

# “Where can I relax?”

PRESENTED BY

A L B E R T | J A C O B | K A M I L A | M E H R E E N



## T H E B R I E F

We want Newcastle city centre to appear innovative, exciting, and digitally advanced as part of our smart city agenda. Citizens' wellbeing is a central part of this agenda. We would like you to develop and propose a design concept for a piece of interactive street furniture that will enhance people's experience of the city with a focus on their wellbeing. You are expected to develop a design response for a particular user group or community.

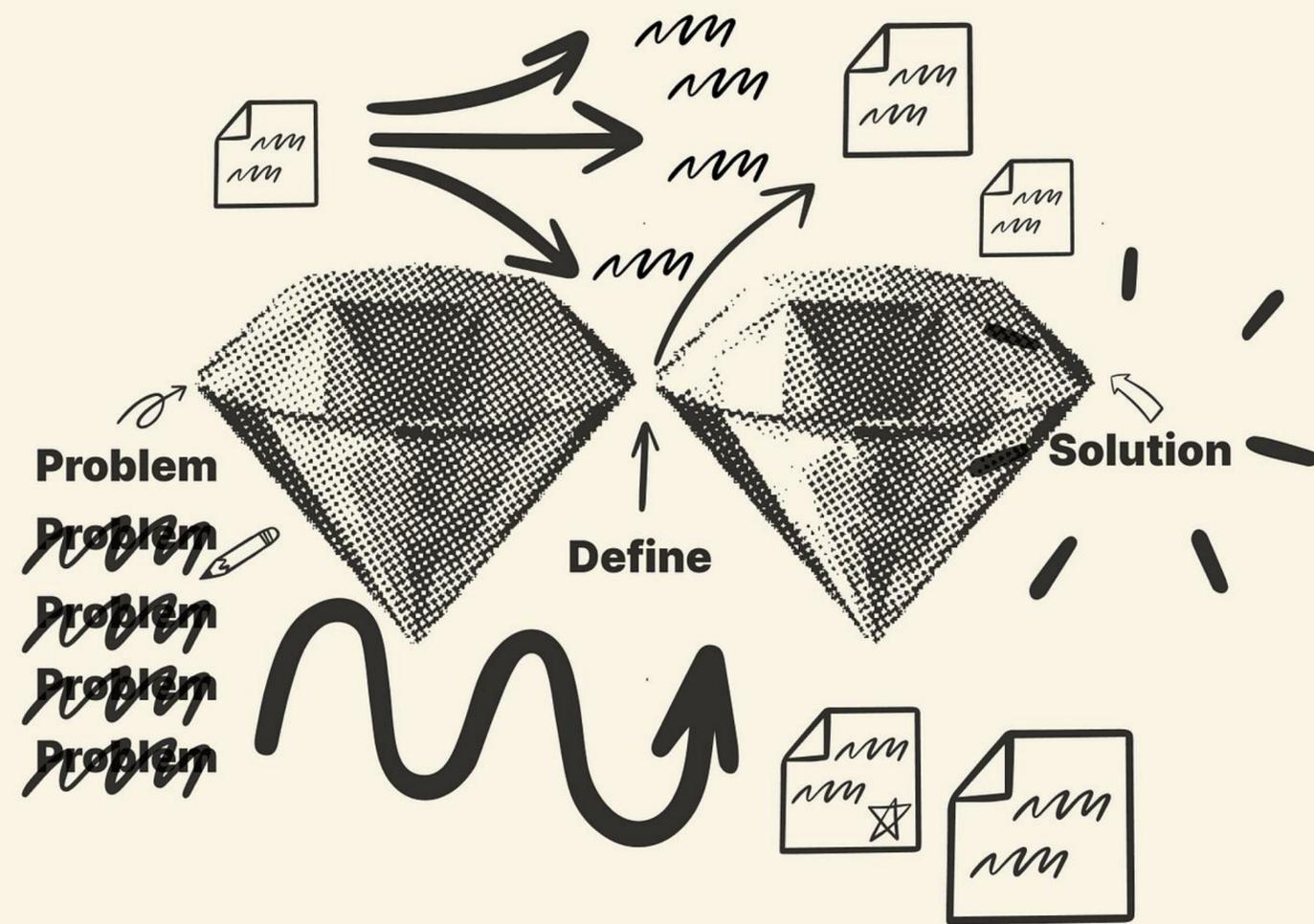


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T H E D O U B L E D I A M O N D D E S I G N P R O C E S S



# EXPLORING THE BRIEF



**Relaxation and Sleep**  
 Nowhere to sleep in city during day  
 smart sleeping pod  
 Sound, lighting, feel of bed customisable (App/controls?)

**Accessibility**

**Customisability**  
 Lighting  
 Sound  
 Projector?  
 Temperature

**2 player sports/games for remote play:**

- racket sports
- golf
- combat (probably not)
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- combat (probably not)

**1 player (but can compete e.g. time trials)**

- climbing
- chess

**Design for well-being**

Adults don't experience play much - wellbeing Games (fun and recreation)

**Incorporating play for adults?**

Climbing wall  
 Treadmill competition  
 Bike race time trials or live?

Smart Playground  
 Climbing wall where you race someone from another location on same device (wall). Can see them through screen.

