



# Nap Pods on Campus

Qianxing Li, Zoe Lucas, Jesse Natarajan, Jun Yan

# **SBU Student Population**

**25,865+**

**Undergraduate and  
Graduate students**

**50%**

**Commuter  
Students**

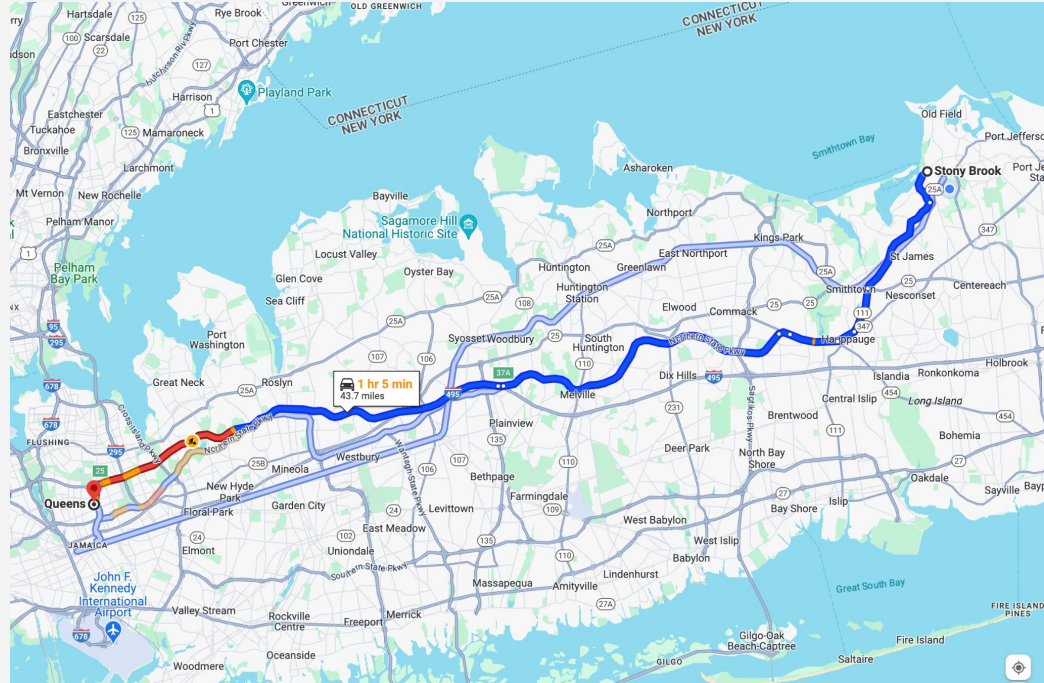
# Issues for Commuter Students

- 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.



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SOLAR SYSTEM							
<a href="#">Favorites</a>   <a href="#">Main Menu</a> > <a href="#">Self Service</a> > <a href="#">Student Records &amp; Registration</a> > <a href="#">Enrollment</a> > <a href="#">Enrollment: Add Classes</a> > <a href="#">My Class Schedule</a>							
Time	Aug 26	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			
12:00PM							
1:00PM		AMS 310 - 01 Lecture 1:00PM - 2:20PM Javits Lecture Center 102		AMS 310 - 01 Lecture 1:00PM - 2:20PM Javits Lecture Center 102			
2:00PM		ISE 333 - 01 Lecture 2:30PM - 3:50PM Computer Science Bldg. 2205		ISE 333 - 01 Lecture 2:30PM - 3:50PM Computer Science Bldg. 2205			
3:00PM							
4:00PM		AMS 210 - 02 Lecture 4:00PM - 5:20PM Engineering Bldg. 143		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**



Frank



# 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



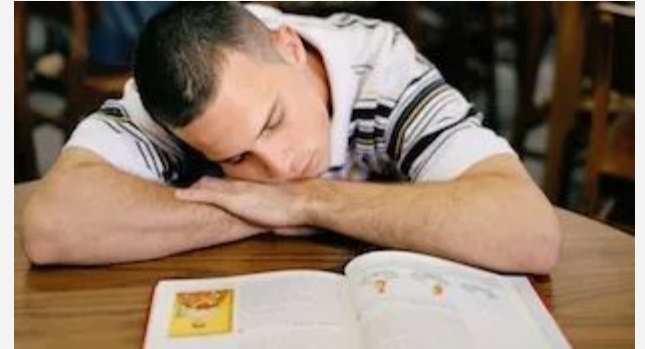
# Benefits of Nap Pods



- 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.



