

Designed by TIME

NOW WITH
BLOW-IN
CARDS!

The LIFE of a
But the party's at HOME

Party.
is at HOME



9 0123456789

DORM TO CACOON: A MODERN LOVE STORY

Tired of squinting under
fluorescent lights?

Glare-B-Gone™

DORM LAMPS



Let Glare-B-Gone™ turn your dorm into a cozy haven!

A Letter from the Publisher

discover how cramped quarters and creativity are rewriting the rules of humanity!

Our lives have become exceedingly comfortable. In fact, we are cheerfully inside of comfortable bubbles, while the world around us burns. Today, 90% of our time is spent indoors, transforming interior spaces from mere shelters into comfort cocoons.

Daniel Barber's After Comfort questions the necessity of such intensive comfort in buildings, citing their environmental impacts. However, the conversation must go further. Designers must critically examine the comforts we create—not only for their environmental consequences but also for their effects on the evolution of the human species.

This thesis posits that architects must consciously consider the long-term impacts of their designs on future generations. It is imperative for designers to intentionally decide what

to advocate for as we build for the deep future—not only addressing today's environmental effects but anticipating those of tomorrow. How can we predict the repercussions of our current lifestyles on future generations? How might we design with these possibilities in mind?

To explore these questions, this thesis employs simulation as a design tool, to observe humans' social, physical, and psychological responses to architectural conditions over generations. The research concludes with strategies derived from simulations to mitigate undesirable outcomes and proposes revised existing building designs to implement them. By merging design, gaming, and narrative fabulation, this research explores how the spaces we inhabit today could transform humanity's future, urging architects to approach design with greater intention and foresight.

Tanya
Estrina

Index



4 Simulating Evolution

Overview of the evolutionary processes.

13 Biological Drawings

A blood-less dissection of the body's changes.

38 Evolution Timeline

An extended examinations of the changes over the millenia.

8 Introductions

Meet the evolutionee - and all of her various ancestors along the way.

42 Blow-in Cards

Strategy cards that give you, the reader, the power to make change in your designs.

10 The Space

Examination of the site of evolution and how the different elements of the space impacted the changes.

44 Time Quiz

Fill out this quiz to find out how this article is able to issue relates to you!

12 An Interview

An interview with the evoluee to discuss what their thoughts are on the impact of architecture on their changes.

48 Real Estate

Interested in purchasing some property? Check out this section to see what is currently available.

Living Room to Living Code

Where did these humans come from?

Sims has historically served as a surreal digital mirror to the consumerist and comfort centric lifestyle. A game which centers around the player being able to control the life of an in-game human, the “sim” and construct their environment and family around them. This game goes into great detail, allowing the sim to have a career, a variety of relationships with other sims, attend events, and be affected by a variety of other mundane life-like experiences. This game sounds very mundane, why would it be at all interesting to play? Well perhaps it is because players enjoy the control and comfort in the dissociation from reality.

Sims 4, originally released in 2014, is a very established game, and after 10 years old over 50 expansion packs were released, and it has become a very popular game for the community to create modifications, or “mods” for.

For all of these reasons, sims is the perfect setting for the exploration and simulation of comfort. Thus the “evolution mod” was born. This mod within the game creates a pop-up within the game where the user can “evolve” their sim. The mod then connects with multiple other extensions of the game, including plumbros, which is a mod for HVAC and environmental controls, and others to extract data from the games, including the sim’s appearance, stats, behaviors, and environmental factors. The code then parses through the files to gather the critical information and write them in a “biography” style document before calling an external script to boot up. This second script is able to read the biography file, and send it to OpenAI API to determine which variables would change after a given time period of evolution. These updated values are then read by the main mod and updated within the game.

[1] Image of simulation running with Tanaiya Estruna(Generation 3) cooking eggs for breakfast.

[2] Aerial view of the dorm reconstruction within the simulation environment, showing the subject Tnay Estr'n (Generation 5) in her most frequently occupied spot - in front of the computer by the desk.

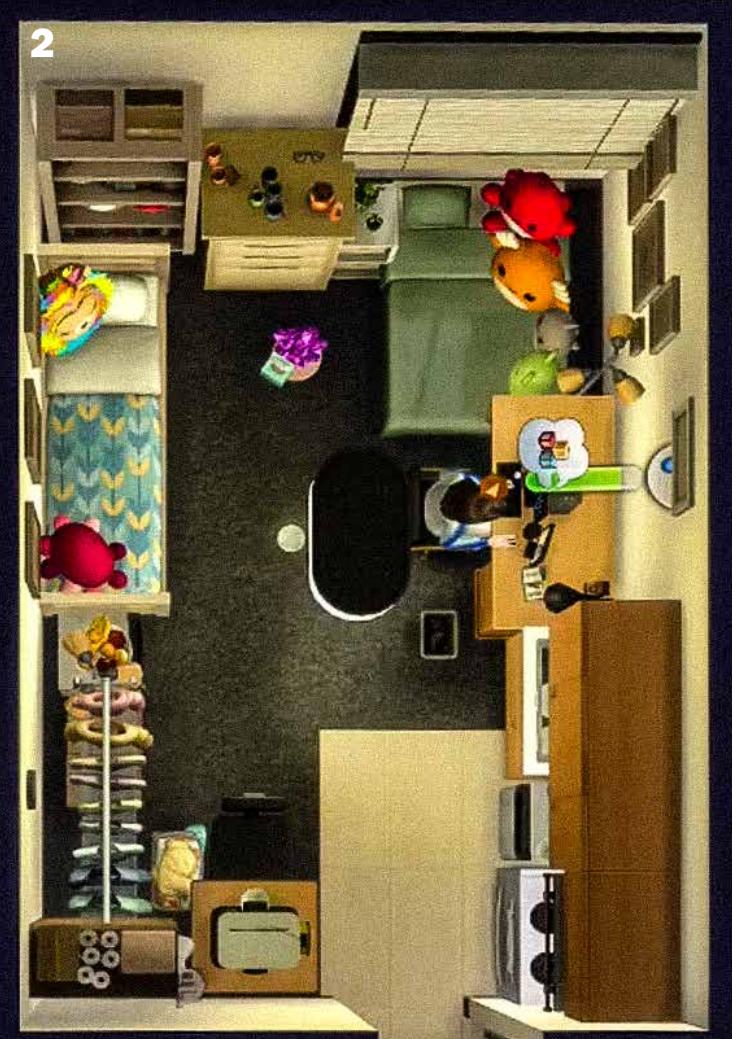
[3] Night view of the subject Tyr Ø (Generation 18) asleep in bed within the simulated environment.



[4] Photograph of actual condition of the bathroom within the dorm in which simulation takes place.

[5] Film capture of Tyr Ø (Generation 18), unable to stand anymore, playing with plushies from the ground.

[6] Photograph of actual condition of the dorm within which simulation takes place.



packs



seasons



get to work



city living

kits



eco lifestyle



bust the dust

library



sims community library

mods



plumbBros



MC



{outdoor_condition}
{outdoor_temperature}
{season}
{rain, boolean}
{snow, boolean}
{sun, boolean}



{air_vent}
{air_filter, boolean}
{damper, boolean}



Evolution

It's time to evolve th

Evolve to next generation



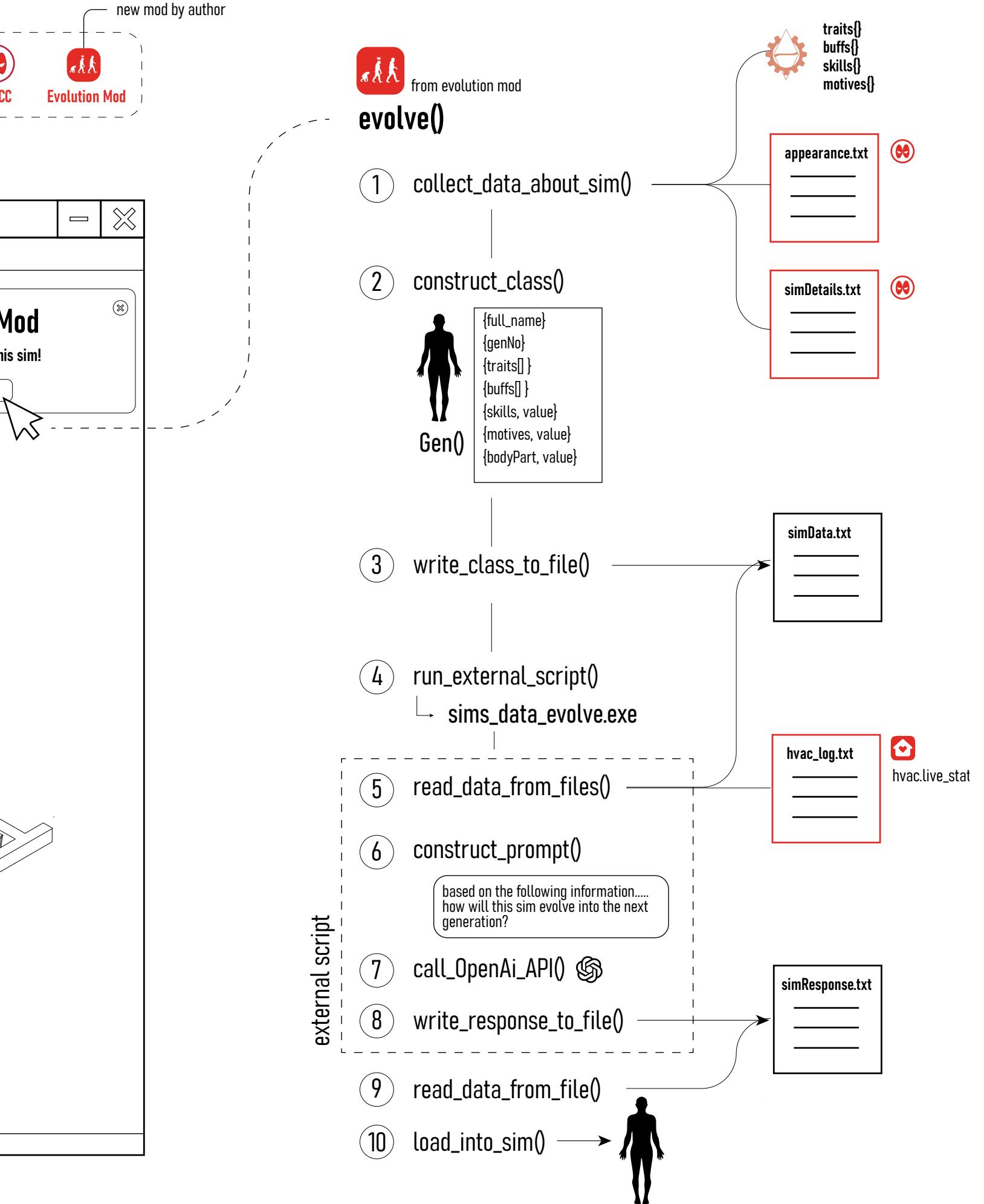
{tanya_estrina}
{bodyPart, value}
{career}
{whims}
{desires}

{tanya_estrina}
{traits[]}
{buffs[]}
{skills, value}
{motives, value}



{HeyHoney_Thermostat}
{preferred_temperature}
{fan_mode}
{temprature_mode}
{usage_trend}

|| > >>



Anatomy of a Dorm Dweller

Meet the Evolved and her Ancestors

t 70 Pacific Street in Cambridge, Massachusetts, deep within the Sidney Pacific Graduate Residence, Tanya Estrina—a dual-degree student in architecture and computer science—unwittingly laid the groundwork for humanity's future evolution. Unit 212, her compact 12-by-15-foot dorm room, was more than a space to eat, sleep, and study. It was a microcosm of modern living: constrained, efficient, and bathed in artificial light.

