

Overseas Experience

In Europe and the USA many successful organisations such as Facebook, Nestlé, GlaxoSmithKline, and Roche have installed sleep pods in their workplaces so their employees can take short rest breaks to ensure they remain alert, focussed and effective to minimise risks and optimise outputs.

Pods are also used for sleeping at airports and for overnight hotel accommodation.

TESTIMONIALS

"Having Podtime rest pods has helped us to reinforce our commitment to ensuring we can deliver to our customers 24/7."

Alex Mason

Senior Customer Implementation Manager, Interxion

"We have found the pods to be very useful. They give us a sanctuary when a bit of peace and quiet is needed to think something through."

Allen Doherty

Principal Development Scientist, Nestlé

"Perseus is an enthusiastic advocate of Podtime sleep pods. We have pods at our New York City datacentre accessible to customers, engineers and technicians working on critical operations and power key components of the global financial market infrastructure."

Andrew Kusminsky,

Chief Operating and Strategy Officer, Perseus Telecom

About Podstyle & Podtime

Podstyle is the sole distributor of Podtime sleep pods in Australia.

Podtime is a company based in the UK that manufactures sleep pods to well-proven designs for employee rest and recovery in offices, data centres and other work locations.



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Podstyle

podstyle

Harmony,

Serenity &

Tranquility . . .

Comfortable workplace rest pods that enable busy people to relax or 'power nap' for 20 to 30 minutes in a quiet, peaceful, private space and quickly recover from tiredness or work stress.



These pods are versatile. They can also be used for sleeping at airports and for overnight accommodation.

Research shows a power nap of no more than 30 minutes is all you need to regain energy, think more clearly and feel better.

Find peace in a pod!

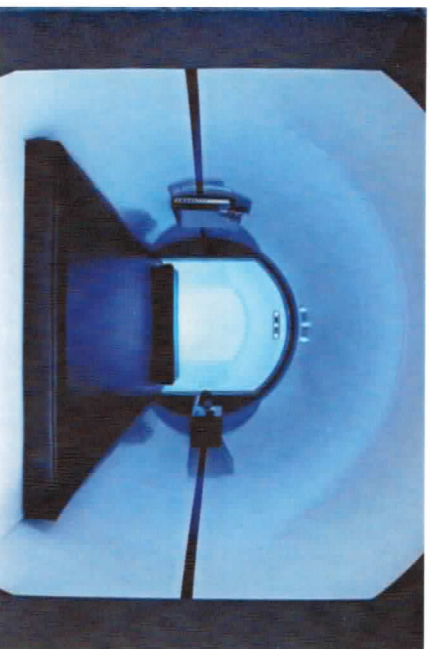
www.podstyle.com.au

Naps Are Natural

It is natural for adults to feel tired between 1pm to 3pm in the afternoon. This is one of the low periods of the Circadian rhythm when there is a strong drive to sleep. This is the reason for the *afternoon siesta* in many countries.

Short power naps for 20 to 30 minutes are all that is needed to rejuvenate tired workers. Medical research shows naps significantly increase brain activity, reduce stress, and promote a sense of well-being.

Podtime Harmony



The entry to Podtime *Harmony* is from the foot end and the closure is a privacy blind. This Pod is ideal for quiet locations with low ambient noise.

Length 220cm Width 120cm
Height 120cm Weight 90 - 95kg

Rest and Sleep are Essential for Effective Performance

If you are tired, you will have less energy and you will be less mentally alert. This not only reduces your productivity, it increases the risk of making mistakes, ranging from poor business decisions to life-threatening errors of judgement, depending on your occupation.

The solution is to have a short rest, or nap, to restore your energy, clear your mind and make you much more effective.

Podtime Serenity



Serenity is the most popular model. Entry is from the foot end and it has doors which provide privacy and security. Coloured doors are available as an option.

Length 220cm Width 120cm
Height 120cm Weight 90 - 95kg

Podtime Sleep Pods

Podtime is a UK company that manufactures sleep pods to well-proven designs for employee rest and recovery in workplace locations.

Three pods from the Podtime range, *Harmony*, *Serenity* and *Tranquility* are now available from Podstyle, the sole Australian Podtime distributor. Each of these pods has air shafts at both the head and foot ends for good ventilation, bag and shoe storage space, and LED lighting.

Podtime Tranquility



Tranquility is the top of the range model. It has a unique sliding door which allows easy entry from either side at the head-end of the pod.

Length 220cm Width 120cm
Height 120cm Weight 90 - 95kg