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Nap Pod

## [Nap-Pod: the Future of Work Productivity](#)

*Metronap's sleep chair is targeted at office workers*

If you can't keep your eyes on the ball, you definitely need a mid-day power nap at your work place. There's no need to crawl under your desk anymore. A company called Metronaps is setting up spa-like sleep centers that target office workers who need to isolate themselves in order to take a short nap of 20 minutes. Metronaps actually opened their first "nap service" in the Empire State Building 3 years ago. Metronaps is renting spa-like sleep centers in a few cities around the world, including New York. They're also selling nap pods to companies for, well, 8000\$ a piece. Here's a short description of this cocoon that will probably become basic office furniture (and perhaps libraries furniture). The pod's upper body creates a semi-private acoustical and visual environment. The "chair" inclines forward to let you easy enter it and then reclines to allow you set up the optimal position for day-dreaming. The slight elevation of your feet and knees promotes blood circulation and reduces pressure on the lower back. And that's it! Oh, just to be sure you'll let others enjoy it, the manufacturer also built-in a full-body alarm clock. 20 minutes after you get inside it, the alarm awakes you with a combination of an acoustic alarm and a gentle vibration. It could also be a pretty place to hide if you have nothing to do in the lunch brake or even when you're not in the mood to hear your colleague cry about the morning water shower temperature. 20 minutes of silence will cost you 14\$. I wonder where the ladies put their purse when sleeping in this covered armchair. We are just a few, but there are many of you, Softpedia users, out there. That's why we thought it would be a good idea to create an email address for you to help us a little in finding gadgets we missed. Interesting links are bound to be posted with recognition going mainly to those who submit. The address is .