As a student of architecture, Tanya saw her dorm as both a challenge and a design exercise:

How do you maximize functionality in a space that barely allowed her to stretch her arms? Every inch served a purpose. Her twin-sized bed was pushed against one wall, under shelves precariously stacked with textbooks on computational design, architectural theory, and a week's worth of instant ramen. A small closet was crammed with oversized sweatshirts and a few wrinkled formal shirts—rarely touched. Across the narrow aisle, her desk stood as the center of her world, cluttered with sketchpads, tangled wires, and dual monitors humming softly, perpetually aglow.

Her computer was her lifeline. Days stretched into nights as Tanya bounced between parametric design models for her architecture studio and debugging scripts for machine learning assignments. Her chair—cheap and worn, its cushion flattened into submission—shaped her posture as much as the room shaped her habits. She'd lean forward, hunching over her keyboard, her long fingers gliding across keys with the precision of a seasoned programmer.

The single northern-facing window let in a ghostly light, too weak to mark the passing hours. The rest was up to the ceiling-mounted fluorescent bulbs, their white hum filling the silence. Tanya often joked that she couldn't remember what sunlight felt like: "Who needs

it when the real world exists in CAD models and code?"

Airflow in the room was dictated by a single ceiling vent. It pumped in filtered air with robotic consistency—enough to sustain her, but never to comfort her. The climate was always predictable: slightly cool, perfectly stagnant. Tanya noted once in her journal that her lungs had likely adapted to "the ventilation aesthetic"—an air quality engineered for survival, not for inspiration.



hello!

Her physical world shrank, but her virtual one expanded. She moved less and typed more. Architecture studio walks were replaced with virtual site visits. Drafting tables gave way to screens. She perfected the art of minimizing her movements: wake up, roll to her desk, design, code, snack, repeat. Her legs atrophied in favor of her mind, which grew sharper with each optimization algorithm and every line of code.

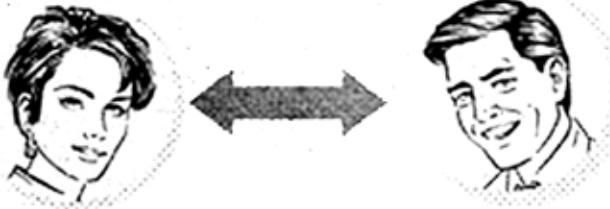
Despite the constraints, Tanya loved the challenge her space presented. "It's a perfect exercise in efficiency," she would tell classmates. "The room doesn't limit me; it makes me smarter." She saw the potential for the future: architecture designed for compact living, humans engineered to thrive in it. She didn't know how literal her vision would become.

Unit 212 at 70 Pacific Street may have been small, but in its walls, Tanya Estrina unknowingly embodied the first step toward a new kind of human—one evolved for efficiency, confined spaces, and an endless glow of artificial light.

She was the blueprint.

Facebook

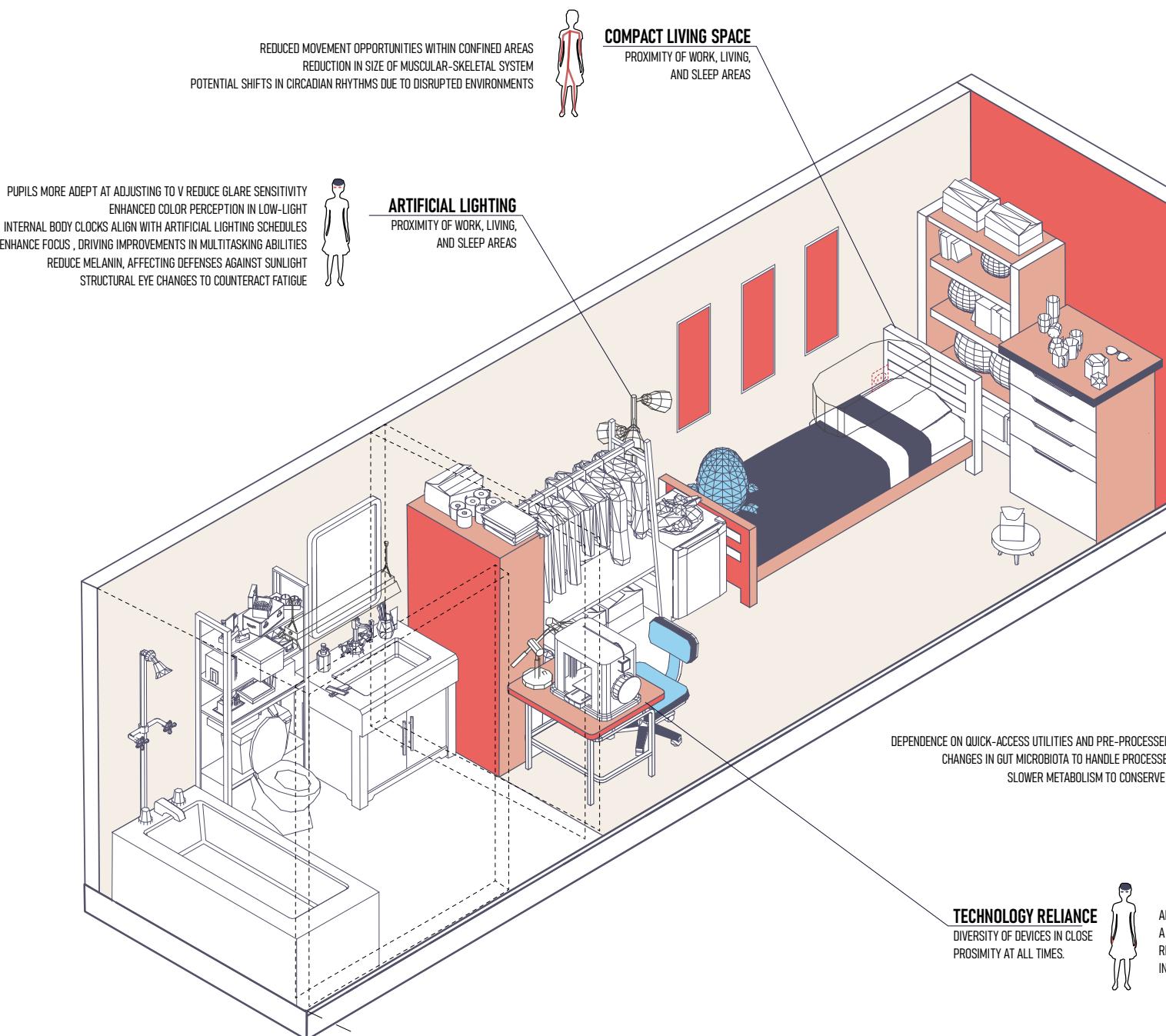
*STRIKING, MIRACULOUS
SOCIAL TEAM-UP!*

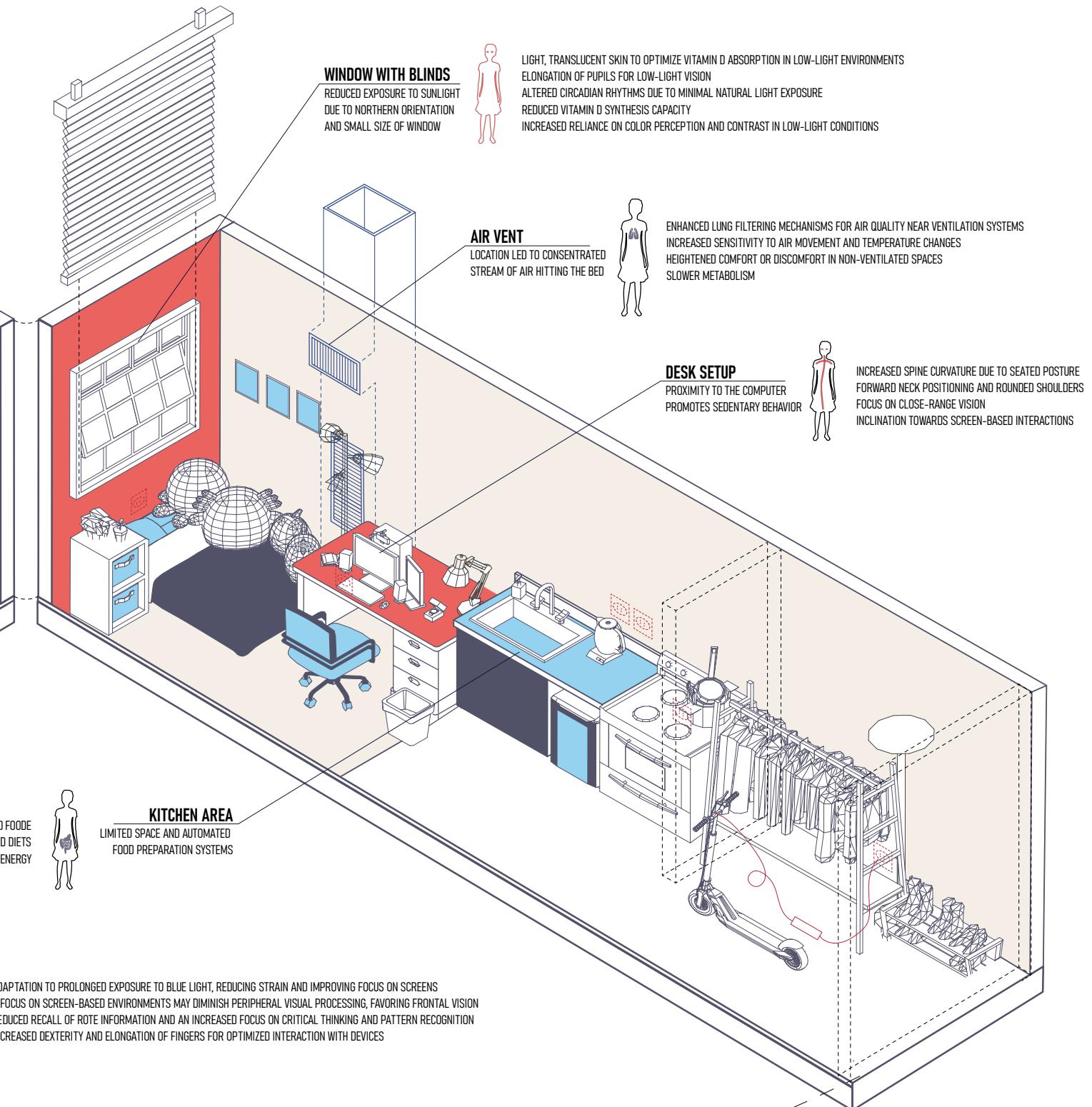


SHARE abundantly your photographs, experiences and stories with your friends and families. For leisure or labour, Facebook is the enchantment "next look" in social team-ups. Eloquent economical and modern examples of communication adequate for our times.

Dorm Sweet Dorm

Inside the cramped paradise that made her





Anatomy of a Dorm Dweller

Interview with the Girl Who Evolved in Her Space

AskSihTawn, thank you for taking the time to chat.

How are you doing today?

A: Fairly usual. At 3am I launched out of bed into my rolly chair and transported myself to the computer. Everything is so convenient in my place. I just stretch out my arm and turn on the kettle to get some tea and open the fridge to fetch my Ultra Gels for breakfast. I shudder when I think of the old days when people had to actually spend all this energy to get up to do things. What a waste of time that must have been!

