

A stylized illustration of two people sleeping peacefully in a large, rounded, purple "nap pod". The pod has a soft, organic shape, resembling a cloud or a cushion. One person is on the left, facing right, and the other is on the right, facing left. They are both in a curled-up sleeping position. The background is a dark purple color with numerous small white stars of varying sizes scattered across it.

Nap Pods on Campus

Qianxing Li, Zoe Lucas, Jesse Natarajan, Jun Yan

SBU Student Population

25,865+ **50%**

**Undergraduate and
Graduate students**

**Commuter
Students**

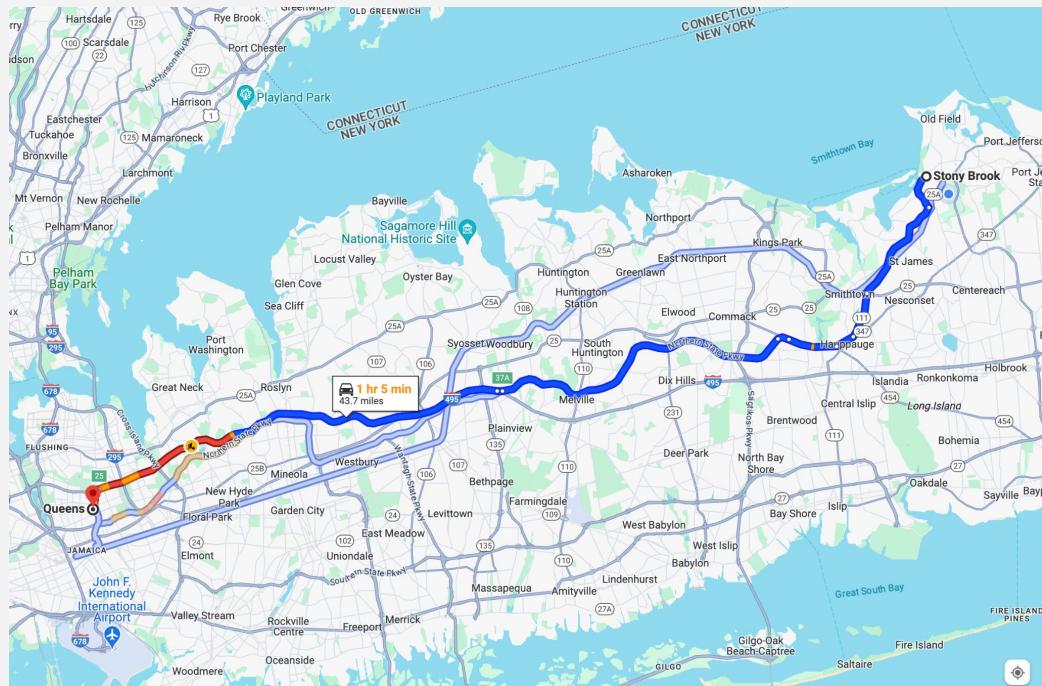
Issues for Commuter Students

- Long travel times
- Limited spaces to rest



A Day in the Life of a Commuter Student

- Frank is a senior at SBU and he lives in Queens.
- He picks up three other students on his way to school and his first class is at 8am.
- He commutes 3 hours daily and struggles to find time to rest on campus.