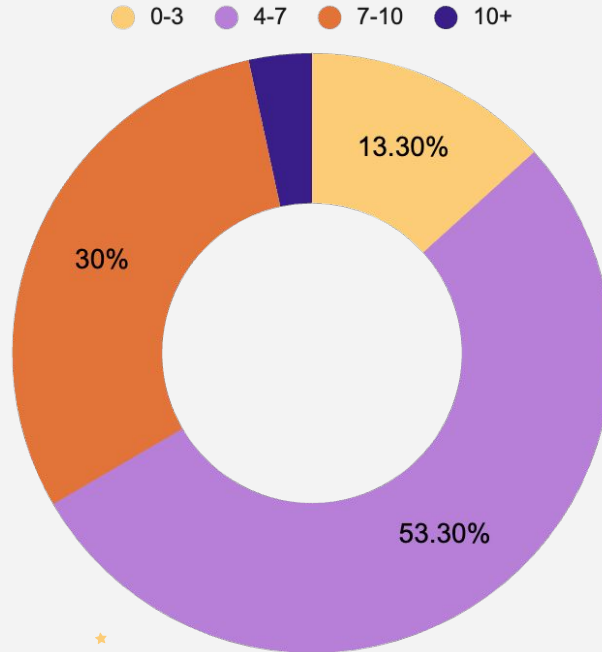
# Test out the Idea

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



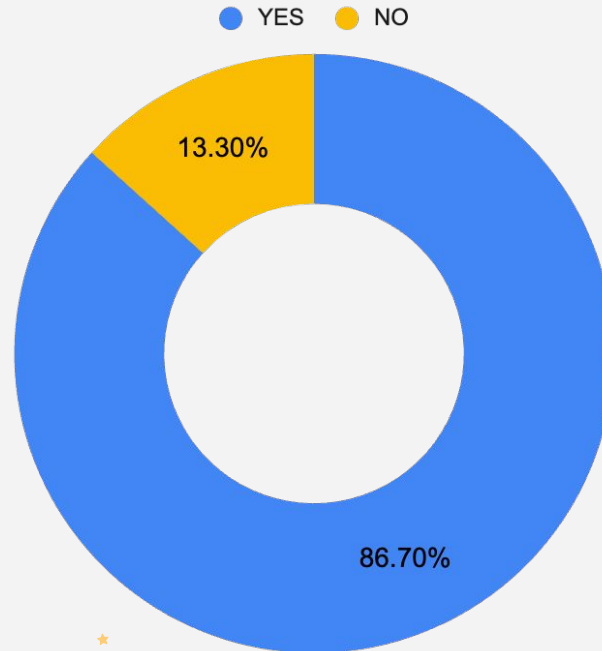
# Survey of SBU Commuter Students

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