3am? What's your sleep schedule like?

A: It is very flexible. I rest whenever I get tired. So convenient! But I generally sleep three times a day. I have full control over my sleep and nothing on the outside has any say in what I do.

What do you do for fun?

A: Oh, so many things! I have no need to go anywhere. Everything I need is within an arm's reach. I love to play video games and watch sitcoms. My favorite? A sitcom about an office from the 1990s. I can't believe they had so many rooms in there. How did they even use all this space? Can you imagine having a bathroom across the hall? How inefficient!

What about relationships?

A: Of course! I'm in constant contact with my social circle, but it's all virtual. I'm part of a storytelling club where we create narratives together, and I have a close group of friends I connect with daily. Face-to-face interactions aren't common anymore—it's not efficient—but I feel deeply connected to those I care about. Physical proximity isn't as important as shared experiences.

So, you're a fan of retro? What do you think of Tanya Estrina, your ancestor?

A: She's fascinating to me. Her life seems so primitive yet oddly romantic. I read that she used to walk everywhere—why walk when you can scoot? But I do admire how resourceful she was. Living in this same dorm started this whole journey. I think she'd be amazed

at how far we've come.

Let's talk about your work. What's that like?

A: I love it! I make ThoughtStreams, which are like curated experiences people can tap into to learn, relax, or be entertained. My job is to design and refine these experiences so they're as engaging as possible. Imagine sculpting a memory or creating a dream that someone can step into—it's a blend of art and engineering. It's challenging but so rewarding when people tell me they felt truly connected to the experience I crafted.



Oh, does it mean that you are designing virtual spaces like an architect, but digitally?

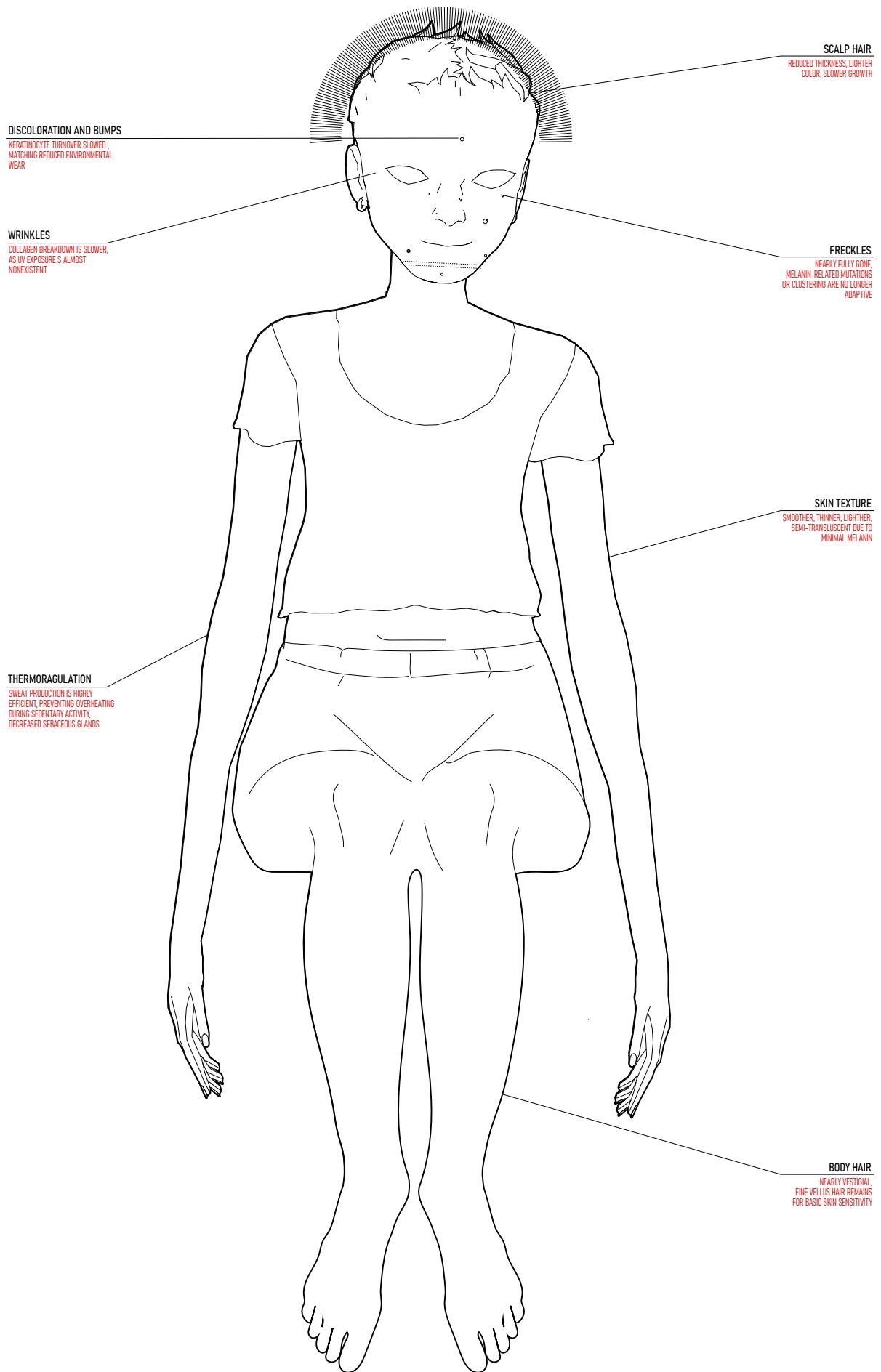
A: I never thought about it that way! Yeah, I heard about those archaic architects of the past. There is no need for that today. Everybody hangs out online today, so nobody really designs physical spaces anymore. I guess I am a digital architect huh.... Cool thought.

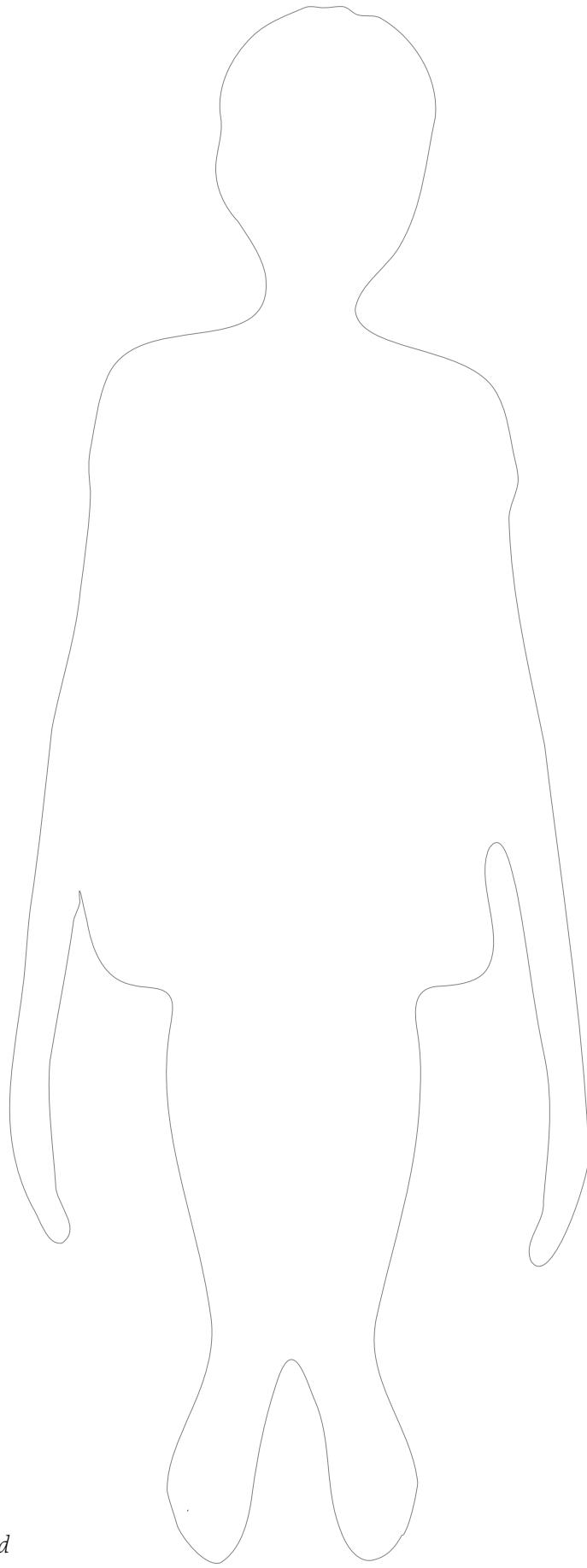
Is there anything about your life that you'd change if you could?

A: Hmm... I think I'd like a pet. I've read about people having cats and dogs. They sound delightful—companions that just love you for no reason. Of course, I could simulate one, but it's not the same. Maybe I'd also like to explore the natural world more. I've seen nature in simulations, but I wonder what it feels like to touch a tree or hear a real bird sing.

Speaking of the natural world, how do you feel about being so disconnected from it?

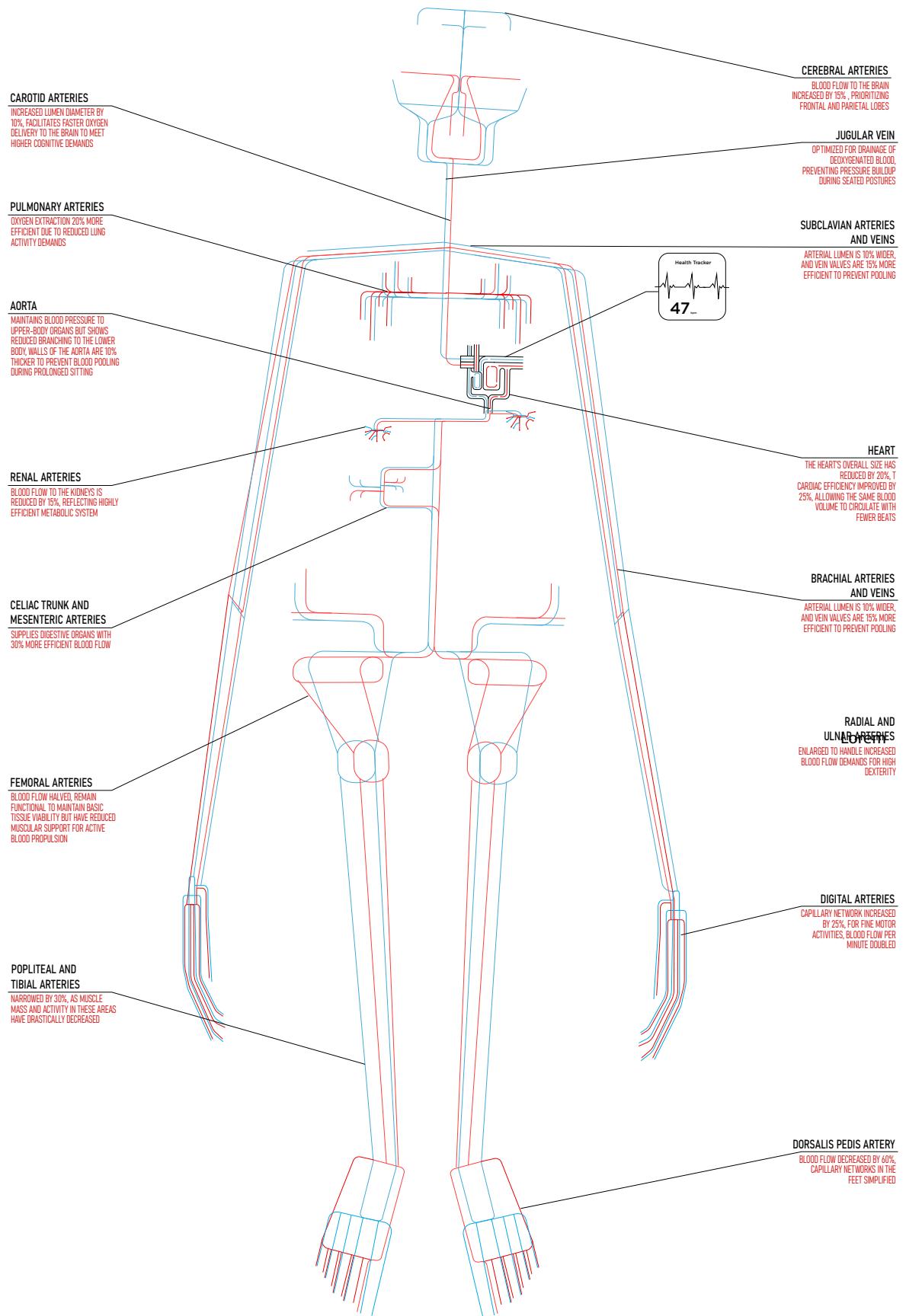
A: It's a mixed bag. On one hand, I've adapted to thrive without it. We don't need sunlight or soil to survive. But on the other hand, I think I've lost something intangible—an appreciation for chaos, maybe? Nature is unpredictable, and everything in my world is so streamlined. Sometimes I wonder what it would be like to get lost or surprised by something. Maybe I'll be part of the generation that brings the wild back into our lives—but with nutrient gels, of course. Let's not go too far.