A Day in the Life of a Commuter Student

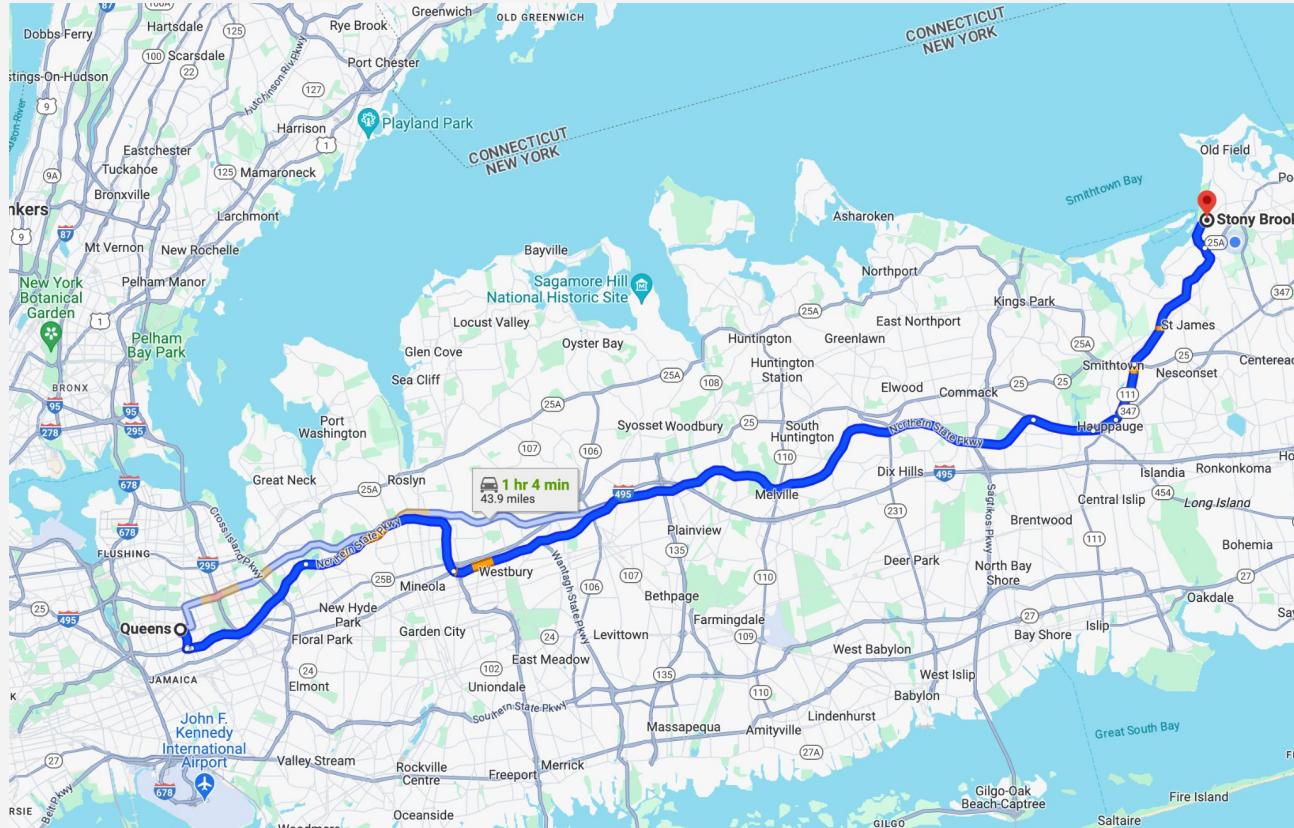
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Solar System							
Favorites	Main Menu	Self Service	Student Records & Registration	Enrollment	Enrollment: Add Classes	My Class Schedule	
Time	Aug 28	Aug 29	Aug 30	Aug 31	Sep 1	Sep 2	Sep 3
8:00AM	ISE 312 - 02 Lecture 8:30AM - 9:50AM Computer Science Bldg. 2120			ISE 312 - 02 Lecture 8:30AM - 9:50AM Computer Science Bldg. 2120			
9:00AM							
10:00AM							
11:00AM		ISE 337 - 01 Lecture 11:30AM - 12:50PM Harriman Hall 137		ISE 337 - 01 Lecture 11:30AM - 12:50PM Harriman Hall 137		AMS 310 - 01 Lecture 1:00PM - 2:20PM Javits Lecture Center 102	
12:00PM						AMS 310 - 01 Lecture 1:00PM - 2:20PM Javits Lecture Center 102	
1:00PM		ISE 333 - 01 Lecture 2:30PM - 3:50PM Computer Science Bldg. 2205		ISE 333 - 01 Lecture 2:30PM - 3:50PM Computer Science Bldg. 2205		AMS 210 - 02 Lecture 4:00PM - 5:20PM Engineering Bldg. 143	
2:00PM							
3:00PM							
4:00PM		AMS 210 - 02 Lecture 4:00PM - 5:20PM Engineering Bldg. 143					
5:00PM							
6:00PM							
7:00PM	CSE 310 - 01 Lecture 7:00PM - 8:20PM Harriman Hall 137			CSE 310 - 01 Lecture 7:00PM - 8:20PM Harriman Hall 137			
8:00PM							

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**Open All Windows
Maximize volume
To Keep Awake**



Dangers of Reduced Sleep

- Increased chance of car accidents

SLEEP DEPRIVATION

plays a major role in a variety of conditions and illnesses.