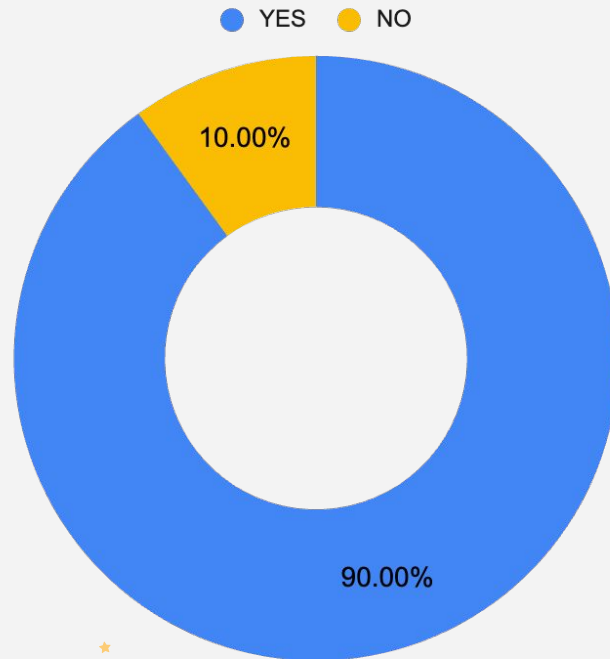
# Survey of SBU Commuter Students

- 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

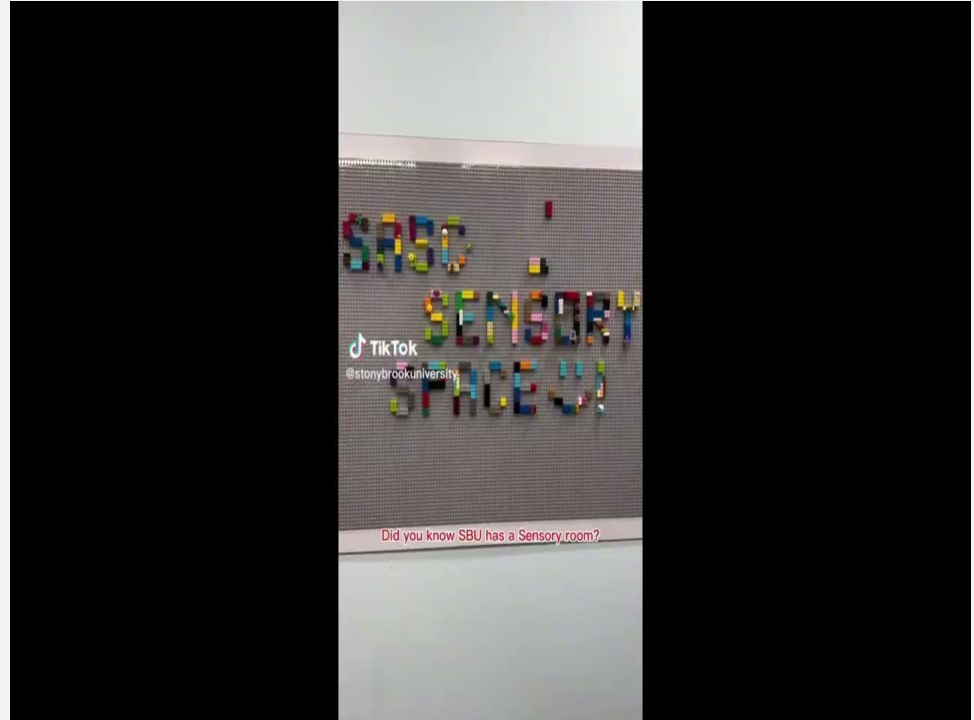
**Some Potential Rooms and Buildings...**