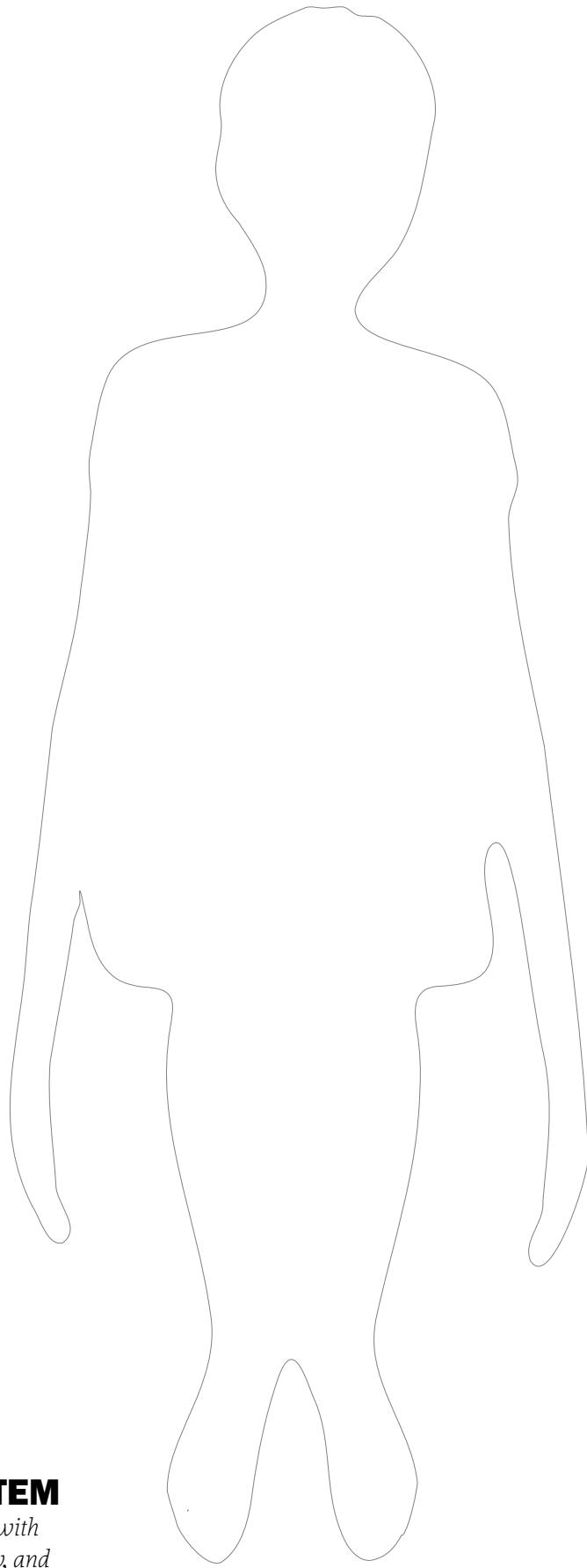




SKIN AND HAIR

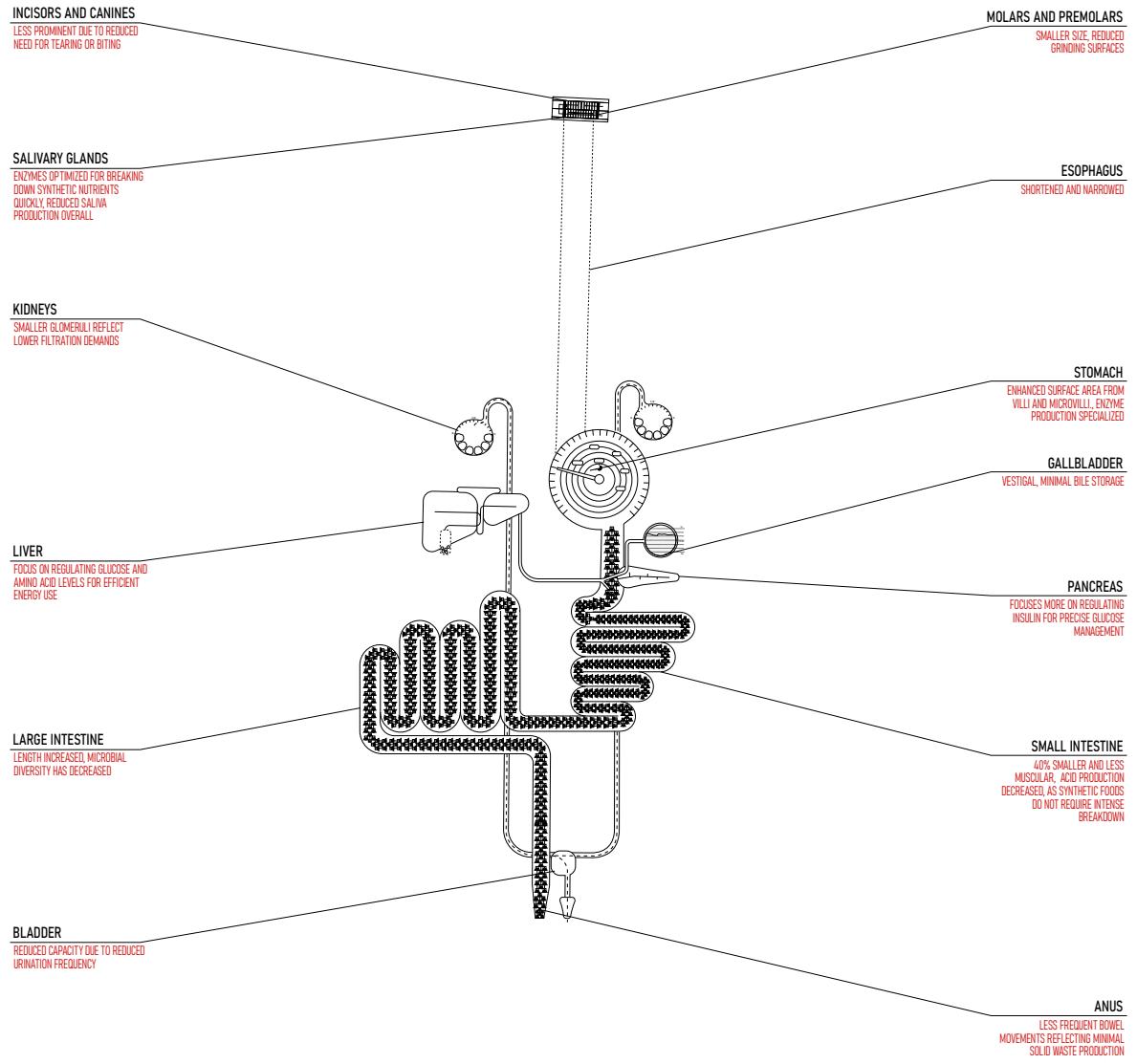
The skin has become translucent due to lack of solar exposure. Hair has thinned, lightened, and reduced in growth due to environmental adaptation.