Decreased alertness



Increased appetite



Increased stress



Cognitive impairment

REDUCING SLEEP BY
90 MINUTES

FOR JUST ONE NIGHT CAN REDUCE
DAYTIME ALERTNESS BY UP TO

32%

UNTREATED SLEEP DISORDERS CAN HAVE LONG-TERM EFFECTS



High blood pressure



Heart failure



Stroke



Obesity

The Reality of Sleep Deprivation

- College students often experience low amounts of sleep
 - Over 70% of college students report less than 8 hours of sleep
 - 60% report daytime sleepiness
 - Compared to 36% of adolescents and adults



Solution: Nap Pods

- Nap pods at other universities
 - UCLA
 - University of Michigan
 - University of Miami
 - Washington State University
 - Wesleyan University
 - Savannah College of Art and Design
 - Texas A&M University
 - And more!



Saint Leo University



Washington State University

Example: UCLA

- **42% of UCLA commuter students had slept overnight on or near campus rather than endure the long ride back home late at night**
 - Sometimes sleeping in their cars
 - The BruinHub at UCLA provides nap pods that can be reserved for 2 hours and overnight



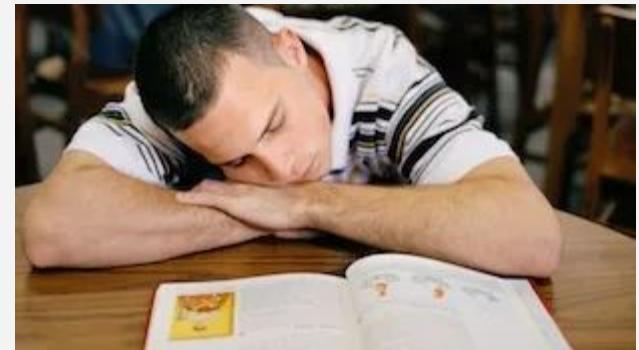
Benefits of Nap Pods



- Enhanced student academic performance
- Students who obtain more sleep (>8 hours) tend to have higher GPAs than short sleepers (<6 hours)
- Improving sleep has been shown to improve depressive symptoms
- Commuters will have less driving accidents if well-rested

Additional Pros

- Nap pods offer students a level of privacy that generic couches do not
- Since they are intended only for sleeping (no food is allowed) they will be easier to clean
- “Sleep in public places is stigmatized,” but “napping in the nap room wouldn’t be embarrassing, it’d be the norm.”



Are Nap Pods effective?

- An EnergyPod was installed in the acute medical unit in Birmingham for Health care workers because they value their workers well being.
 - Of the over 60% users, 81% felt more alert and 83% were more energised. Half of the respondents felt more able to drive after use.



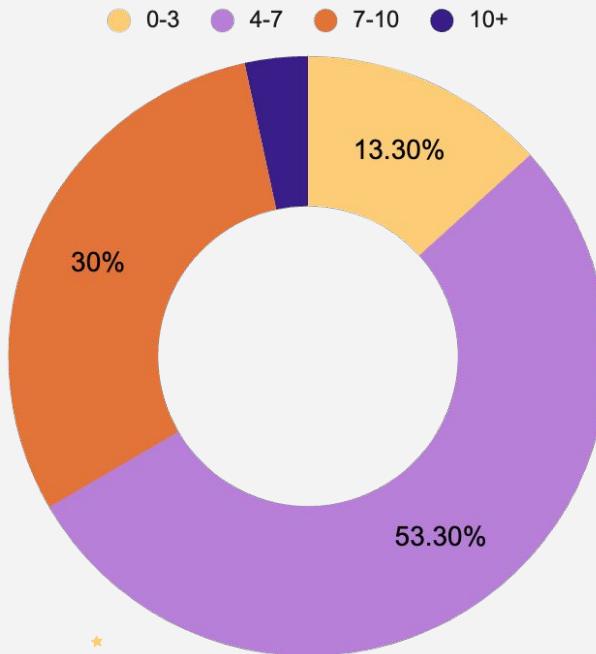
Test out the Idea

- Harvard used a daylong “nap-in” where students and staff discussed sleep research
- Allowed for discussion of issues
 - Privacy
 - Hygiene and cleanliness