# 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

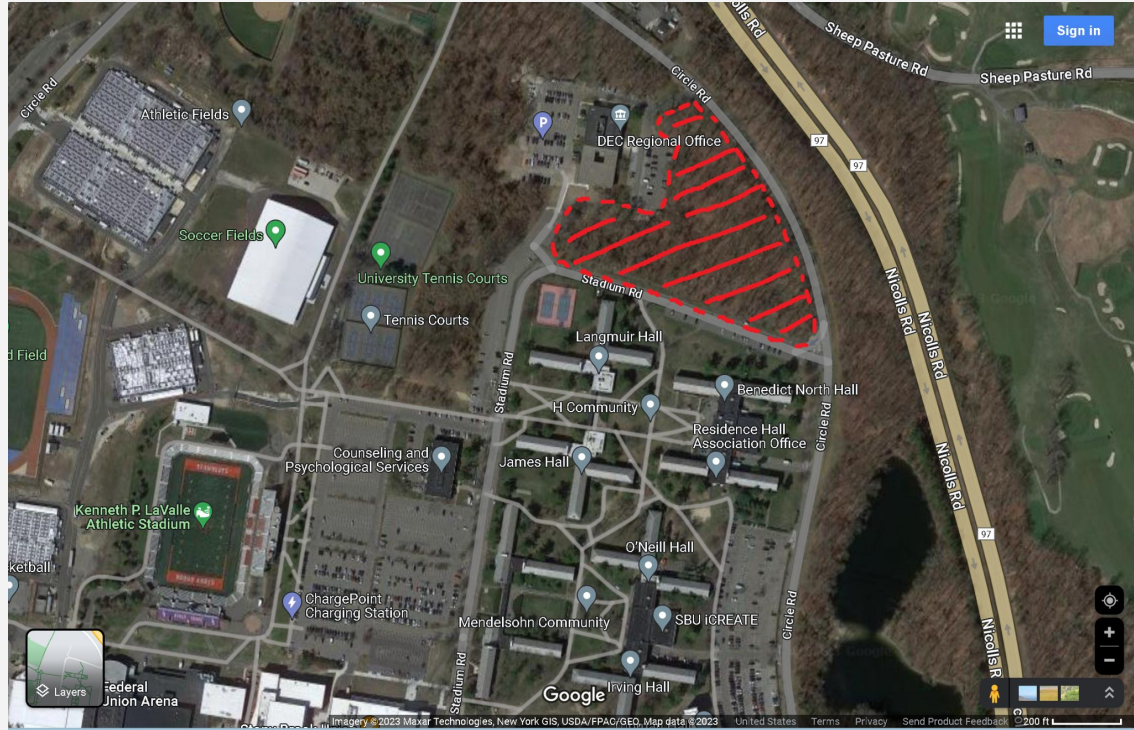
- **Cons**

- **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

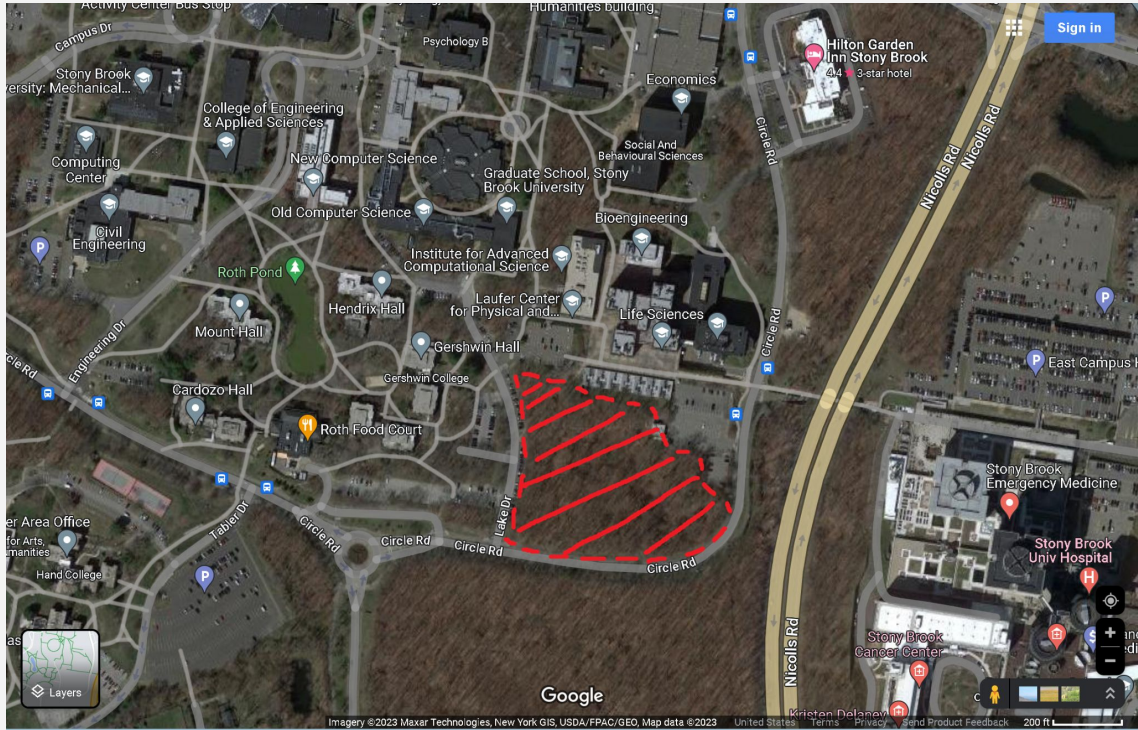
- It is near the Residence Halls.



# Second Solution: Build a simple nap hall for all commuters

## Open Space #2

- It is near the Life Science Building.