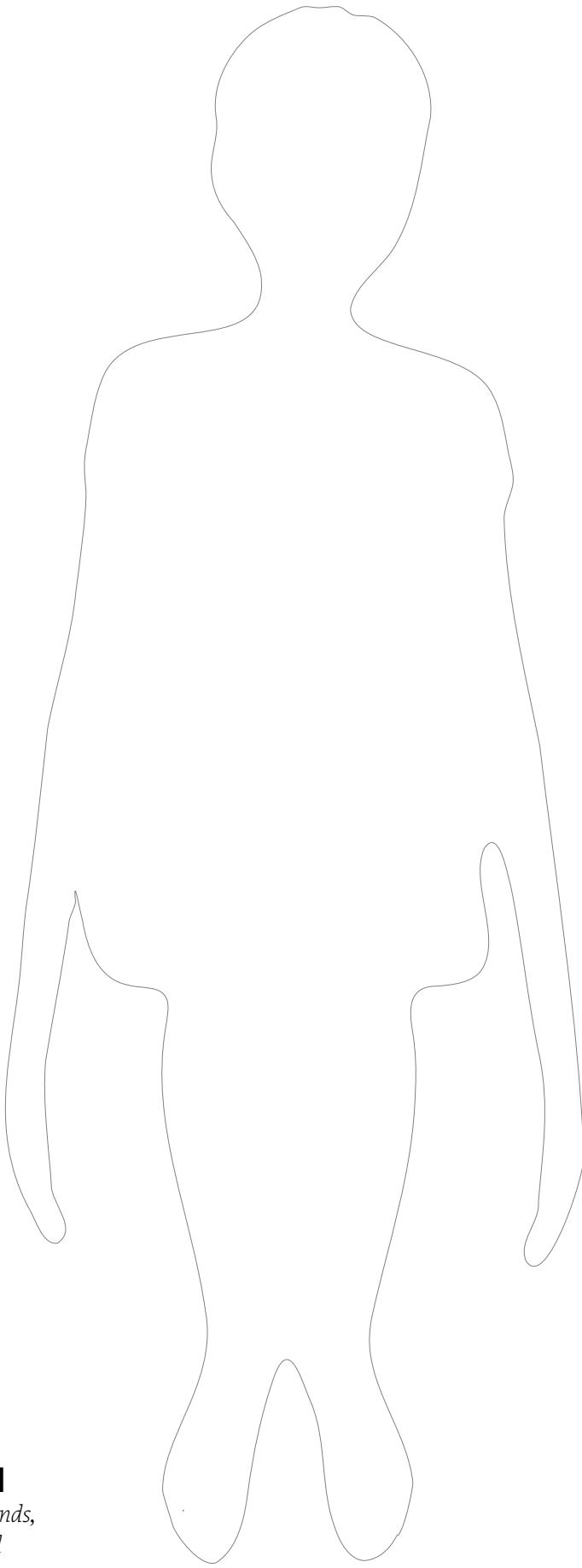




CIRCULATORY SYSTEM

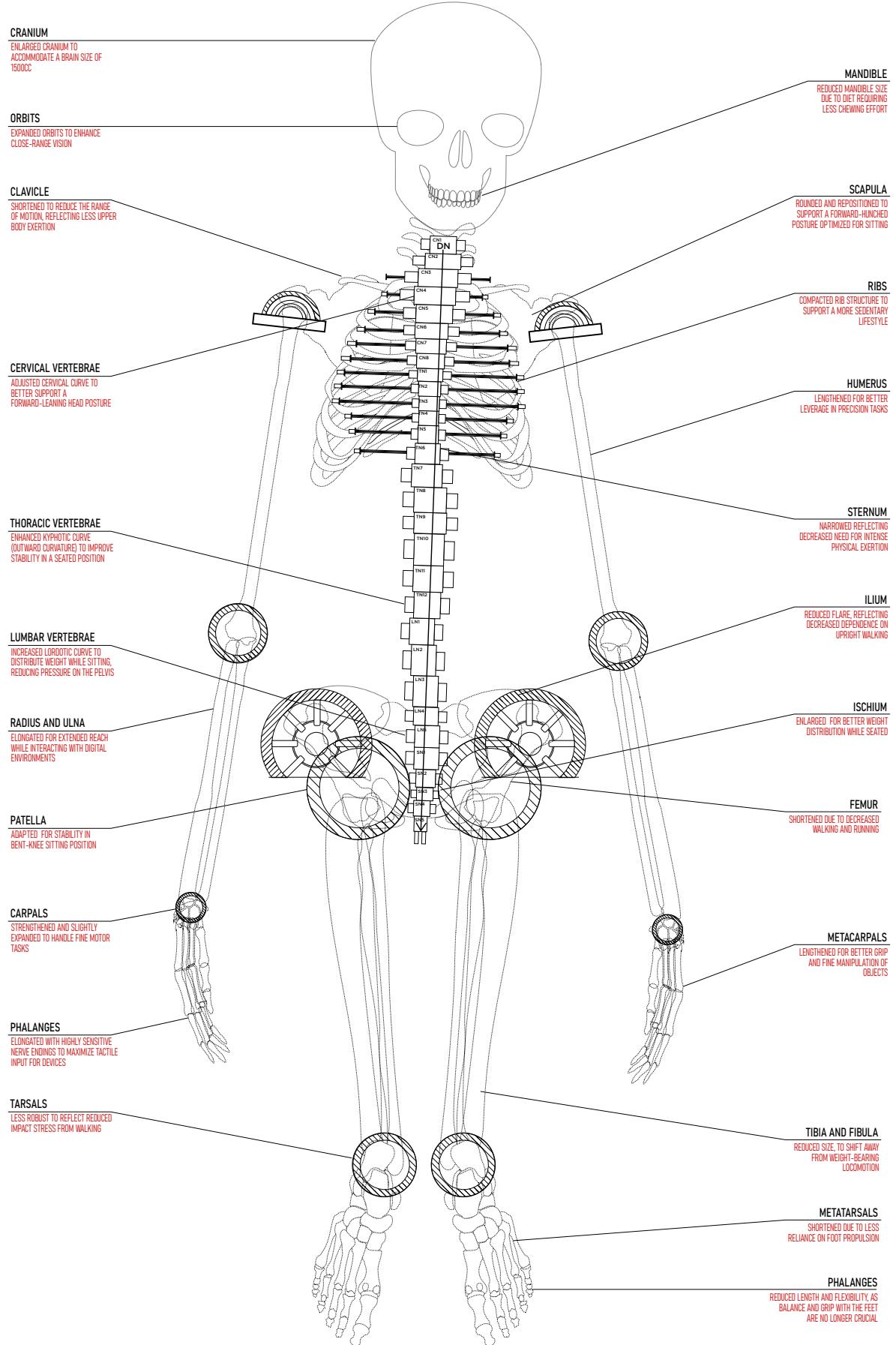
Arteries and veins have thickened, with reduced elasticity, slower blood flow, and increased blood pressure, particularly in extremities.

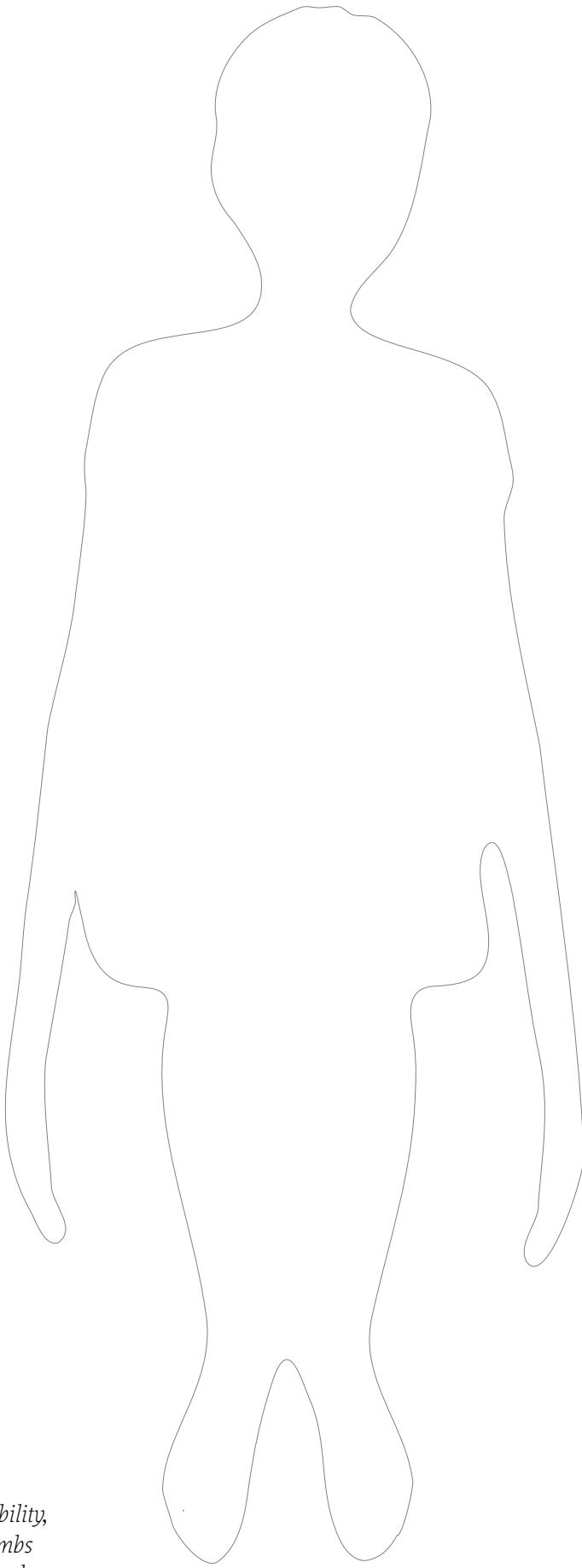




DIGESTIVE SYSTEM

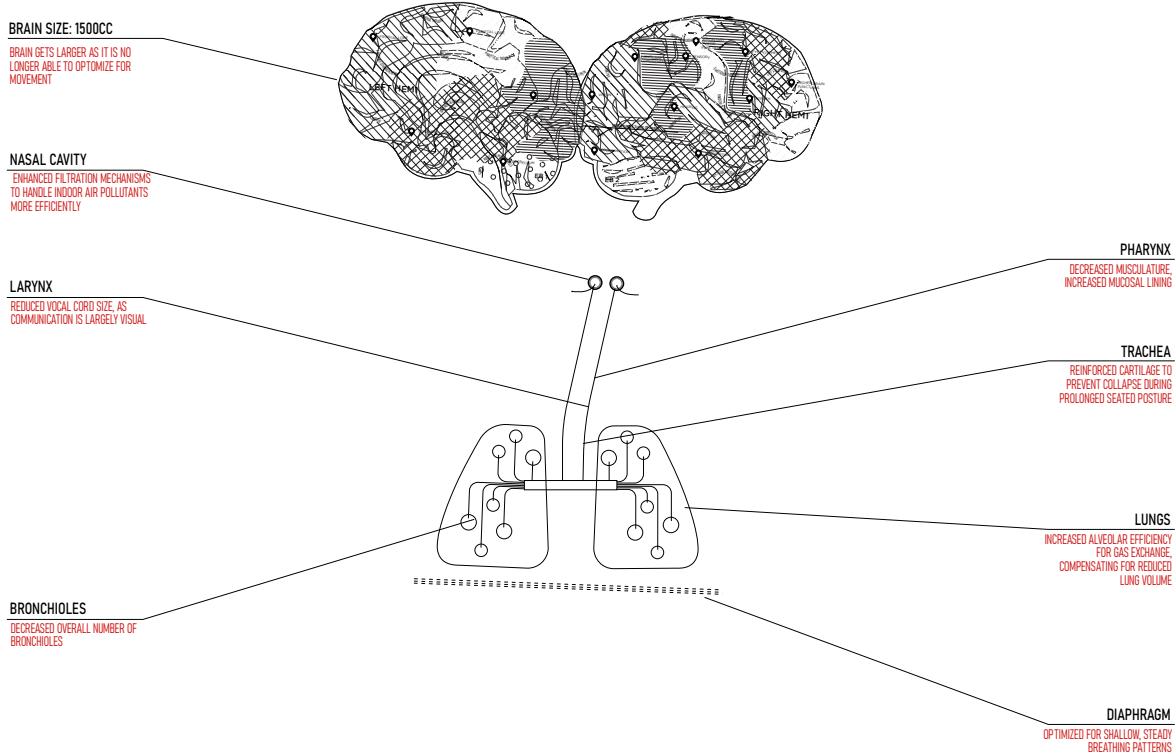
Smaller teeth, weaker salivary glands, reduced organ sizes, and decreased intestinal efficiency reflect a less demanding digestive process.