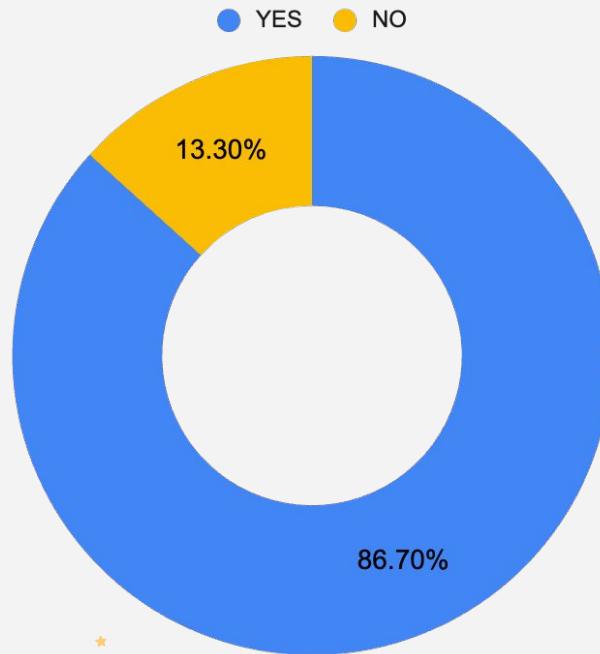
Survey of SBU Commuter Students

- Question 1: How many hours of sleep do you get per night (on average)?



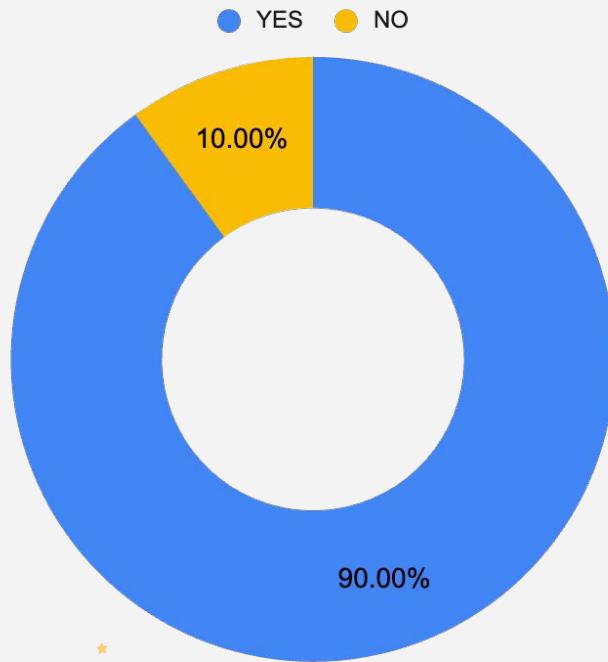
Survey of SBU Commuter Students

- Question 2: Do you experience drowsiness/sleepiness while on campus?



Survey of SBU Commuter Students

- Question 3: Have you ever wanted a place for commuters to nap on campus?



Location

First Solution: Integrating nap pods inside current existing building

- **Pros**

- **Cost-Effective:** It's budget, because the facilities have been provided, including the venue and the staff, which reduce the need for additional investments.
- **Convenient Access:** It's convenient because the buildings are all within the students' reach.

Location

First Solution: Putting nap pods inside current existing builds

- **Cons**

- **Noise Control Challenges:** It can be hard to keep quiet in some places.
- **Space Remodeling Constraints:** It can be challenging to remodel some areas to install nap pods.

First Solution: Putting nap pods inside current existing builds

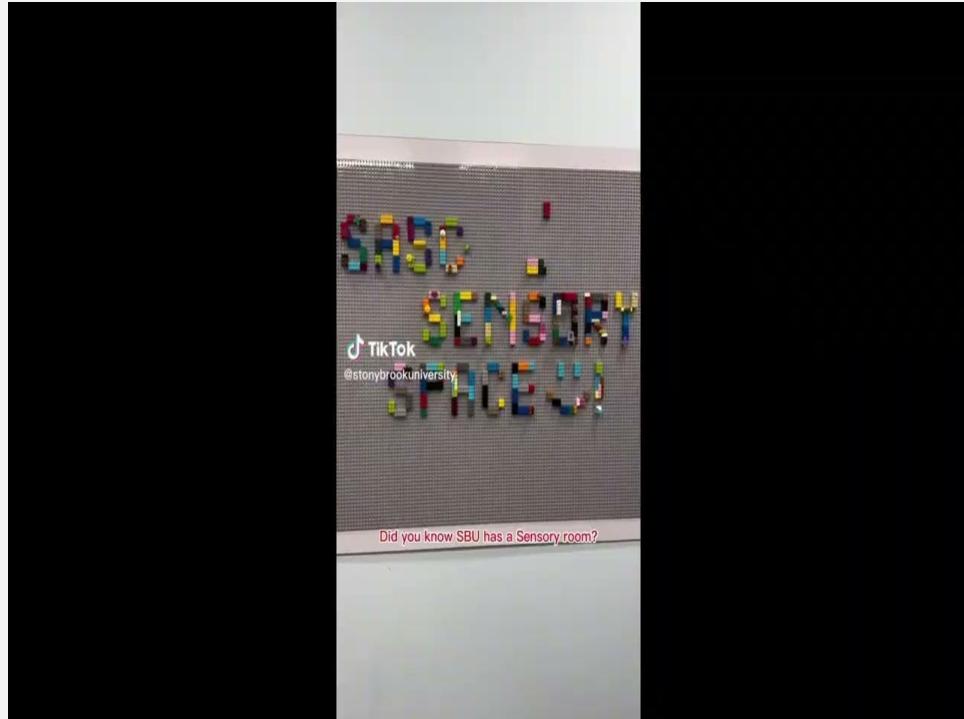
Some Potential Rooms and Buildings...