Screen that lets you see others i.e. video call  
 Connect with another city

**Smart City Interactive Street Furniture for Wellbeing**

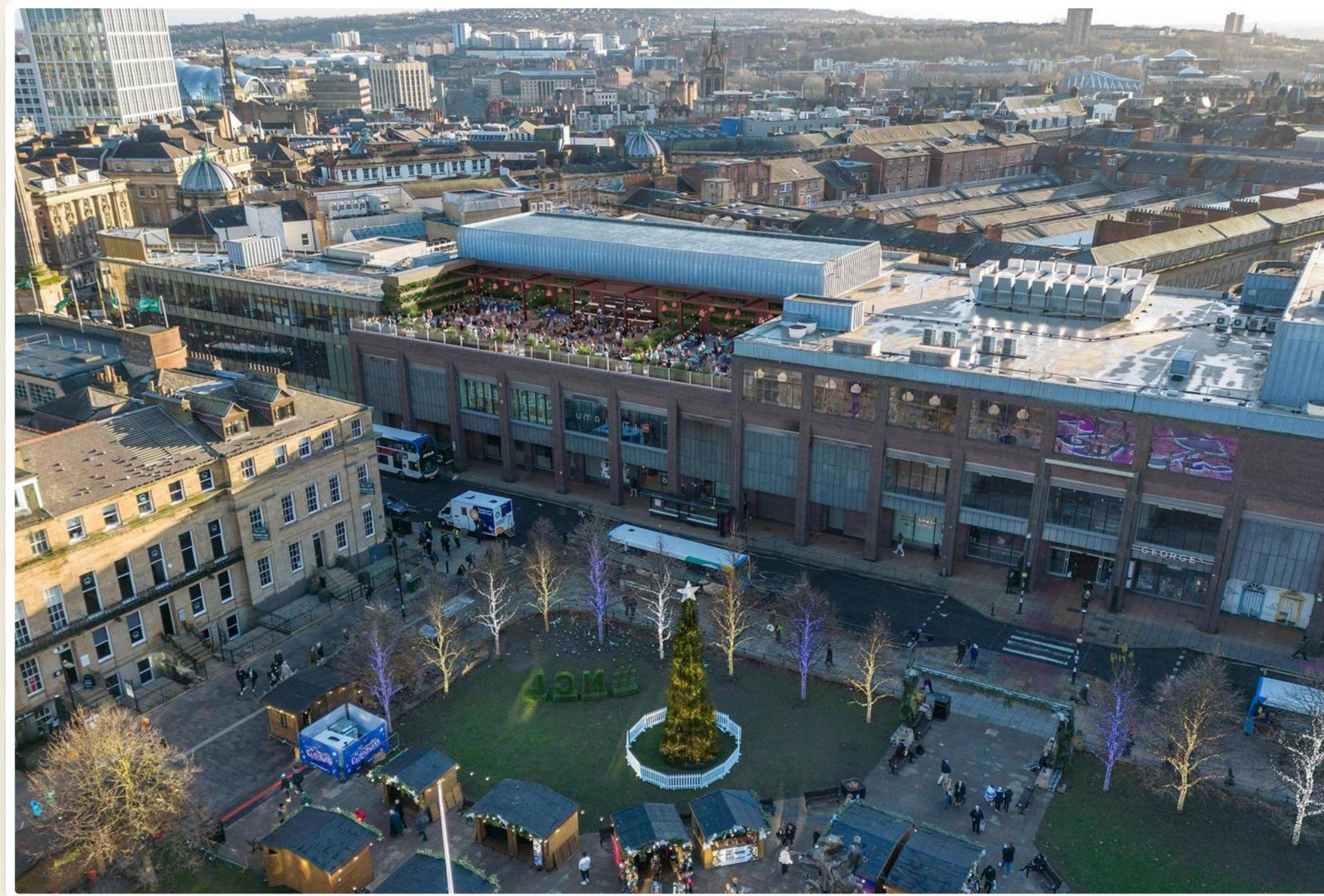
Families **Which Target User?**

Climbing wall - climbers  
 18+ age groups  
 "People walking on the street"  
 People who need sleep - night shifts, chronic health conditions, students with gap in timetable

**AIRPORT NAPS**



F I E L D W O R K



Families looking for interactive and engaging activities

Students with varying schedules, including night shifts.

# Who are the target audience?

Individuals with chronic health conditions needing rest

Adults seeking relaxation and play in urban environments



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and engaging activities

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Who are the *target*  
*audience?*

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P E R S O N A S

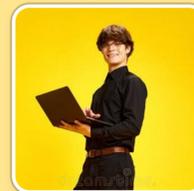
60 year old, male  
Retired (ill health)



- Has a chronic health condition
- Gets very tired suddenly
- Likes to support local business in town
- Suspicious of technology
- Not good at using phone
- Needs radio to sleep

Mehme

20 year old, male  
University student

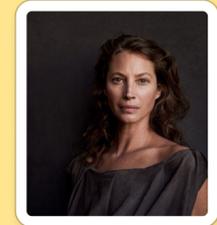


- walks 25 mins to lectures
- tired on the way back, and during breaks
- stressed with coursework
- often has 4 hour class, followed by hour break, followed by 2 hour class
- Doesn't get as much sleep as he should because spends time socialising and works at bar

enjoys going to Eldon sq. at times, lots of people around so decides to walk home instead.

Mehme

46 year old, female  
Housewife



well being  
sustainability  
clean  
Nurse who works night shift, tired during day  
likes visiting parks  
Leazes park

Mehme

TIM BERKIN

CHARLIE HERMEZ

SARAH GUCCI



WHAT CAN WE DESIGN?

ARE THE TIMINGS DURING COLLEGE AND WORK TROUBLING?

WHERE ARE SPOTS THEY CAN REST?

DO THEY GET ENOUGH SLEEP?