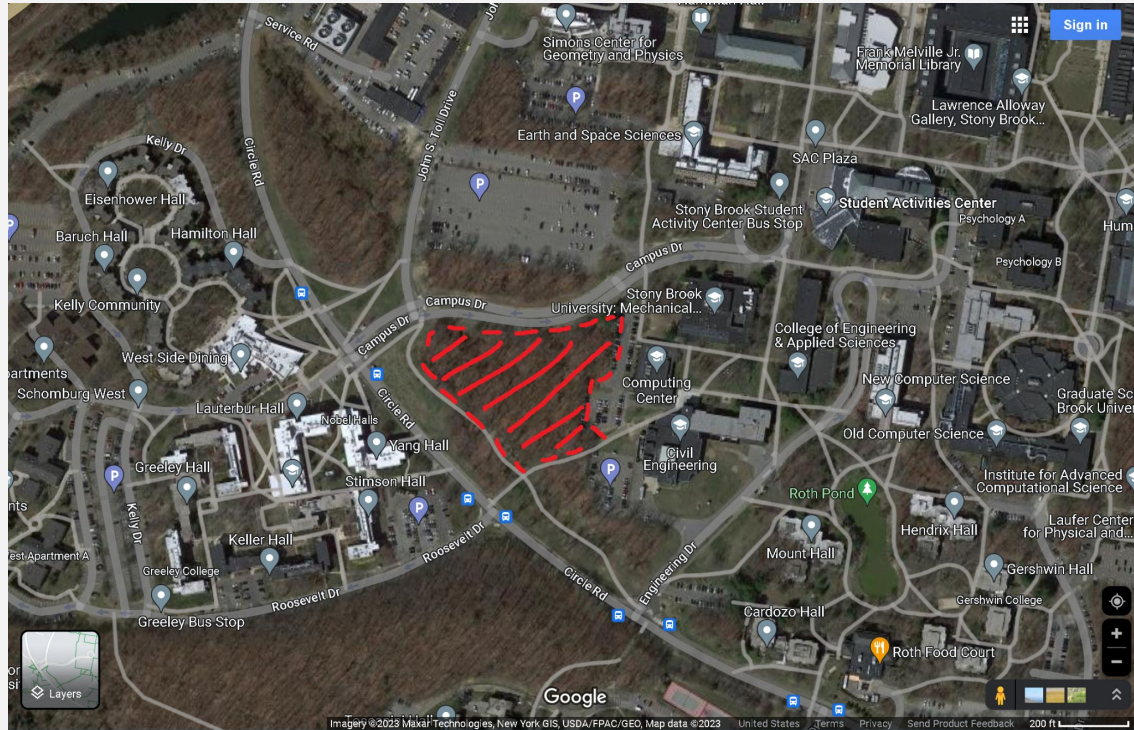




# Second Solution: Build a simple nap hall for all commuters

## Open Space #3

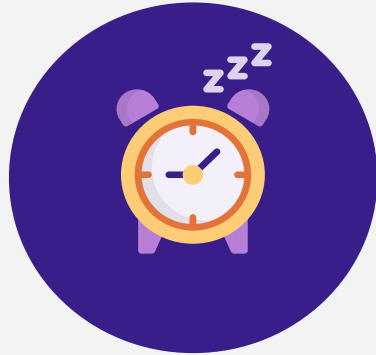
- It is near the Engineering Building.







# 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

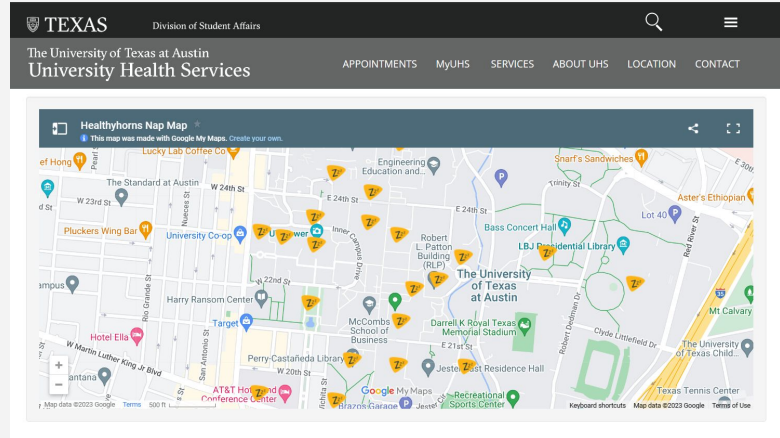
OUR SLEEP STATIONS

PASSPORT/ID AND DEPOSIT REQUIRED

			
NAP YORK CENTRAL PARK	NAP YORK EMPIRE STATE	NAP YORK SAN FRANCISCO	NAP YORK LONDON
940 8th Avenue Open 24 Hours	385 5th Avenue 6AM - 8PM	1533 Franklin Street Open 24 Hours	Waking Up Soon
<a href="#">RESERVE HOURLY</a>	<a href="#">RESERVE HOURLY</a>	<a href="#">RESERVE HOURLY</a>	<a href="#">PARTNER WITH US</a>
<a href="#">RESERVE NIGHTLY</a>		<a href="#">RESERVE NIGHTLY</a>	
<a href="#">GROUP RESERVATION</a>		<a href="#">GROUP RESERVATION</a>	