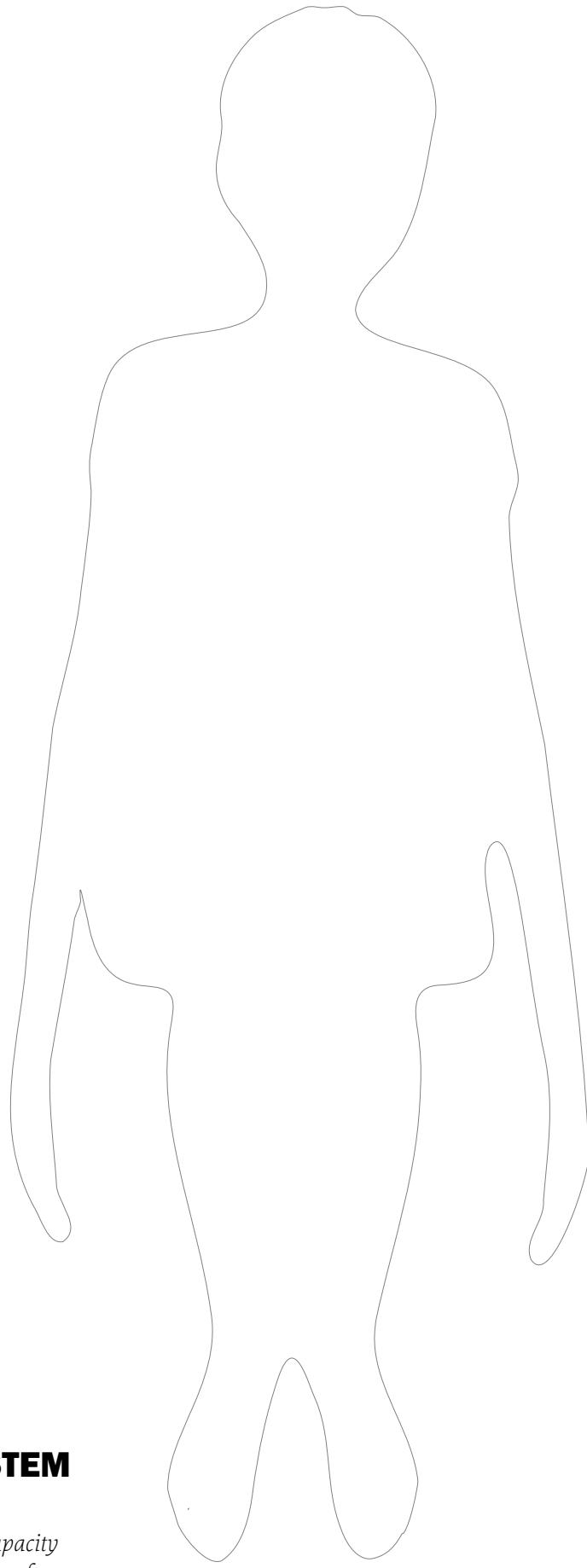




SKELETAL SYSTEM

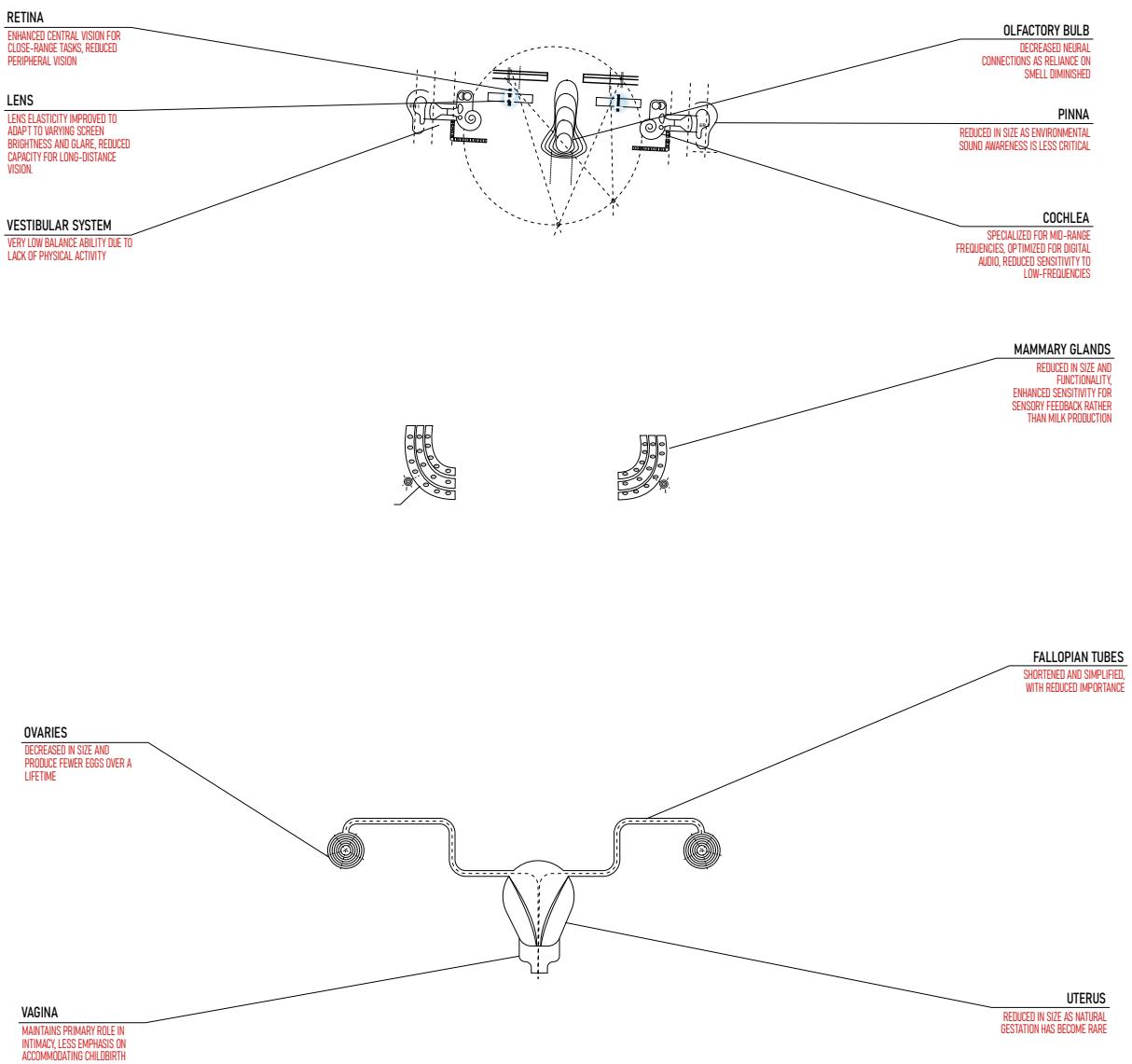
Bones have thinned, joints lost flexibility, and the cranium, mandible, and limbs show reduced strength and structural integrity.

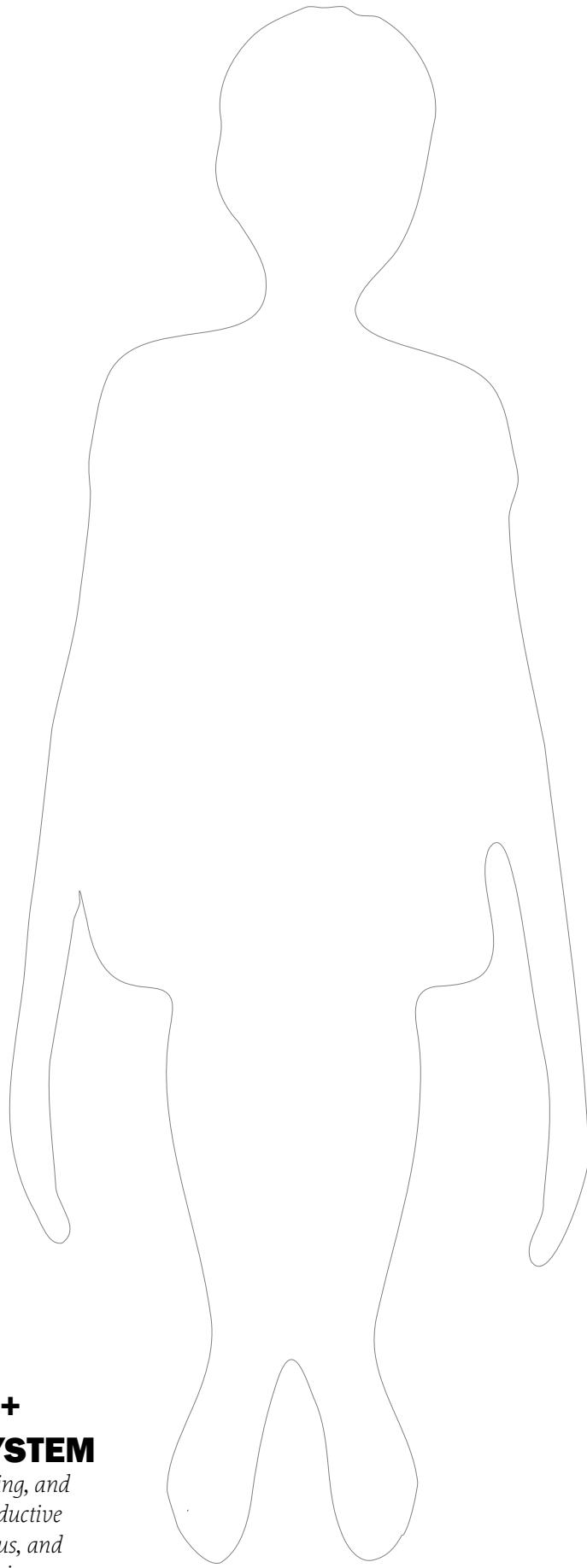




RESPIRATORY SYSTEM AND BRAIN

The brain has shrunk, cognitive capacity declined, and lungs have reduced surface area, elasticity, and breathing efficiency.



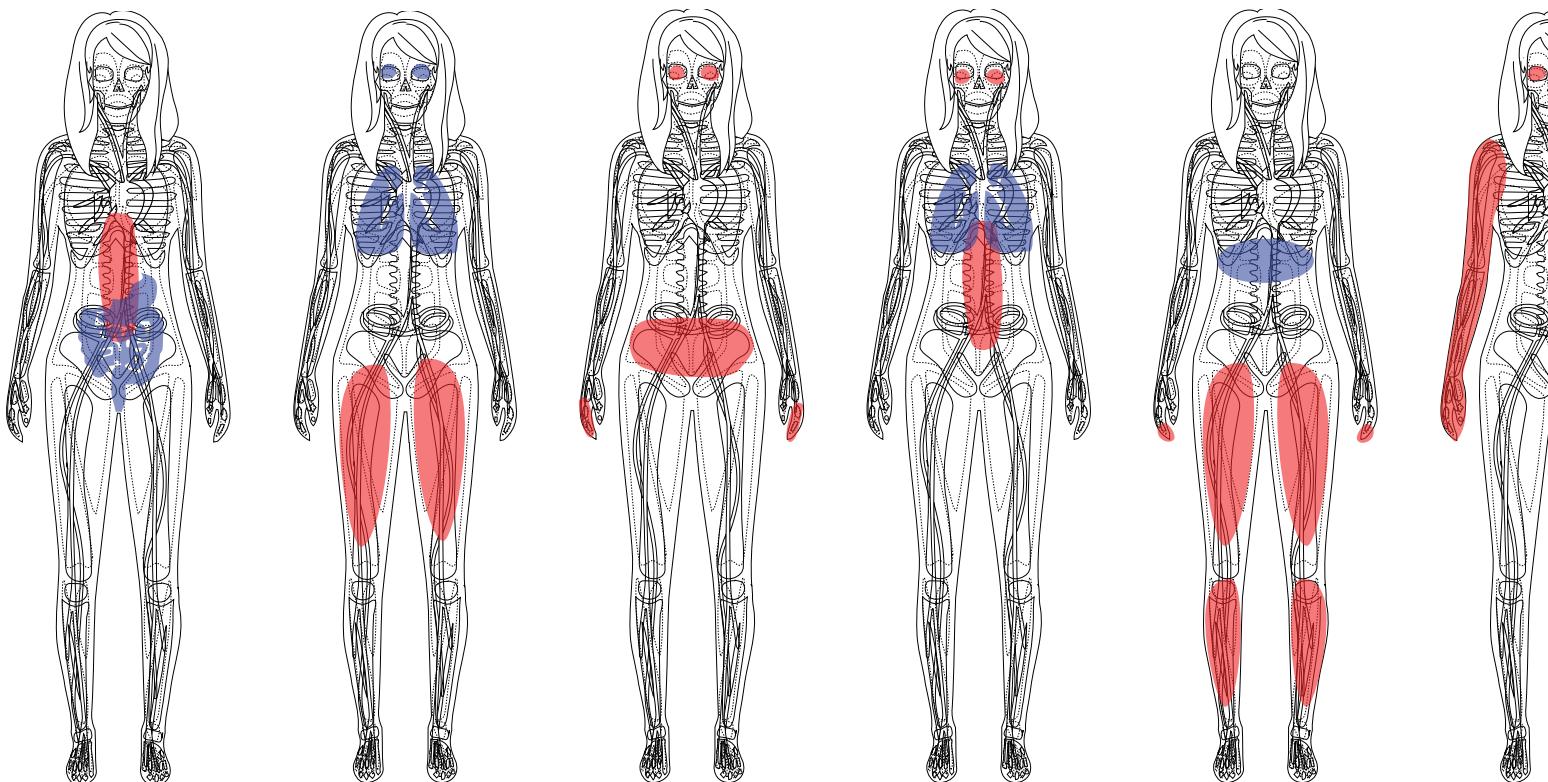


SENSORY SYSTEM + REPRODUCTIVE SYSTEM

Sensory functions like vision, hearing, and smell have weakened, while reproductive organs, including the ovaries, uterus, and fallopian tubes, have shrunk, reducing fertility.