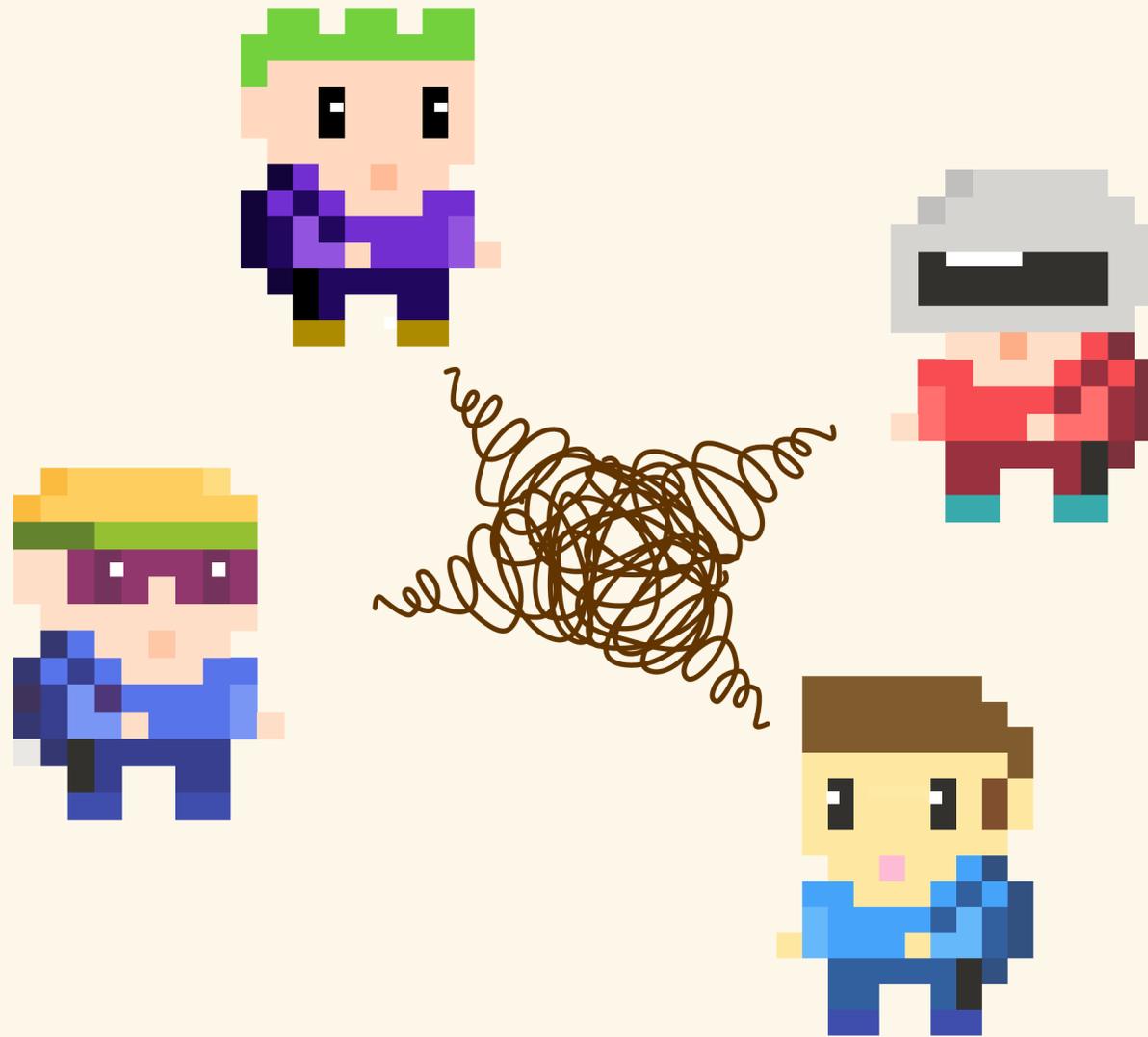
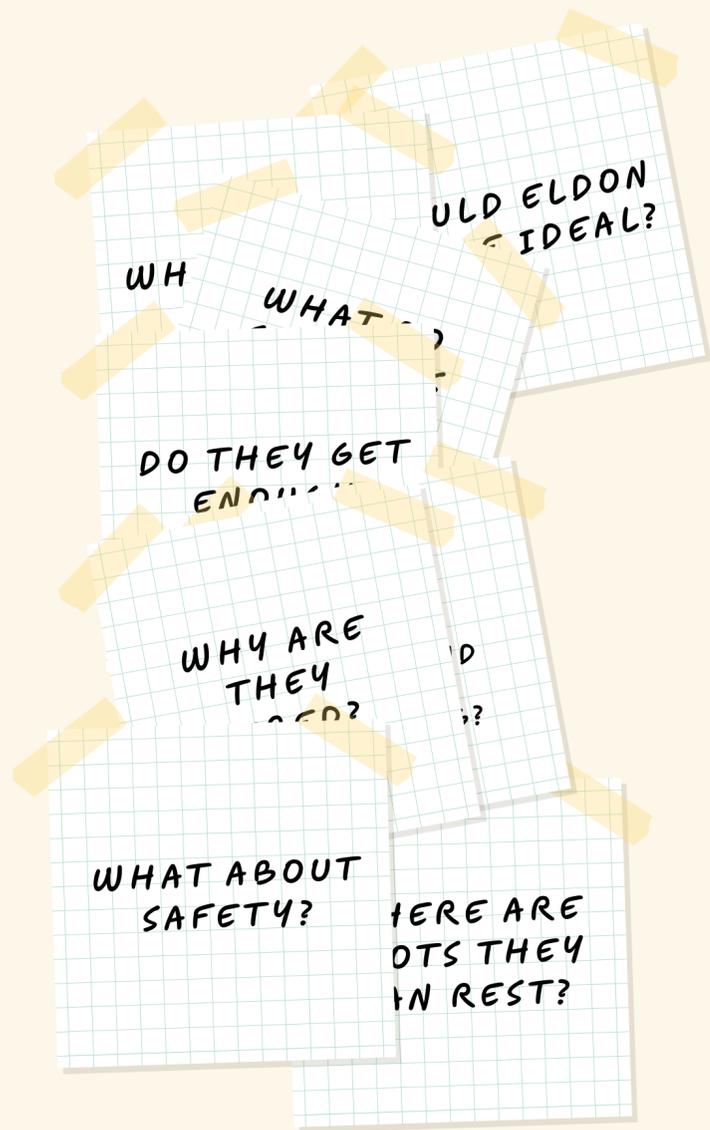
WHAT DO STUDENTS LIKE?

