Nap pods and rest facilities

What will we do?
1. We are looking for endorsement from the Students Association, then to take the proposal forward to a round table discussion with the university's Commercial Services Department.

What is the background?
[Please see our 30 page Buchanan Institute proposal for detailed information: https://docs.google.com/document/d/1dzKmdu_4fJa8L4a7ErrJcpFMmEoYawwV93mRroaMftQ/edit]
1. Low Student Satisfaction - Student satisfaction for the university is low (120th in the UK according to the 2017 Complete University Guide) and one major factor contributing to this can be student welfare and comfort. In order to improve the same, we wanted to explore how our institution could focus on improving wellbeing on campuses. In order to achieve this goal, we decided to investigate factors affecting well being, with a focus on tiredness and sleep deprivation among our students and the availability of rest spaces on our campuses.
2. Result of survey of 1,500 students - Around 93% of the students who responded to the survey have felt the need to nap on campus and support nap spaces. Due to lack of proper facilities, around 76% students have left campus to go home for a nap. Feedback from the survey has been overwhelmingly supportive of nap pods and rest facilities.
3. EUSA policies - To address the increasing problem of wellbeing and mental health, the Students’ Association has come up with some policies. For example, the subsidised eight-week mindfulness course and £140,000 investment in the Student Counselling Service. This solution is a positive extension of the services already offered by the university. We follow the Berkeley model, which this year set up 5 “REST Zones” with nap pods. The Berkeley student council justified the purpose of the nap pods as a means of creating a healthy culture where you have permission to take a break. We believe this is a major scope of the nap pods’ potential at our university. In the long run the implementation of such services will be beneficial to students as well as the university’s standing.
4. Wellbeing facilities provided by different schools do not resonate with the required demand and quality There is a lack of proper rest facilities and the ones provided are primarily used for social reasons and not for rest.
5. Implementation of Nap Pods and rest facilities by different universities A number of universities, including the Russell Group, have already recognised the lack of wellbeing facilities and to counter the same, have implemented the idea of Nap Pods and rest facilities on their campuses.

Academic Research- There is a wealth of academic research on sleep deprivation and its impact on wellbeing and productivity. Harvard Medical
School’s Dr Charles Czeisler has argued that sleep is the “third pillar” of health directly linked with wellbeing and productivity. Dr Czeisler has highlighted the consequences of sleep deprivation on one’s health, productivity, alertness and awareness. While it is a priority to emphasise and encourage healthy sleep patterns, researchers acknowledge that also due to a variety of reasons people may not get a good night’s sleep and suggest forms of recovering during the day to reboost. In 'Sleep Deficit: the Performance Killer', Dr Czeisler argues: ‘Though there is no known substitute for sleep, there are a few strategies you can use to help sustain performance temporarily until you can get a good night’s sleep. … Naps can be very effective at restoring performance, and if they are brief — less than a half hour — they will induce less grogginess upon awakening.

What beliefs motivate the actions you propose?
1. The nap pods proposal is a solution for tiredness and sleep deprivation on campuses; and in any case it is a positive extension of the services already offered by the university and the students’ association.
2. We follow the Berkeley model, which this year set up 5 “REST Zones” with nap pods. The Berkeley student council justified the purpose of the nap pods as a means of creating a healthy culture where you have permission to take a break. We believe this is a major scope of the nap pods’ proposal potential at our university. In the long run the implementation of such services will be beneficial to students as well as the university’s standing.

Submitted with 20 student signatures