First Solution: Putting nap pods inside current existing builds

Sensory Space

- Located in the Stony Brook Union 107.
- This space is already with seating, blankets, and pillows, so it could be an ideal spot for students to rest.



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First Solution: Putting nap pods inside current existing builds

UNITI Cultural Center

- It's also located in the Stony Brook Union.



First Solution: Putting nap pods inside current existing builds

Central Reading Room

- Located in the Frank Melville Jr. Memorial Library.



First Solution: Putting nap pods inside current existing builds

Meditation Room

- Located in the Student Activities Center 226.



Location

Second Solution: Build a simple nap hall for all commuters

- **Pros**

- **Optimized Rest Environment:** Only designed for napping, which ensure the tranquility and comfort.
- **Centralized Location:** Offers a unified and dedicated space for commuting students, which makes it easy to use.

Location

Second Solution: Build a simple nap hall for all commuters

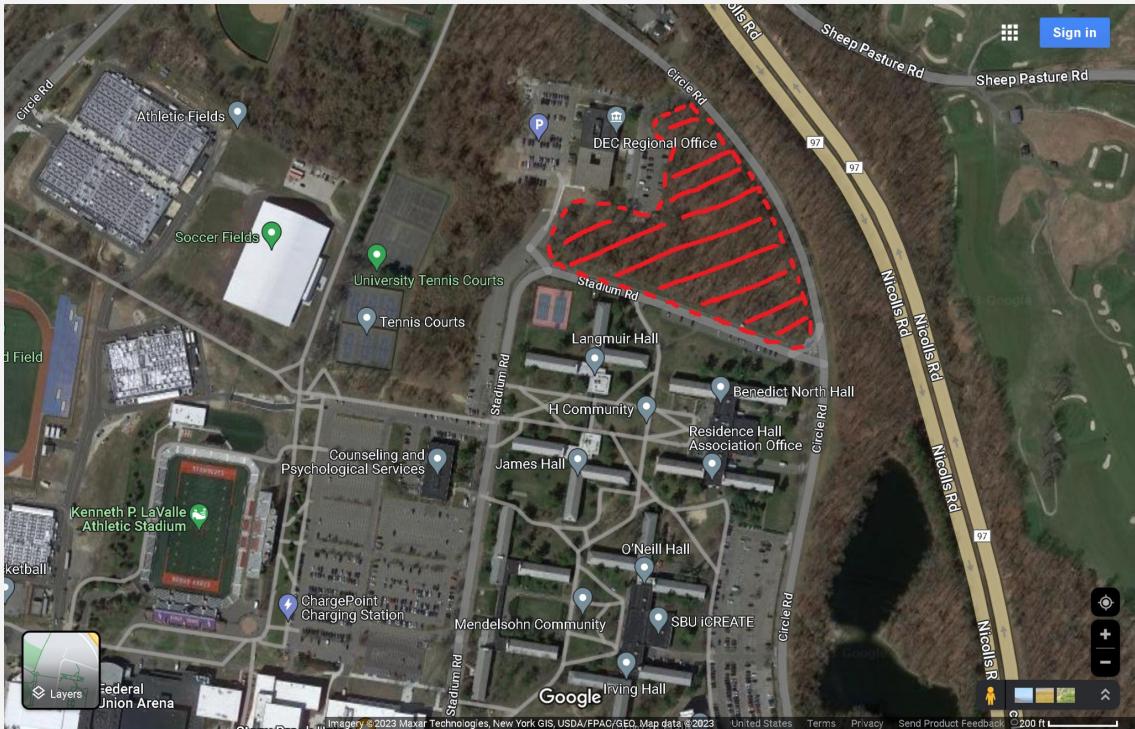
- **Cons**

- **Higher Costs:** Building and running a new facility means more money for construction and staff.
- **Takes More Time:** Setting up a new hall takes longer because we have to plan, build, and get it ready.