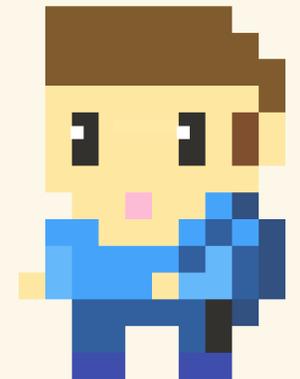
WHAT ABOUT SAFETY?

WOULD ELDON SQ. BE IDEAL?

WHY ARE THEY TIRED?







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DO THEY GET ENOUGH SLEEP?

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DO THEY GET ENOUGH

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ARE THE TIMING DURING COLLEGE WORK TROUBLE

ARE THEY

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Mehme



Sleeping Pods!

Sleeping Pods!



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DO THEY GET ENOUGH

WHAT DO STUDENTS LIKE?

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ARE THEY NEEDED?

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Mehme

WOULD ELDON SQ. BE IDEAL?



Sleeping Pods!

Sleeping Pods!



“Dreaming of  
success, one nap at a  
time!”

T H E S L E E P I N G P O D E X P E R I E N C E



E X P L O R I N G C U R R E N T E X P E R I E N C E S

### Motivation

Stressful day 

Health Conditions - cause tiredness

Relax in nature

Energising for a night shift

### Arrival and Check-In

Entering the facility

Check-in process 

Self-checkin

### Preparation and Orientation

From the reception  
Guidance to the pod area

Lockers or cubbies

Brief orientation 

Online Brief Orientation

### Entering the Sleeping Pod

Entering the pod

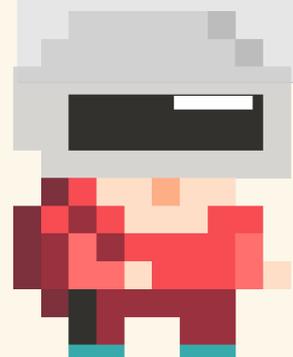
Setting adjustments 

Personalise experience

Comfortable bedding 

### Relaxation

Sensory isolation



E X P L O R I N G C U R R E N T E X P E R I E N C E S

Sleeping Pod

Personalized experience

forta

ling



Relaxation and Sleep

Sensory isolation

Lighting effects

Aromat herapy



The Sleeping Experience

Uninterrupted sleep

The pod is designed to create an ideal environment for sleep. If you're just napping, an alarm feature might gently wake you with a gradual increase in lighting or sound, so you're not jolted awake.