Small Space, Big Changes

Timeline of Changes in the Body



Postural changes start, with slight spinal curvature to accommodate prolonged desk work.

Minor metabolic slowing to conserve energy in a sedentary lifestyle.

Increased focus on close-range vision due to constant screen use.

Basic multitasking improvements for simultaneous screen interactions.

Reduced leg strength and size as movement becomes less necessary.

Respiratory efficiency improves slightly to handle air stagnation from poor ventilation.

Enhanced sensitivity to artificial lighting in the room.

Improved memory recall to manage complex tasks on the computer.

Fingers elongate slightly for better dexterity with keyboards and mice.

Fingers elongate slightly for better dexterity with keyboards and mice.

Eyes adapt to screen glare, reducing strain from artificial light.

Strategic planning capabilities expand for virtual interactions.

Spine curvature increases, adapting further to the seated posture.

Enhanced lung filtering mechanisms to handle indoor pollutants.

Better low-light vision develops due to reliance on artificial lighting.

Ability to handle multiple digital streams improves further.

Legs begin to shorten, as standing becomes less frequent.

Energy storage becomes more efficient due to low caloric expenditure.

Enhanced touch sensitivity in fingertips for interaction with technology.

Increased reliance on predictive algorithms for task management.

Arms strengthen slightly for computer use.

Minor vascular adaptations improve blood flow during prolonged sitting.

Peripheral vision diminishes as screen focus increases.

Significant improvements in digital multi-tasking abilities.

2050

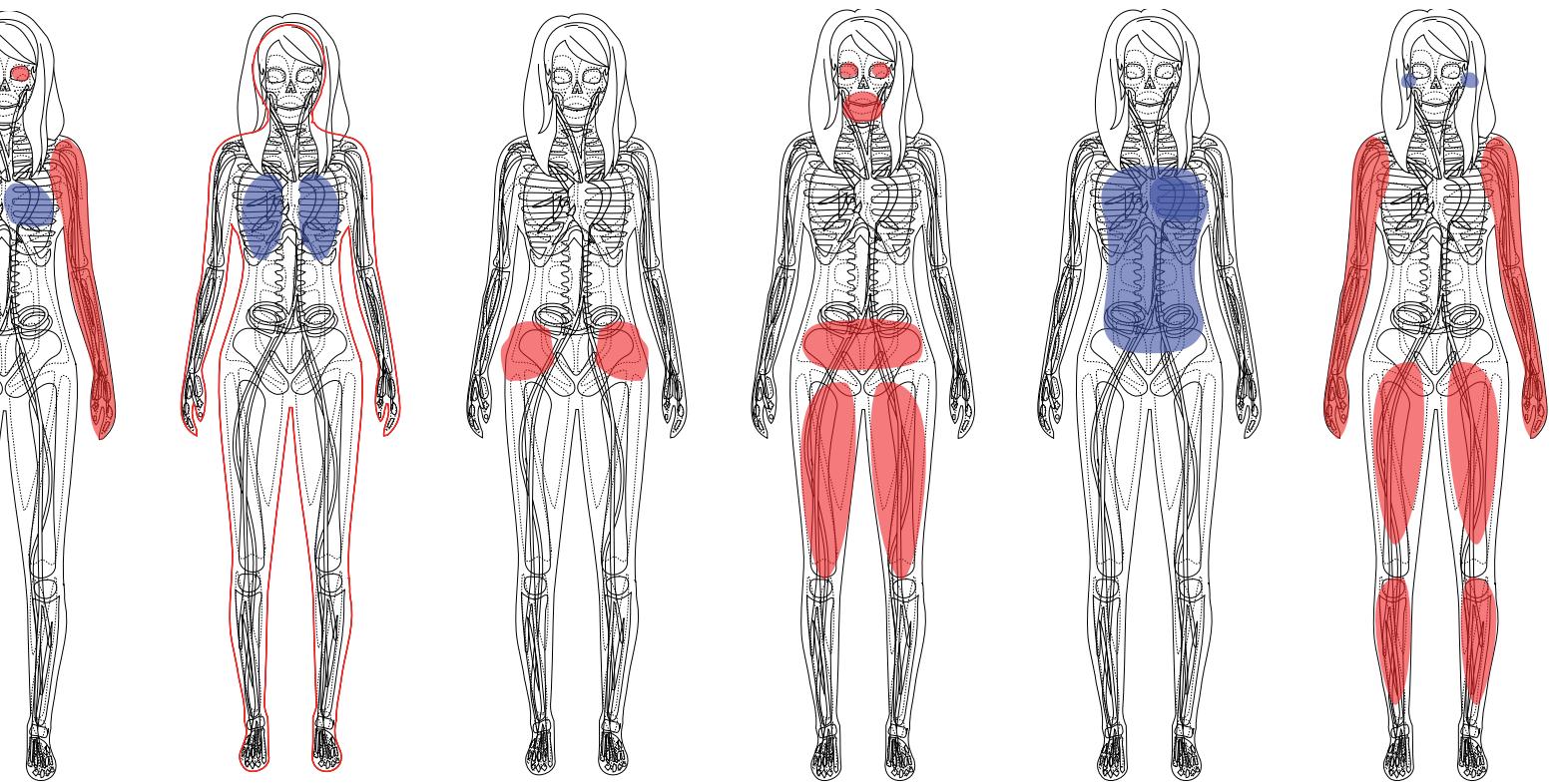
4091

7007

8702

13966

15000



gthen
extende
se.

ular
s to
od flow
nged

vision
as direct
s sharpens.

ent in
titasking

Skin begins to develop minor heat-dissipation adaptations.

Hip structure narrows for more efficient seated posture.

Jaw structure begins to shrink due to reduced chewing needs.

Torso lengthens further for ergonomic desk alignment.

Legs become vestigial; arms further strengthen.

Enhanced respiratory capacity to handle indoor air recirculation.

Reduced digestive system efficiency to match lower energy needs.

Energy storage mechanisms optimize further for sedentary life.

Cardiovascular system adapts for minimal movement.

Enhanced energy efficiency in organs to compensate for minimal physical demand.

Visual adaptation to blue light peaks, reducing screen fatigue.

Hearing adapts to detect faint noises like computer fans or HVAC systems.

Low-light vision sensitivity improves for evening productivity.

Reduced depth perception as screen focus dominates vision.

Increased auditory sensitivity to HVAC and computer sounds.

Advanced focus on rapid problem-solving.

Enhanced adaptability to virtual workspaces.

Faster neural processing for multitasking virtual environments.

Memory and strategic planning peak.

Superior ability to manage complex virtual tasks.

079

17041

23712

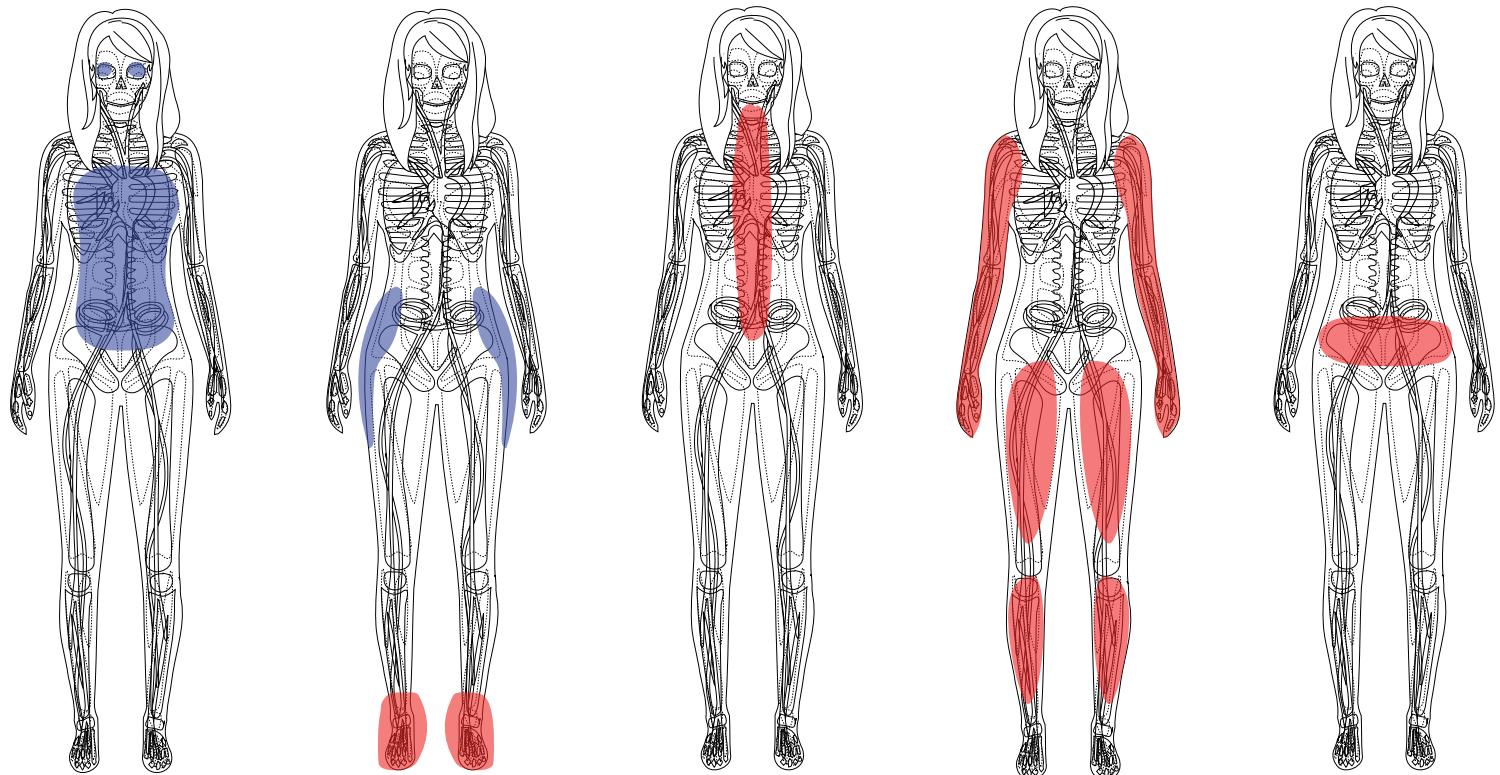
26984

27560

28982

Small Space, Big Changes

Timeline of Changes in the Body



Skeleton becomes lighter; posture permanently seated.

Organs specialize for stationary existence.

Enhanced visual acuity for screen details.

Abstract reasoning improves for virtual engagement.

Bone density decreases in unused lower limbs; feet become narrower and less defined.

