

# The Nap & Up Cocoon



 Esedis Group

SPECIFICATION AND TECHNICALS SHEET

The Power Nap cocoon serves as a true decompression bubble to disconnect from your work environment and regain energy under the best possible conditions.

At ESEDIS-Group, we envision the company of tomorrow as a truly fulfilling and people-centered environment. We see the company as a health partner for its employees.

We are committed to our clients every day, offering a comprehensive solution for their employees' productivity and well-being.

Valuing the body begins with meeting its basic needs: drinking, eating, breathing, and resting. Numerous studies show that we accumulate a sleep debt every day.

With the Nap&Up cocoon, we have chosen to address this need for sleep, rest, and mental relaxation by offering the opportunity to recharge at the workplace.



## A Power Nap?

### Why?

A power nap is a light sleep lasting between 5 and 20 minutes. This duration corresponds to the sleep phase that precedes deep sleep, so it shouldn't exceed 20 minutes!

When we are awake, our brain accumulates what researchers call "sleep pressure," which reaches its peak before we fall asleep. Taking a moment to rest during the day reduces this pressure. During this phase, the body relaxes but remains sensitive to external stimuli. It therefore stimulates normal sleep and thus maximizes its benefits.



## The Power Nap: What are the benefits?

↑ Memory

↑ Productivity & Performance

↓ Fatigue

↑ Concentration – Maintaining Alertness

↑ Creativity

↓ Stress

↓ Mood Regulation

And More

## Our mission: to improve well-being at work through rest areas

Nap & Up: The ideal solution for creating your relaxation space  
From dedicated micro-nap areas to resource centers, Nap & Up offers  
customized layouts tailored to your needs.

Transform any space into a comfortable relaxation zone for your  
teams, all without construction or office modifications.

Our teams support you every step of the way, from design to  
implementation, to guarantee flawless execution that meets your  
expectations: in-depth analysis of your project, personalized proposal,  
3D plan design, and the creation and delivery of a turnkey space.



# Disconnect at work with the Nap&Up app!

A comprehensive application including

## 1. Customizable relaxation audio

To help your employees disconnect, we provide them with customizable relaxation audio that can be enjoyed in the cocoon, during their commute, or even at home. Over 500 audio options are available today, including sophrology, short stories, ambient sounds, and more.

## 2. Reservation system

For perfect space optimization, users book a micro-nap slot through the anonymous reservation system.

## 3. A Feedback on your nap room's statistics

In the form of a newsletter, the company receives a comprehensive and anonymous statistical report on space usage (number of reservations, audio plays, new sign-ups, etc.).



# Technical Sheet

## Nap&Up Cocoon -Standard Version

### Materials Used

#### Base:

- French beech wood
- Paint and varnish

#### Cocoon Seat:

##### Foam:

- Sourced from Europe
- Density: 30kg/m<sup>3</sup>

##### Fabric :

- 100% polyester

#### Cocoon Canopy:

- 100% bioactive polyester

### Cocoon and Base Dimensions:

Length : 171 cm  
Width : 93 cm  
Height: 78 cm

### Folded Cocoon Dimensions:

Length: 93 cm  
Width: 70 cm  
Height: 56 cm

### Weight:

Cocoon: 12kg  
Base: 12kg

### Seat Carton Dimensions:

102 x 80 x 62 cm

### Seat Carton Volume:

0.51 m<sup>3</sup>

### Base Carton Dimensions:

150 x 80 x 8 cm

### Base Carton Volume:

0.096 m<sup>3</sup>

### Total Volume of Both Packages:

0,602 m<sup>3</sup>



# Technical Sheet

## Cocon Nap&Up – Hygiene+ Version

### Materials Used

#### Base (M1 standard):

- French beech wood
- Fire-resistant paint and varnish

#### Cocoon Seat (M1 standard):

##### Foam :

- European origin
- 40kg/m<sup>3</sup>

#### Fabric (M1 standard):

- 100% polyurethane: allows the fabric to be cleaned with disinfectant wipes and/or virucidal sprays

#### Martindale :

50 000 cycles

#### Cocoon Canopy (M1 standard):

- 100% bioactive polyester
- M1 classified, non-flammable
- Antibacterial and antiviral
- Eliminates 99% of bacteria and 73% of viruses in 2 hours

### Cocoon and Base Dimensions :

Length : 171 cm  
Width : 93 cm  
Height : 78 cm

### Folded Cocoon Dimensions:

Length : 93 cm  
Width: 70 cm  
Height : 56 cm

### Weight

Cocoon: 12kg  
Base: 12kg

### Chair Box Dimensions:

102 x 80 x 62 cm

### Chair Box Volume:

0.51 m<sup>3</sup>

### Base Box Dimensions:

150 x 80 x 8 cm

### Base Box Volume:

0.096 m<sup>3</sup>

### Total Volume of Both Boxes:

0,602 m<sup>3</sup>



This version of the cocoon complies with **hospital hygiene standards** and/or can be installed in **IGH** (high-rise buildings) or **ERP** (public-access establishments).

## NAP & UP POWER NAP AREAS



A presence Canada & US and internationally in over 6 countries

More than 600 clients

Cocoons installed in all types of locations: private/public companies, hospitals/nursing homes, universities, motorway service areas, coworking spaces, etc.

And much more!



## Rest areas within companies

Startups, Fortune 500 companies, SMEs, associations. . . nap rooms are now commonplace! And our clients have taken note.

In Canada, the United States, and Europe, our nap pods have been adapted to meet the expectations of executives, the needs of employees, and the available space in their offices.



## Recovery spaces in healthcare facilities

Occupational health for healthcare professionals has been the subject of extensive research for the past twenty years, particularly since the realization that caregivers in poor health cannot deliver quality care.

The organization of work in healthcare settings, and especially the issue of work schedules with shift work and 12-hour shifts, generates risks that can no longer be ignored.

With Nap&Up, more than 600 healthcare facilities are equipped with our cocoons.



## Nap areas in universities and Colleges

Today, over 200 French and Canadian universities are equipped with our sleeping pods (and even some colleges!). These universities are absolutely right; students' sleep is essential.

According to a 2022 Heyme/OpinionWay study, 55% of students surveyed reported having sleep problems, and 27% said they sleep less than 6 hours a night. Our sleeping pods are often installed in university libraries, a quiet space conducive to concentration and allowing students to disconnect between exam study sessions.

 **Esedis Group**

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Ready to transform a simple space into a  
comfortable relaxation room?

Contact us for a demo or personalized support.

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