Aromat herapy



Wake - Up and Exit

Gentle wake-up

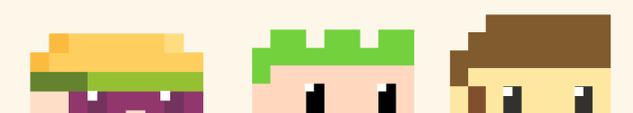
Post - nap Relaxation

Give your feedback

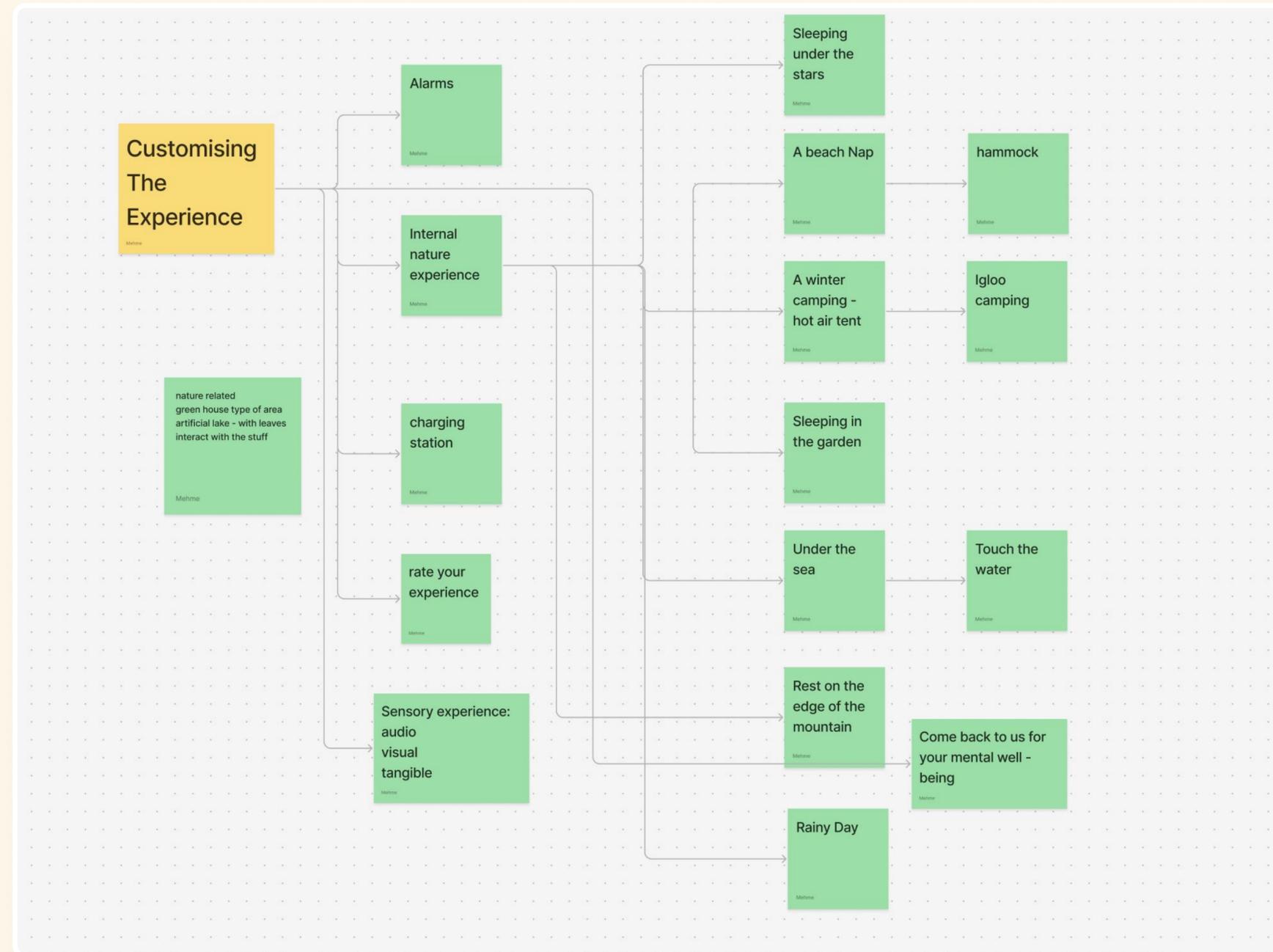


Post -Sleep Experience

Leaving refreshed

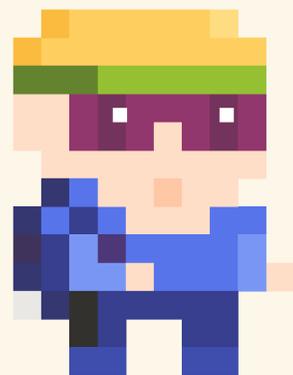


E X P L O R I N G   H O W   T O   E N H A N C E   T H E   J O U R N E Y



Z Z Z Z Z Z Z Z Z Z Z Z Z Z Z

discussion with Caroline  
about the journey



z z z z z z z z z z z z z z z z

discussion with Caroline  
about the journey



“why don’t you think of this as a  
service for on-campus experience?”

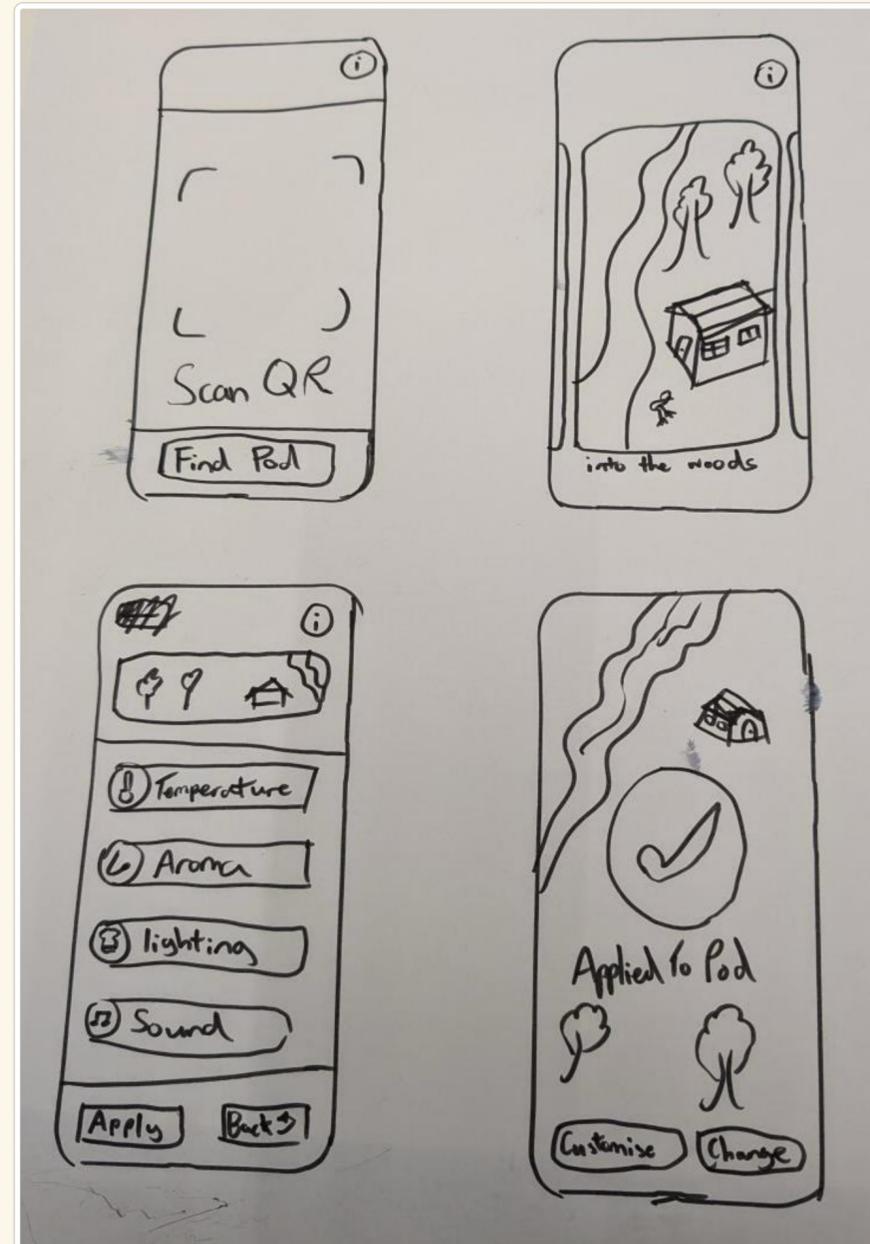


WORKING ON THE STORY BOARD



T H E S C R E E N E X P E R I E N C E A N D T H E U S E R T E S T I N G

1. Scan QR code to unlock the Pod/ Sign up/Log In



2. Choosing the experience for the environment inside the pod.

3. Customising the temperature, aroma, lighting and sound

4. A confirmation screen of the environment application and choices to customise and change.



“Smart cities start  
with a snooze!”