Fat reserves redistribute to support long-duration stationary energy needs.

Enhanced touch sensitivity in fingertips for prolonged use of input devices.

Neural pathways for task-switching and multitasking become highly developed.

Spine locks into a fixed seated curvature; neck structure adapts.

Energy metabolism more efficient; internal organs compact to save space.

Peripheral vision diminishes further, optimized for screen-centric focus.

Brain regions associated with visual processing expand to handle more complex on-screen data.

Arms elongate slightly for easier reach across workspace.

Digestive efficiency continues improving, with reduced reliance on physical sustenance.

Sensitivity to temperature changes diminishes as the body becomes fully reliant on climate control.

Strategic decision-making is augmented by reliance on digital assistance and AI tools.

Legs continue to shrink; hips narrow as no need for bipedal movement.

Improved oxygen distribution reduces strain on the circulatory system.

Enhanced tactile feedback in fingertips for interaction with devices.

Long-term memory optimization peaks, allowing for faster recall and processing.

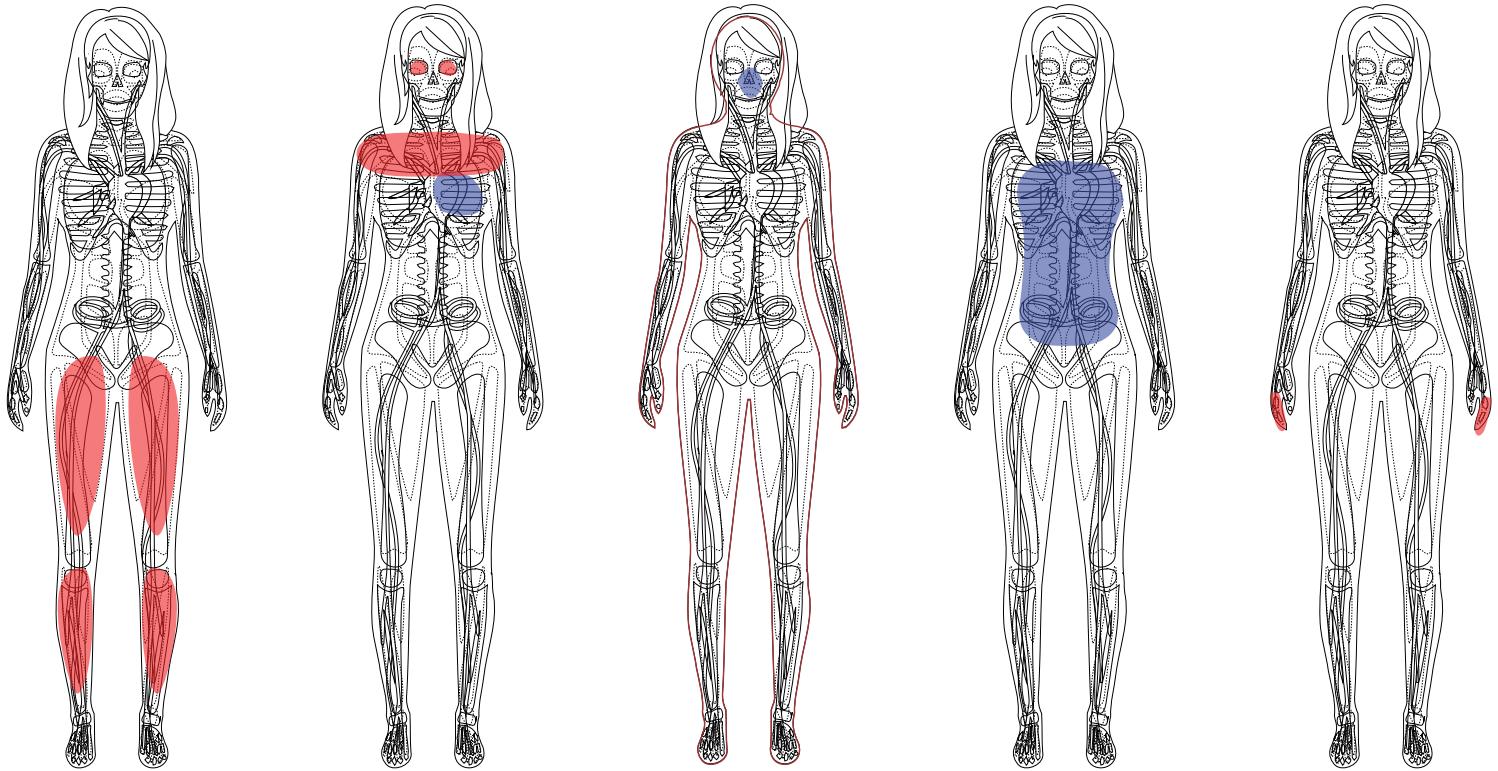
34089

35562

39745

41903

42930



Lower body structure becomes vestigial; upper more robust for desk use.

Organs specialize further for low-energy use; muscle mass reduces in unused areas.

Hearing sharpens to detect subtle environmental changes like HVAC hums.

Brain areas supporting abstract thinking grow.

Shoulders broaden slightly to accommodate more robust arm movement.

Enhanced cardiovascular efficiency supports stationary living.

Vision adjusts fully to artificial lighting, losing ability to adapt to natural sunlight.

Higher-order problem-solving dominates brain function.

Skin begins to adapt, producing a light-reflective layer to protect against artificial lighting.

Circulatory system becomes optimized for seated posture.

Smell diminishes further due to lack of exposure to varied odors.

Complete integration of digital systems into thought processes.

Lower limbs atrophy completely; torso becomes cylindrical for stability in a seated position.

Organ systems compact further, prioritizing space efficiency over redundancy.

Vision expands into ultraviolet ranges to optimize screen interactions.

Collective intelligence develops as individuals begin to share knowledge instantly.

Body shrinks in size.

Organs become more specialized, with redundant systems phased out.

Tactile feedback in fingertips reaches its peak, replacing most physical interaction.

Neural efficiency allows for near-instantaneous decision-making.

46584

48574

48577

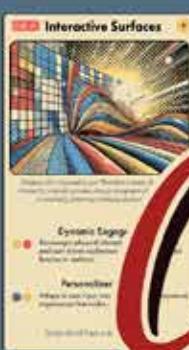
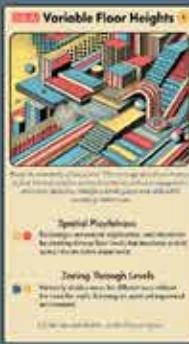
51455

51556

Collect Them All!

SOME MIGHT CALL THEM "CARDS OF HOPE"

FUN TIMES WITH
THE WHOLE OFFICE
even the interns!



Time Quiz

How Comfortable is your House?

*What Does Your House
Say About Your Evolution?*

1. What best describes your home's layout?

- a** Compact and efficient with minimal unused space.
- b** A labyrinth of rooms and hallways.
- c** Open-plan with lots of light and airflow.
- d** A single tiny room with no windows.

2. How does your home regulate temperature?

- a** Minimal heating/cooling - layers of clothing do the work.
- b** HVAC running 24/7 with no seasonal variation.
- c** I live in a constant sauna or icebox, depending on the season.
- d** Smart systems that adjust naturally to the seasons.

3. What's your furniture situation?

- a** Chaotic and mismatched—a mix of inherited, vintage, and DIY.
- b** Minimal and static - a chair, a table, and maybe a cushion.
- c** Dynamic and adjustable furniture, the works.
- d** Nonexistent - I sit, sleep, and live on the floor.

4. How much natural light do you get?

- a** Artificial light does most of the work.
- b** Sunlight? What's that? I live in the shadows.
- c** A few windows here and there—enough to know what time it is.
- d** Floor-to-ceiling windows flood my home with light.

5. How does your home connect you to nature?

- a** I occasionally hear birds outside... I think?
- b** My home might as well be a bunker underground.
- c** I have seamless indoor-outdoor spaces - plants, gardens, or views.
- d** A few potted plants or a balcony, but nothing extreme.

SCORING: 1. a = 3, b = 2, c = 5, d = 1, 2. a = 3, b = 2, c = 1, d = 5, 3. a = 2, b = 3, c = 5, d = 1, 4. a = 2, b = 1, c = 3, d = 5.

45–50 Points
Evolutionary Paradise

Your home fosters growth, balance, and well-being. Future descendants will be physically and emotionally harmonious, with adaptable traits to suit a wide range of environments.

35–44 Points
Subtle Shaper

Your home is gently nudging evolution. Your descendants might develop functional adaptations like improved efficiency, compact frames, and enhanced precision.

25–34 Points
Chaotic Influencer

Your home creates unpredictable pressures. Descendants may evolve longer limbs, sharper senses, or unique adaptations to navigate dim, cluttered, or noisy environments.

10–24 Points
Evolutionary Extremist

Your home is pushing evolution into overdrive! Expect descendants with translucent skin, enlarged eyes, and radical body changes suited for extreme isolation and confinement.

6. What's your primary way of moving through your home?

- a** Constantly reaching, crawling, or bending.
- b** Walking freely - there's plenty of open space.
- c** Dragging myself across the floor.
- d** Carefully maneuvering through narrow paths

7. How do you feel about your home's proportions?

- a** Cozy, but sometimes I feel a little cramped.
- b** Spacious, symmetrical, and balanced - it feels good to be here.
- c** I feel like my walls are closing in every day.
- d** I bump into things... a lot.

8. How often do you interact with other people at home?

- a** Rarely - it's my fortress of solitude.
- b** Almost never—I live like a hermit.
- c** Occasionally - my home is more personal than communal.
- d** Frequently - it's a hub for social gatherings.

9. What's the air quality like?

- a** Fresh and breezy - I open windows often or use natural ventilation.
- b** Questionable—what's air quality, anyway?
- c** Filtered and consistent - thanks to modern HVAC.
- d** Stuffy and stagnant - I think I'm breathing the same air from last week.

10. What's your relationship with noise in your home?

- a** Neutral - some noise, but nothing overwhelming.
- b** My home feels like living inside a machine.
- c** Peaceful - natural sounds or purposeful silence.
- d** Constant background hum - appliances and tech dominate.

SEE HOW YOU COMPARE WITH OTHERS.

TRULLI HOUSES



COLONIAL REVIVAL



EVOLUTIONARY PARADISE

Located in the UNESCO-listed town of Alberobello, the trulli houses are centuries-old vernacular homes made entirely of dry limestone. Their conical roofs are topped with white symbols, blending form and function. These houses are deeply connected to the land, providing harmony with their environment while offering comfort and adaptability for the local climate.

SHOTGUN HOUSES



UNDERGROUND EARTH HOMES



CHAOTIC INFLUENCER

The Tremé neighborhood in New Orleans is famous for its colorful shotgun houses. These narrow, one-room-wide homes reflect chaotic living, with rooms aligned in a straight line and no hallways. Movement flows through each space, often disrupting privacy and quiet, requiring inhabitants to adapt to the compact, lively design.

EVOLUTIONARY EXTREMIST

In the opal-mining town of Coober Pedy, extreme desert temperatures forced residents to build homes underground. Known as "dugouts," these subterranean dwellings are carved into the earth, providing natural insulation from the scorching heat above. While functional, the homes lack natural light and outdoor access, creating an environment of isolation and adaptation to extreme conditions.

ULTRA GEL



FOOD FOR THE WHOLE
FAMILY, IN JUST ONE
CAPSULE!



AND SHOULD

This can ^ be Yours



DISCOMFORT



DESIGNS

HOMES THAT CHALLENGE YOU