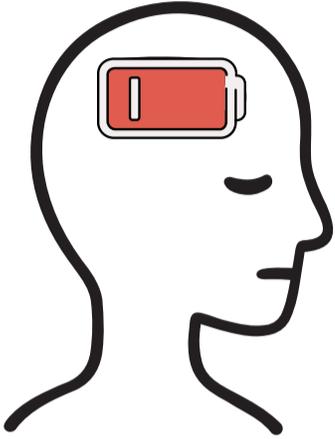




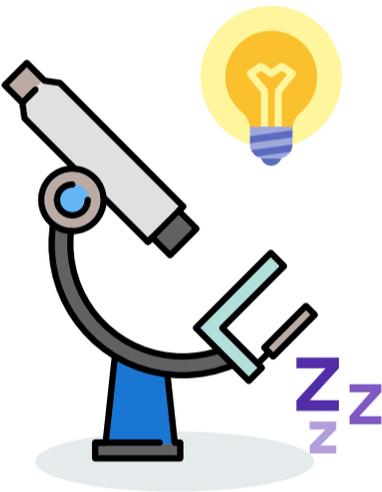
# Space-Z: A Nap Experience

## Our Mission; Why Space-Z?



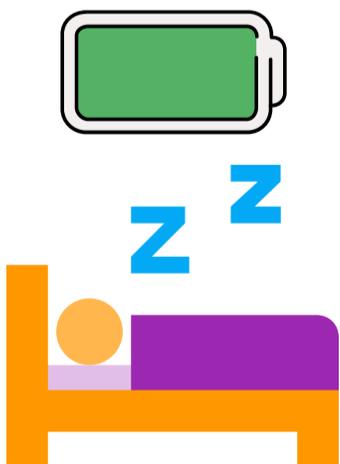
Today, much of the global population suffers from a world-wide problem whether we recognize it or not: sleep deprivation. We decided to start small, and help the students at SHC improve their sleeping habits. For them, sleep is especially important; as they cope with hormonal changes as their mind and bodies mature in addition to juggling school work, extracurriculars, and more. Sleep provides the energy necessary to make it through each day, and it is difficult to maintain a healthy sleep schedule when students are constantly bombarded with the stress that results from their daily schedules. Sleep deprivation impairs focus and concentration, which leads to decreases in productivity, energy levels, and overall well-being. With our project, we hope to provide students with the opportunity to relax and sleep comfortably during their free time at school, whether it may be during lunch, before school, or after school. The idea arose when we realized that, during our 8-12 hour days at school, we become tired within the large amount of free time that exists between our final class of the day and after-school activities. With all of this free time to relax, we wondered, how is this possible?

## The Benefits of More Sleep



We sleep roughly  $\frac{1}{3}$  of our lives; our target population, the students at SHC, are supposed to be getting around 8-10 hours of sleep a night. When we do not get enough sleep, we are more prone to the effects of sleep deprivation: forgetting, illness, and irritability, etc. Sleep deprivation is the lack of sufficient restorative sleep over a cumulative period that causes physical or psychiatric symptoms that can affect routine performance of tasks. We all love a short nap here and there throughout the day, and most of us would love sleeping in until noon on the weekends and would prefer to do it on weekdays, if we could, but it isn't healthy, especially if you don't get enough sleep on the weekdays. Because of time constraints, we are focusing on 2 types of naps that will restore energy over a short period of time. The "Mind Break" is not necessarily sleeping; however, it increases our motivation and focus, providing a fresh perspective in anywhere from 5-10 minutes of quiet, peaceful, rest. The "Power Nap", lasting anywhere from 15-30 minutes, boosts productivity and increases alertness. These naps would be most beneficial to the students of SHC who have busy schedules with only a small amount of time left over to re-energize their minds and bodies because they have the capability to "wake you up" without the grogginess after waking up from a long nap.

## Space Z's = Extra Sleep



We noticed that many students tend to feel tired throughout the day, not just because of their exhausting classes. Sleep plays a very important role in our focus, concentration, health, and memory. Initially, we compiled research on the causes of an unhealthy sleep schedule, then researched possible ways to combat it. A majority of high school students become sleep deprived because of 1: hormonal changes, 2: overuse of social media or video games, 3: unreasonable expectations; also, poor time management can cause students to feel unnecessarily stressed and unmotivated to focus during class, get out of bed in the morning, or remember information, limiting our ability to learn. Space-Z aims provide a comfortable area to nap, improving mental health and focus, while increasing energy levels. We hope that this will lead to an increase in motivation, and therefore, productivity. Students will have the opportunity to use their free time to regenerate in a comfortable, safe, and quiet area, decreasing the effects of sleep deprivation. We plan to implement "nap zones" for students, each zone consisting of 1 large rug and 2 bean bags. Research shows that compared to cots and mattresses, bean bags are much more comfortable and economical, while the rug provides a soft foundation in comparison to the average hardwood floor.



Coping with stress and motivation both in and out of school can be mentally overwhelming; however it all begins with one of the most important aspects of human health: getting enough sleep. We all love a short nap here and there throughout the day. Most of us probably sleep in until noon on the weekends and would also prefer to do so on weekdays as well, if we had the time. In a perfect world, all teenagers would navigate through their daily obstacles to be able to get a good night's rest at the end of the day. Unfortunately, most SHC students don't have the opportunity to get enough sleep. Results from a survey taken showed that most students go to sleep at around midnight, due to lots of homework and co-curriculars, and wake up at 6 am to go to class. That's only 6 hours of sleep, when in reality teenagers should be getting around 8-10 hours of sleep a night. Students can develop high levels of stress from activities in their adolescent schedules, which can result in a loss of motivation and energy to "do that last homework assignment", especially if they are sleep deprived. Our project is a solid solution to these issues, aiming to collect data of the average SHC student's sleep schedule, to develop the most efficient and cost-effective way to provide more opportunities for students to relax, or even nap at school to combat their sleep deprivation, improving their well-being and energy levels. Designed to increase students' amount of sleep each day, with research supported by Stanford, Cornell, and Hopkins University...introducing you to... Space-Z!