F I N A L L Y , L E T ' S T A L K A B O U T T H E P O D



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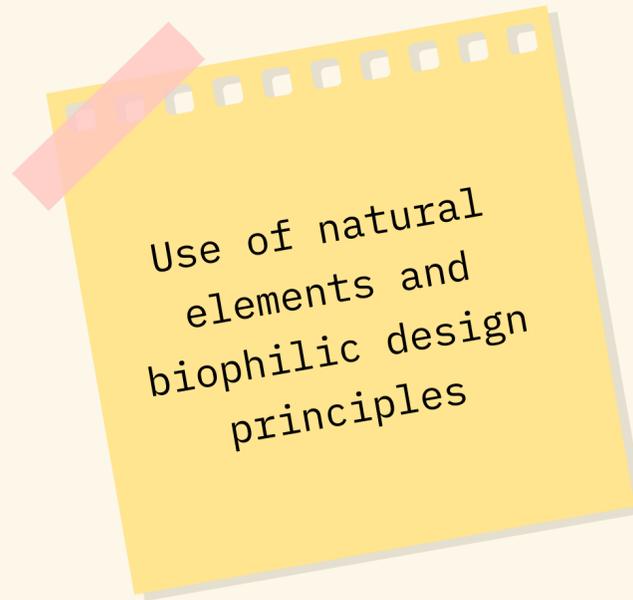
L O L , N O F I R S T W E A R E T A L K I N G A B O U T W E L L - B E I N G



D E S I G N F O R W E L L B E I N G



Focus on creating environments that reduce stress and promote relaxation



Use of natural elements and biophilic design principles



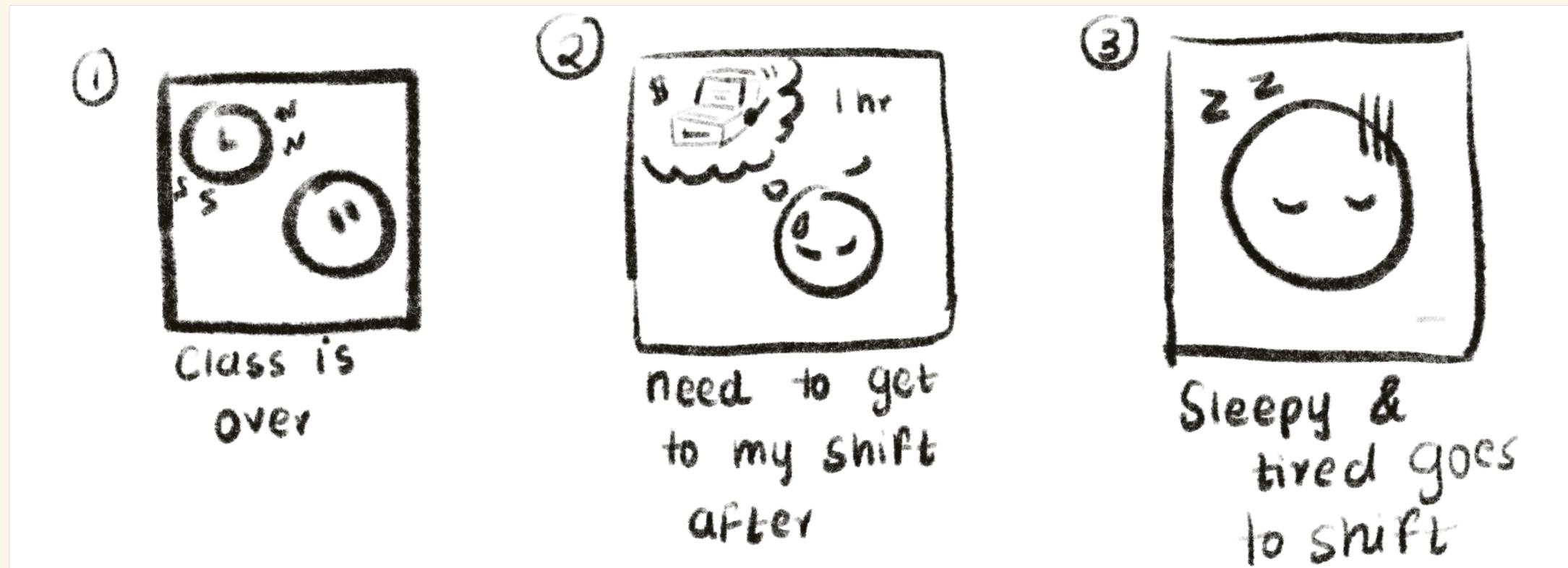
Incorporate feedback from users to continuously improve the experience



