**Horizontal Living – Long Live the Bedridden**

<http://chen-yiyun.com/horizontal-living/> （Video Links）

上升的床

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[**BAD Award 2018**](http://www.badaward.nl/news/winners-bad-award-2018-en) **Winner Project |**  Sponsored by [ZonMw](https://www.zonmw.nl/) | Facilitate by [MU ArtSpace](http://www.mu.nl/)

人类的身体从俯攀进化到直立，而现在，大量的身体正逐渐坐下、卧倒，成为横向的身体。

互联网消解了信息的空间属性，使人在身体静止的条件下也可以实现精神世界的发展。而随着身体的物理活动空间日渐狭小、奢侈，身体进一步处于次要的地位被静置。同时，后工业时代下，8小时的工作制度被平摊到24小时中，娱乐生活也不再分白夜黑昼，工作与休息的界限变得模糊。办公室与卧室的界限也正在融合，办公地点提供休息室让员工的身体得以保持最高产的状态，卧室中的床也成为了行动的场所，时刻与外界连接。另一方面，密集人口的社会中有一部分人正在从群体中隐退，将生活完全圈定在卧室之中。

横向的身体是否将逐渐静止，横向的身体将如何重构空间，横向的身体是不是错误的身体？

Long Live the Bedridden项目与荷兰马斯特里赫特大学的新陈代谢科学家Patrick Schrauwen & Vera Schrauwen及其团队合作，获2018年生物艺术与设计奖。项目关注从社会中隐退的、静止的、宅居的、卧倒的人与身体。

项目在埃因霍温进行，将原本适用于直立人的卧室重新改造，以适应横卧人的生活。卧室内有一张可上升的床，使卧躺的身体可以向上扩展空间领地。艺术家独自长卧于房间一个多月，足不出户，大部分时间在一张移动的床上完成各种日常活动。在隐退宅期间，艺术家持续佩戴可穿戴及侵入式仪器，监测身体生理数据；科学家团队对艺术家的身体进行全面监控和体检，并对比前后的身体变化。艺术家不主动与外界联系，复制隐退宅人群的生活模式，期间保持文字和绘画纪录，作为心理变化的依据。4台摄像头持续拍摄，记录下一个多月期间艺术家在房间内的生活起居。

Horizontal Living is an environment suitable for horizontal posture.

It hacks and re-designs the current space for living upright, explores the change of lifestyle, perspective and health status of living in bed and aims to echo today’s indoor lifestyle and 24h culture. By designing a horizontal living studio and living and working in it for one month Chen mimics the lifestyle of the bedridden and investigates metabolic processes to see the impact of horizontal living in a restricted area on health and mind.

It is said we spend about a third of our lives lying down. The bed is the most natural location for a directionless behavioral pause, as it is the place in the house most associated with inactivity and rest. But for the infirm and the elderly, bed(room)s are the world. For them, the bed is a symbol of limited bodily capability and physical dependency. And the long time spent lying down often gets the bedridden bad blood circulation, loss of muscle mass and social isolation. Being a paradox of health, the bed is a site of both recovery and deterioration.

But today, lying down is also a choice made by the able-bodied. Post-industrialization brought work back into the home and live a functional life without leaving the bedroom. The Internet generation can not only work in bed but eat, read, exercise, socialize in bed, even entertain sexual relationships with people miles away. People have lived vertically for a long time, but maybe the horizontal posture will become popular in the 21st century?