

BUSINESS CASE FOR
UNIVERSITIES



www.restspacedn.com



[Rest]
SPACE

About Rest Space

At Rest Space we believe that people are the backbone of any university, and we want to empower them to be the best version of themselves. After years of struggling to find a place to recharge, we've created the best space to rest.



Naps improve students academic performance

34% IMPROVED PERFORMANCE

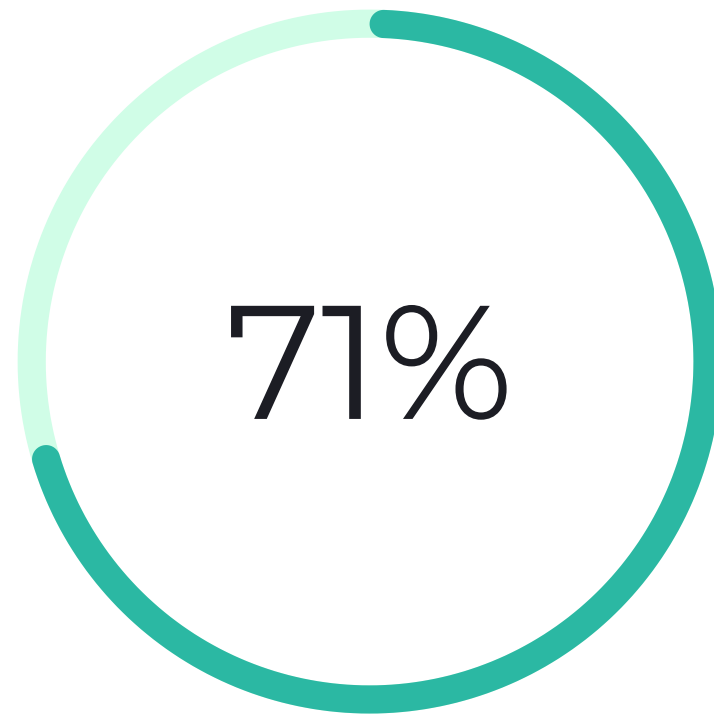
A NASA study shows that a 40-minute nap improves performance by 34% and alertness by 100%

40% MEMORY RETENTION

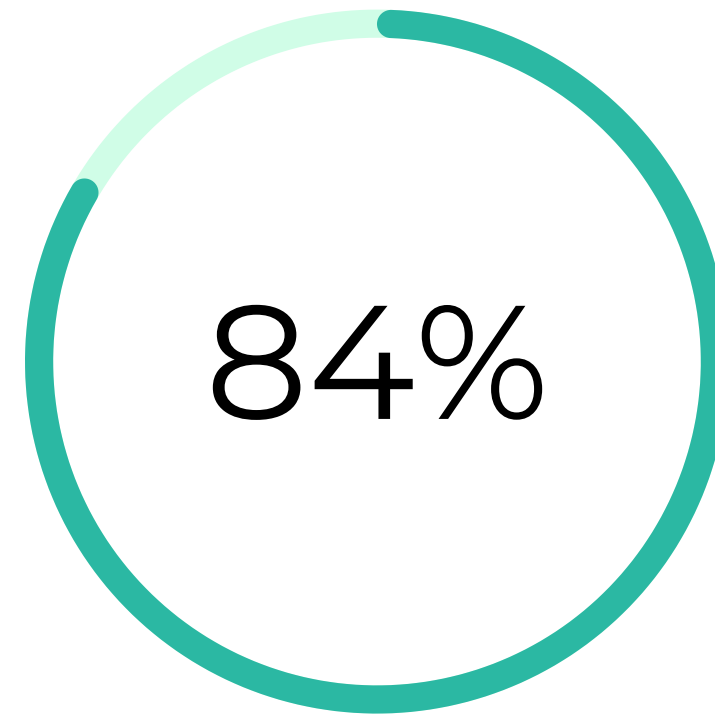
A study shows that sleep improves memory retention and recall by 20-40%



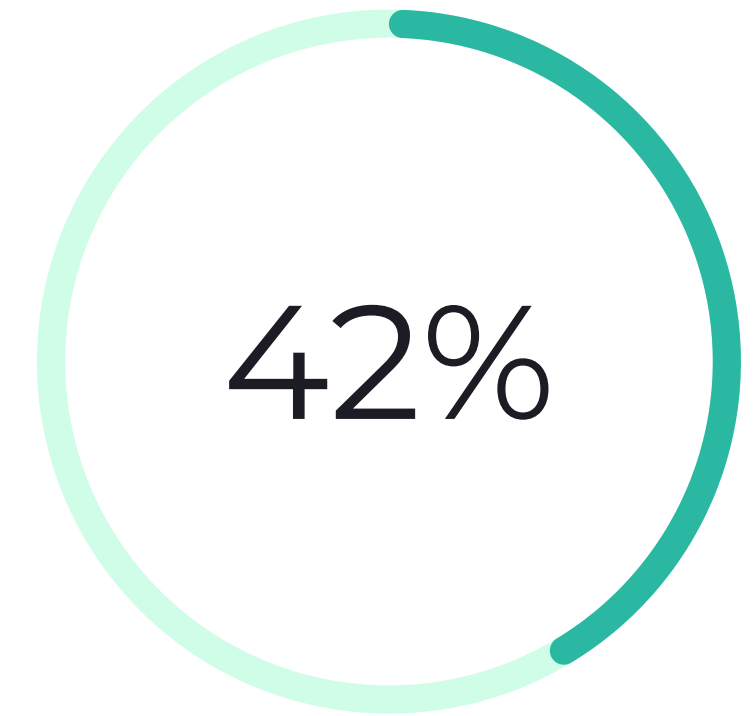
Students want Rest Spaces



71% of students get **less than the recommended 8** hours sleep a night



84% of students **backed the proposal** of installing rest spaces in university



42% of students experience **excessive daytime sleepiness** leading to decreased academic performance

Rest Space's best Features



Ventilation Fans

Rest Spaces are fitted with air ventilation for clean air. It is also fitted with quiet ventilation fans for air circulation.



Sound Reduction Technology

minimal outside noise with sound-absorbing and blocking layers



Relaxing and Soothing

Rest Spaces contain a variety of soothing lights and a wipe clean mattress to help you rest



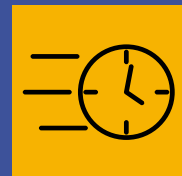
Don't just take it from us

LEARN ABOUT WHAT USERS AND CUSTOMERS OF REST SPACE HAVE TO SAY ABOUT THE PRODUCT



"The rest space was very convenient and easy to use"

"It has a handy shoe compartment underneath and a shelf inside where you can leave your phone and bag. It locks from the inside securely. The bed is clean, hygienic and comfortable. I very much enjoyed having some down time in the rest space."



"An amazing and rejuvenating experience"

"The rest space team have managed to create a real sanctuary within an office."



"The relief was immeasurable"

"Travelling and working long office hours was tough and I wasn't ready to share my pregnancy; we had waited 6 years! I could comfortably book a nap or two. The relief was immeasurable both physically and psychologically."

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Find out more