Ensure accessibility and inclusivity in design



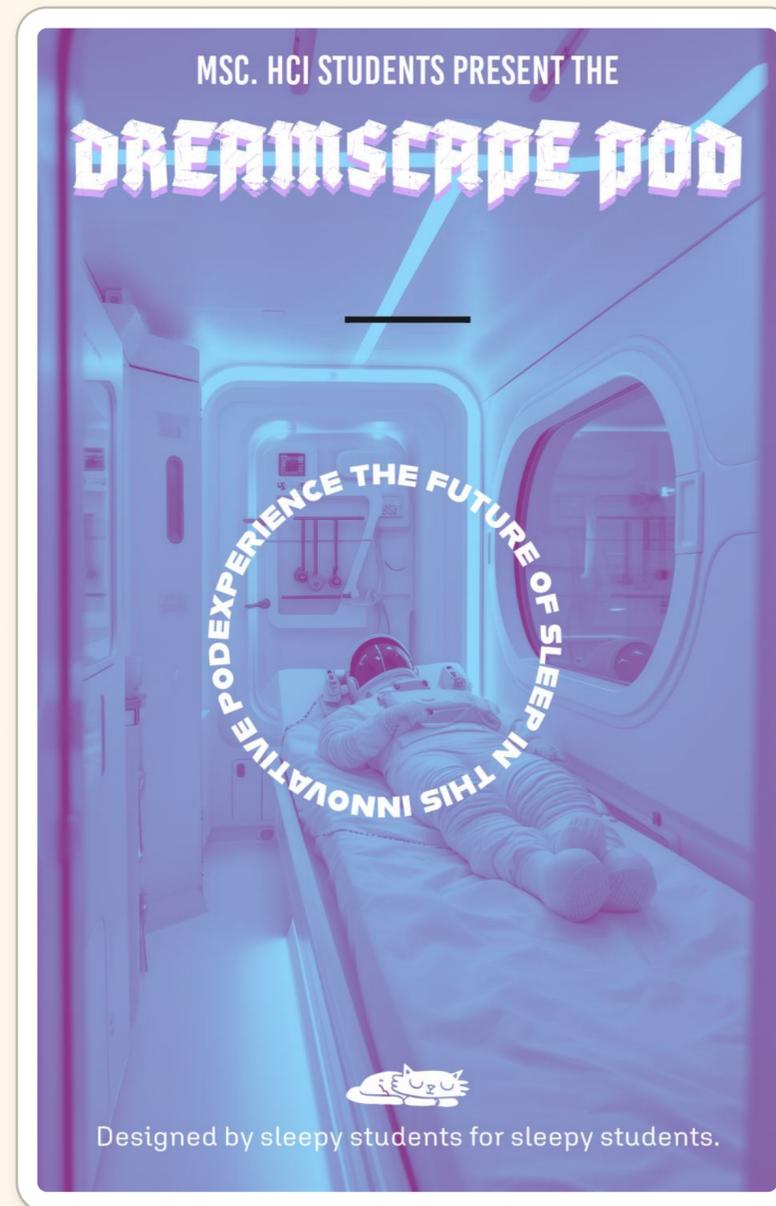
T H E B O B A N D T H E P O D



The story of "Sleepy Bob"



