



## HAVE AN OFFICE NAP – AND FIND ENERGY FOR THE NEXT MEETING.

That stress leads to reduced joy at work, lost productivity and creativity is well known. These problems have increased in recent years. A short nap during working hours can enhance performance and job satisfaction.

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At Gotesssons we constantly developing new products to fill our motto "From Workplace to Creative Space" with content.

Everyone knows how good you feel after a short nap. We had that in mind when we asked ourselves how we could create a piece of furniture where you in the shortest possible time can fall asleep to and get increased energy and joy at work. Office Nap is filled with EPP bullets, the product is designed so that it immediately adjusts to body shape which makes it possible to quickly relax and fall asleep.

There is a very extensive research data confirming the advantage of actually taking a nap during the day. An extract of this:

NASA has conducted a major study showing that a short nap improves working memory and ability to focus [https://science.nasa.gov/science-news/science-at-nasa/2005/03jun\\_naps/](https://science.nasa.gov/science-news/science-at-nasa/2005/03jun_naps/)

A study from the University of Michigan shows that a nap reduces frustration and the risk of ill-considered impulsive actions.

Have a nap after lunch! Then your memory functions gets better, performance increases and you become more creative, said scientist Dr Sara Mednick at Science AAAS conference in San Diego.

Twenty minutes of daily nap during working hours increased efficiency among a group of employees at Hillerød Municipality in Denmark. The winners were not just the employees themselves but also the municipalities residents got better service.

A study at Harvard University shows that those who have the habit of taking a nap reduces the risk of fatal congestive heart disease by 37%. <http://archive.sph.harvard.edu/press-releases/2007-releases/press02122007.html>

There are many more studies showing the same results. Several companies have understood the benefits, such as Google who has a long corporate culture that is positive for office naps.

Some of history's most famous men were dependent on their office nap. Winston Churchill always took a nap after lunch because it gave him "the opportunity to make two prime ministers work in a day."

OfficeNap is designed and manufactured in Sweden to fit the office environment and is made of eco-friendly materials. It is also great to sit in an upright position, if for some reason there is no time for a nap!

### OFFICE NAP

- Increased creativity
- More joy at work
- Increased efficiency
- Better memory functions



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