



Spaces/Programme

How the spaces are calculated and ordered.



Design Outcome

The final architectural outcome of the solution.

Judging Criteria

The judging panel can also add other criteria based on their internal discussions - which will be in line with the problem statement. Participants are advised to fulfil above given criteria first in their design.

About



Unyt serves as a part of UNI in the realm of **typological discoveries**. It intends to break the fusion of traditional design barriers and methodologies by making it a platform for experimentation. It embarks on mobilizing ideas where creators can elementally question the buildings we create. It is a research initiative dedicated to providing opportunities for designers from all domains to explore ideas that go beyond the restrictions of usual architectural discourse.

Queries: support@uni.xyz

Discover other competitions: <http://competitions.uni.xyz>

Facebook: <https://www.facebook.com/unidesigntogether/>

Instagram: <https://www.instagram.com/uni.xyz/>

Discover FAQ's about this competition on our help forum here: <http://help.uni.xyz/>

UNYT
COCOON



A Space to Sleep

Available on:

Institutional **Access**TM

<https://competitions.uni.xyz>