T H E B O B A N D T H E P O D A N D T H E P O S T E R



Encounter with the Poster



FINALLY, LET'S TALK ABOUT THE POD



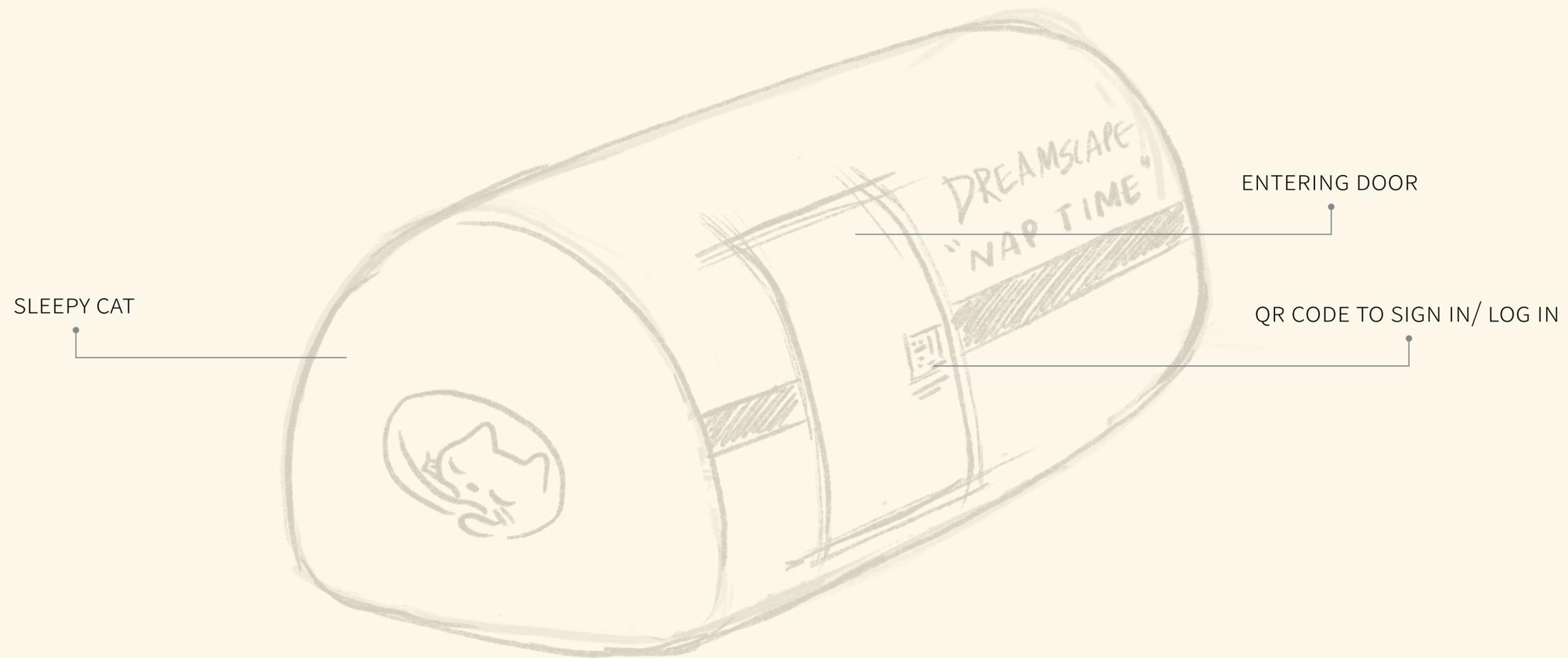
The Placement



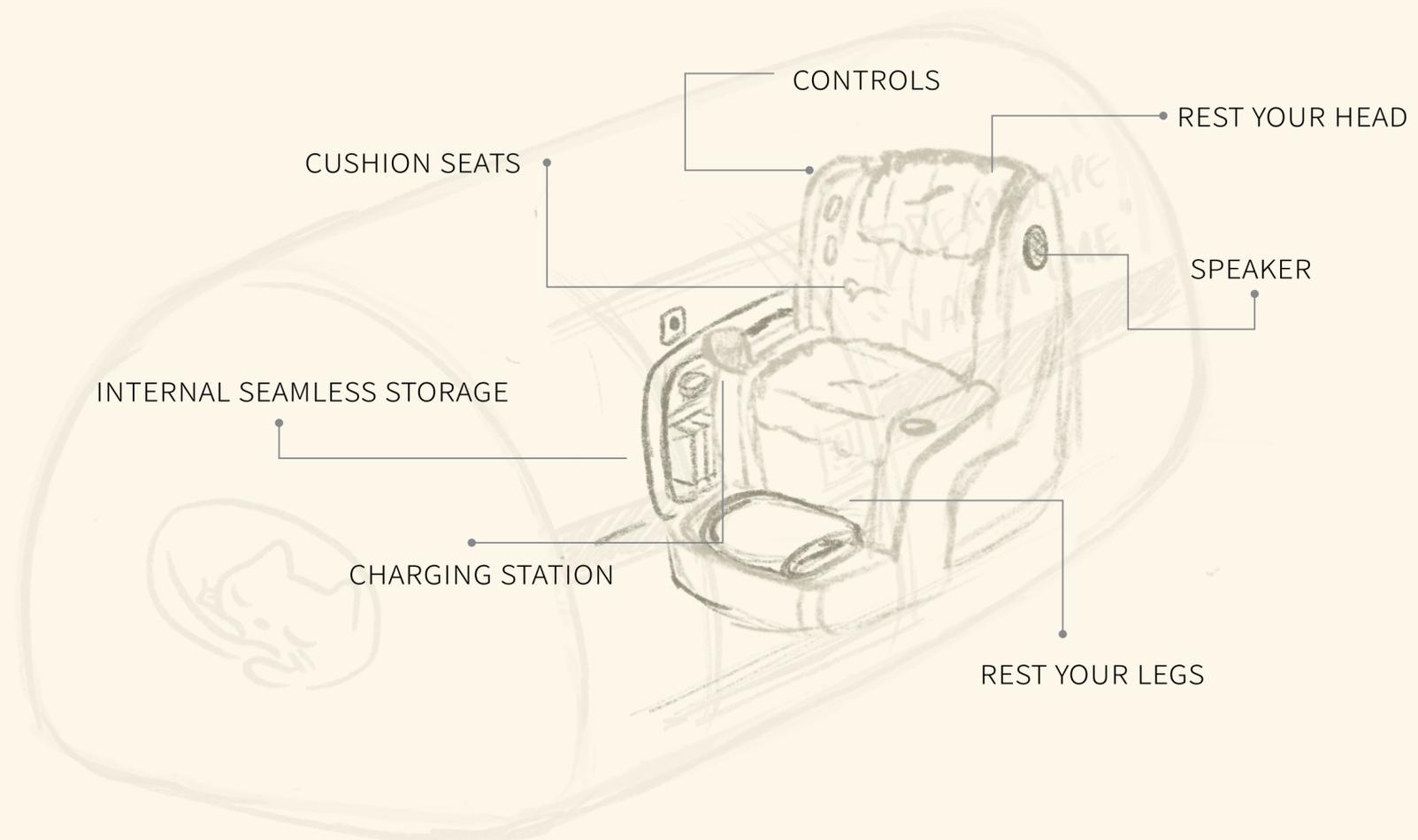
The Layout



T H E B O D Y , T H E F E E L & B O D Y O F S T E E L ?



T H E B O D Y , T H E F E E L & B O D Y O F S T E E L ?

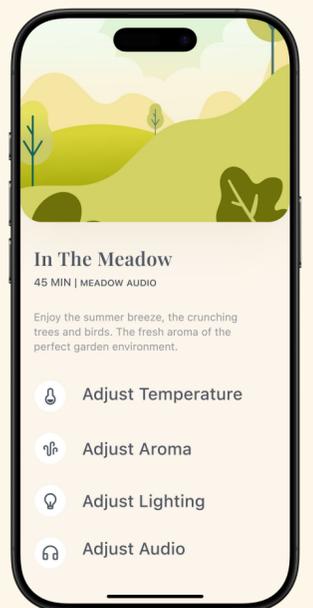
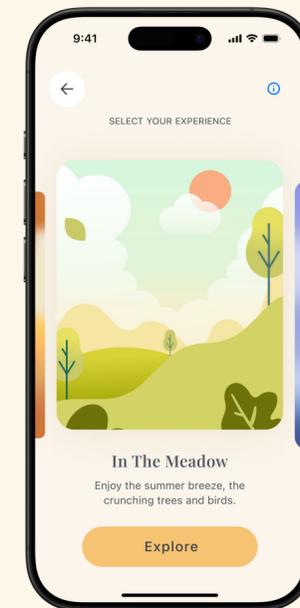


# THE BODY, THE FEEL & BODY OF STEEL?

INTERNAL PROJECTION OF DIFFERENT ENVIRONMENTS

INTERACTIVE SPACE - ELEMENTS ON THE WALL WILL REACT TO TOUCH

DIFFUSERS FOR AROMA



SCREEN INTERACTIONS



B U T W H A T I F

----- ?

Limited  
Space

Kamila Zera

Safety

Mehme

How would  
you get  
people to  
wake up

Mehme

BREAK IN

Mehme

HOMELESS  
PEOPLE  
HIJACKING

Mehme

Hygeine?

Mehme



# “Wake-Up Calls from Our Journey!”

W H A T   D I D   W E   L E A R N



R E F L E C T I O N S F R O M T H E P R O J E C T

## Empathy-Driven Research

Understanding diverse user needs through personas helped us to create a more UCD friendly design.

## Navigating Ambiguity

Interpreting a broad brief required flexibility and open-minded exploration, helping ideas evolve organically.

## Biophilic and Inclusive Design

Emphasizing natural elements and accessibility shows our commitment to inclusivity and sustainability, key for urban spaces that support public health.



R E F L E C T I O N S F R O M T H E P R O J E C T

## Adapting to Urban Spaces

Designing for the city center involved accessibility, security, and environmental considerations for seamless integration.

## The Constraints Template

We came across countless 'But what if...?' questions. It captured those key constraints, guiding our adaptive design choices.

*But what if \_\_\_\_\_?*



## No Controls or Slow Computing

Imagining a future where Emotional AI and Affective Computing allow relaxation pods to sense your mood and automatically create the perfect environment—no setup needed.



# um, yeah, thank you!

H O P E W E D I D N O T P U T Y O U T O S L E E P !