Second Solution: Build a simple nap hall for all commuters

Open Space #1

- It is near the Residence Halls.

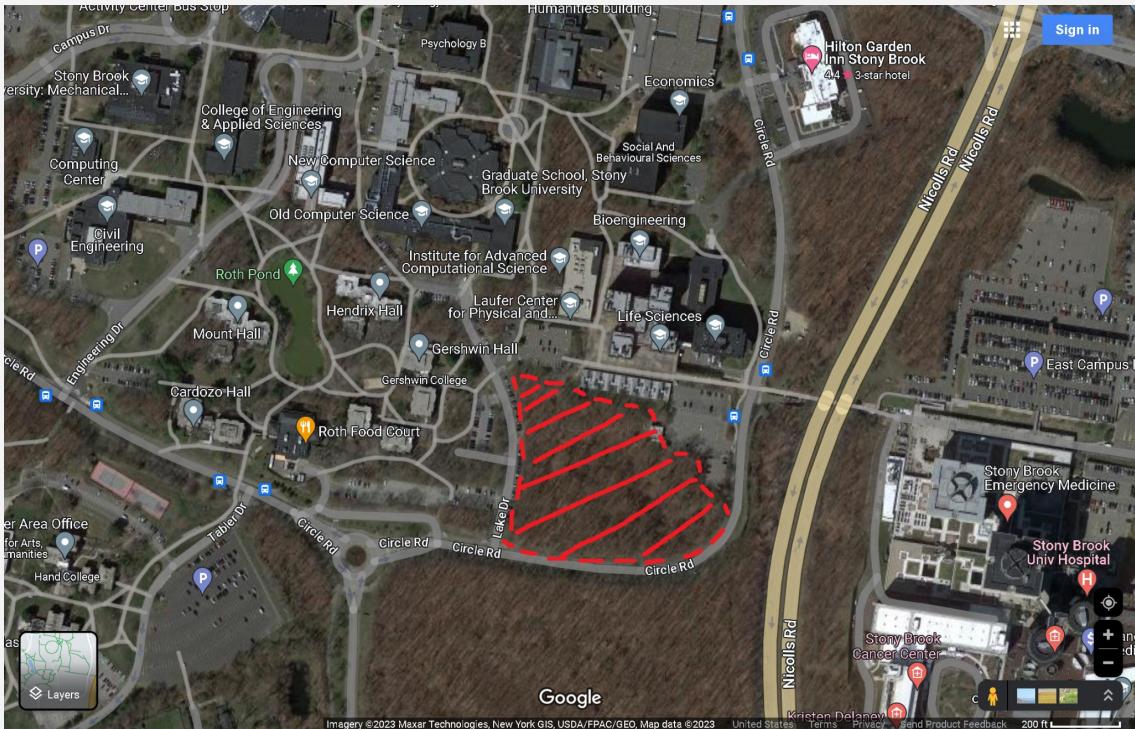




Second Solution: Build a simple nap hall for all commuters

Open Space #2

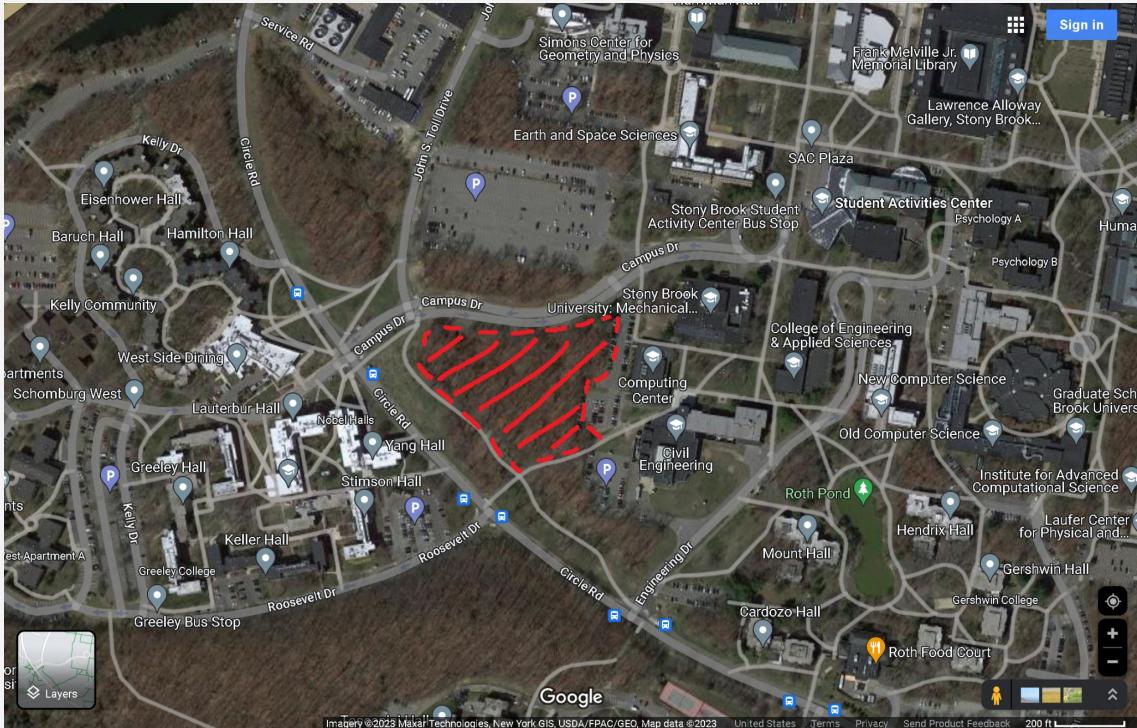
- It is near the Life Science Building.