# 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**



# Change Agents

## Commuter Student Services

**Emily Snyder**

Director of Student Community Development

## Campus Planning, Design and Construction

**Jeffrey Sabatini**

Director of Construction

**William Herrman**

VP for Facilities and Services

**Michael Murray**

Head of Design

**Jennifer Coggin**

Director of Business

## Budget Planning Committee

**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](mailto:opd_ovpr@stonybrook.edu)



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

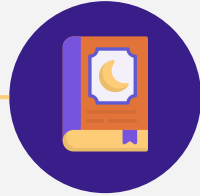
# Campus Planning, Design, and Construction

## 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

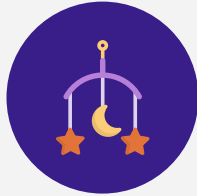
## Project Schedule and Completion



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

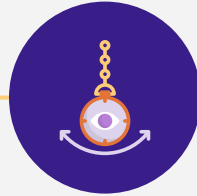
# Schedule

**Fall 2023**



Present proposal  
to change agents

**Spring 2024**



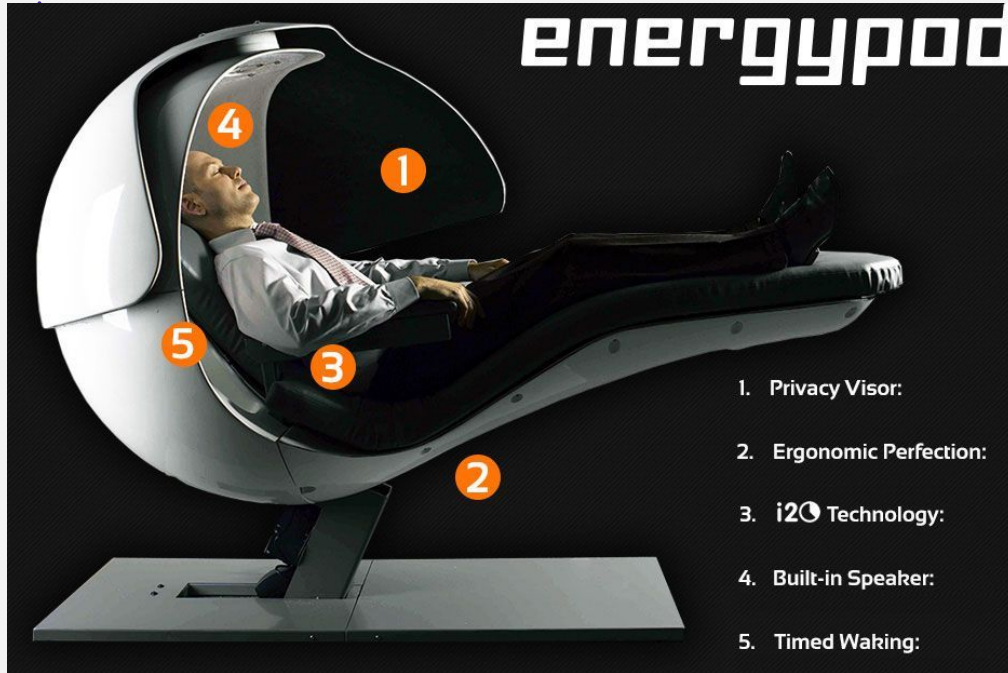
Start planning  
and designing

**Summer/  
Fall 2024**



Construction/  
implementation

# Resources/Cost



- 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

- <https://www.tiktok.com/@stonybrookuniversity/video/7213469729594314027>
- [Contact Us | Office of Proposal Development \(stonybrook.edu\)](#)
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- [Nap pods give UA students a new way to relax, recharge and rejuvenate](#)
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- [Napping \(utexas.edu\)](#)
- <https://napyork.com/>

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# Works Cited

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- <https://dailytrojan.com/2021/10/22/usc-should-consider-establishing-nap-stations-on-campus/>
- [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>