Second Solution: Build a simple nap hall for all commuters

Open Space #3

- It is near the Engineering Building.



Implementation



- Harvard Health Publishing:
 - Naps should be 20-30 minutes long
- Johns Hopkins Medicine:
 - 30-90 minute nap boosts cognition and memory
- Nap pods will have timers
 - 2 hour limit
 - Charge \$10 per hour overtime

Implementation - Website

- Stony Brook can have a website for reservation of nap pods
- Inspired by Nap York City
 - Public nap stations for New Yorkers

OUR SLEEP STATIONS

PASSPORT/ID AND DEPOSIT REQUIRED



NAP YORK
CENTRAL PARK

940 8th Avenue
Open 24 Hours

[RESERVE HOURLY](#)

[RESERVE NIGHTLY](#)

[GROUP RESERVATION](#)



NAP YORK
EMPIRE STATE

385 5th Avenue
6AM - 8PM

[RESERVE HOURLY](#)

[RESERVE NIGHTLY](#)



NAP YORK
SAN FRANCISCO

1533 Franklin Street
Open 24 Hours

[RESERVE HOURLY](#)

[RESERVE NIGHTLY](#)

[GROUP RESERVATION](#)



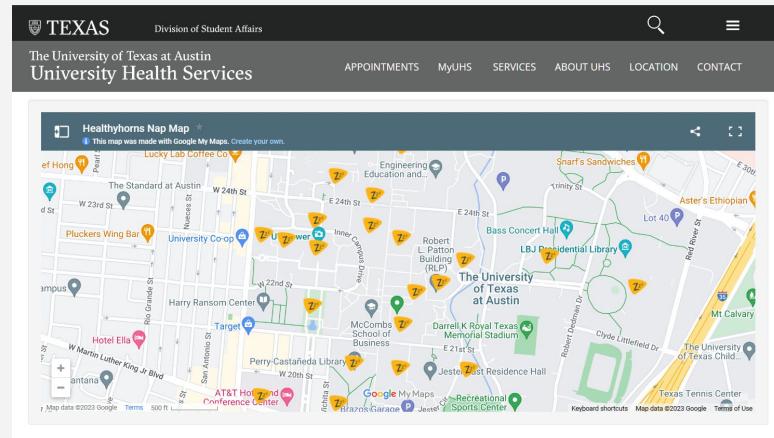
NAP YORK
LONDON

Waking Up Soon

[PARTNER WITH US](#)

NapPod Map and Adjustments

- Depending on the success of the project, more will be added in the best locations. A survey can be conducted to see where students best liked the Nap Pods.
- **Accessibility** (wheelchairs)
- **Comfort**
- **Crowd activity**
- **Noise.**



Life Science Library (in MAI)

LIBRARY READING ROOM

M - TH: 8AM - 10PM

F: 8AM - 5PM

SAT: 1PM - 5PM

SUN: 2PM - 10PM



4



5



5



5

Change Agents

Commuter
Student
Services

Campus Planning, Design and
Construction

Budget
Planning
Committee

Emily
Snyder

Director of
Student
Community
Development

Jeffrey
Sabatini

Director of
Construction

William
Herrman

VP for
Facilities and
Services

Michael
Murray

Head of
Design

Jennifer
Coggin

Director of
Business

Heather
Montague

Senior
Associate VP
for Budget and
Financial
Planning



Office of Proposal Development

Contact Us

Office of Proposal Development
N5580 Melville Library
Stony Brook, NY 11794-3367
Phone: (631) 632-3127
Email: opd_ovpr@stonybrook.edu



- The OPD staff members work with Stony Brook University to provide project management assistance on proposals.



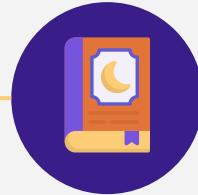
Campus Planning, Design, and Construction

Project Initialization



Funding will be verified and we will give them a brief description of our project

Project Design



A designer can modify our idea to make it feasible

Project Estimate



The projects cost will be confirmed, including additional charges

Project Schedule and Completion



The project will need to be completed during school break so that as few people as possible are inconvenienced

Schedule

Fall 2023



Present proposal
to change agents

Spring 2024



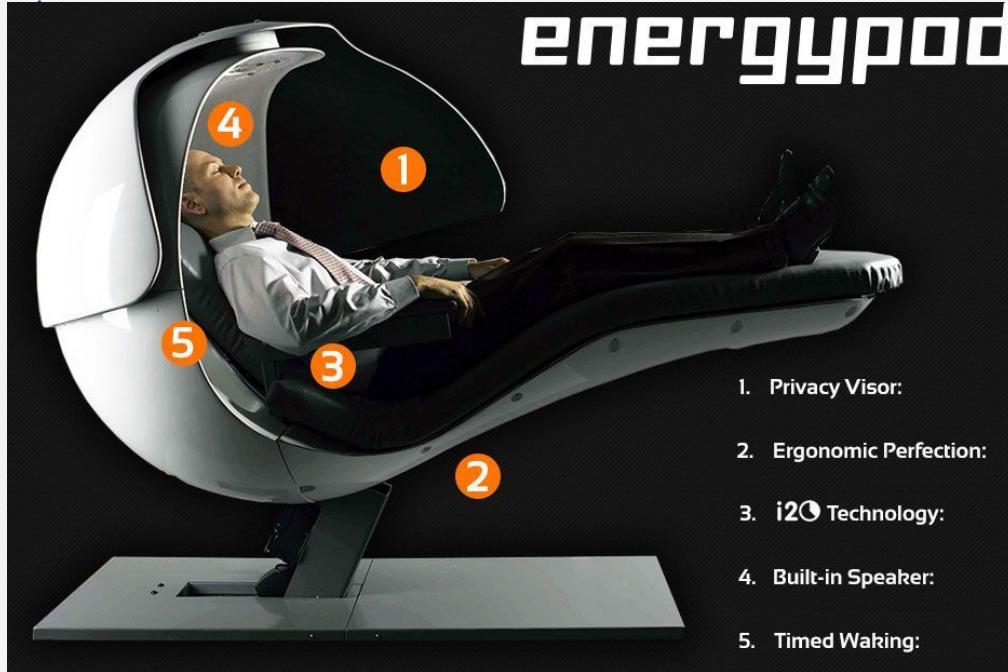
Start planning
and designing

**Summer/
Fall 2024**



Construction/
implementation

Resources/Cost



1. Privacy Visor:
2. Ergonomic Perfection:
3. i2O Technology:
4. Built-in Speaker:
5. Timed Waking:

- The company MetroNaps makes an EnergyPod.

- \$9,000 per pod
- Includes timer and soothing music for Frank.
- Equipped with a privacy visor

Resources/Cost

- If new facility is built, cost is significantly higher
 - According to a contractor we contacted, estimates for a warehouse type 1-story building with electrical, lighting, air-conditioning, sprinkler system, and heat is \$300,000.
- Priority is to add nap pods to existing buildings



Call to Action

- Through the implementation of nap pods, our commuter population (as well as residents who live far from class) can become more well-rested and productive



Works Cited

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- [Contact Us | Office of Proposal Development \(stonybrook.edu\)](#)
- [8 Easy Steps to Campus Construction | Campus Planning, Design, and Construction \(stonybrook.edu\)](#)
- [Nap pods give UA students a new way to relax, recharge and rejuvenate](#)
- [Sleep is the best medicine: How rest facilities and EnergyPods can improve staff wellbeing - PMC \(nih.gov\)](#)
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- [on-campus-nap-room-proposed-at-harvard \(usatoday.com\)](#)
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- [SBU: Enrollment Dashboard](#)
- <https://www.uhhospitals.org/for-clinicians/articles-and-news/articles/2020/10/university-hospitals-and-hohm-to-offer-sleep-pods-for-essential-workers-during-the-covid-19-pandemic>