



BUSINESS CASE FOR  
**HOSPITALS**



[www.restspacedn.com](http://www.restspacedn.com)



[Rest]  
SPACE

# LISTEN TO YOUR EMPLOYEES.

01

**44% of NHS staff have felt unwell due to work related stress**

Many people feel like they are still want to work but need more downtime during the day to remain productive

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02

**At least 18% of work-related incidents are due to fatigue**

In the incidence of never-events, fatigue is attributed as one of the main causes

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03

**88% of surveyed healthcare workers said they had tired lapses throughout the day**

With 10% of workers adamant that this had an adverse effect on patient safety

04

**Absences due to stress related sickness has cost the NHS an estimated £2.4 billion**

Absences due to anxiety, stress, and depression account for approximately 539,300 full time days lost

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05

**57% of staff have experienced an accident or near miss when travelling home after a night shift due to fatigue**

With the understanding that this figure is widely underestimated due to unreported incidents

# THE SCIENCE

BEHIND REST SPACES



Naps have proven to reduce cortisol levels therefore reducing the stress response from an individual



Napping reduces the likelihood of heart disease by up to 34% and improves immunity



Naps promote enhanced brain activity, productivity and information processing



**Rest Space: a designated sleep pod for staff to rest, recharge and recover**



**Our aim is to help hospitals take preventative rather than reactive measures towards issues such as stress, burnout and fatigue by investing in a Rest Space**

# OUR VISION





# OUR PRODUCT

- Industry leading infection control methods
- Ventilation and antimicrobial wipe clean surfaces
- Clean, compact design to maximise space in the workplace
- Noise reduction features to promote rest
- Private and peaceful for maximum sensory rest and recovery in staff



# FINANCIAL INCENTIVES

TO STAFF

## Improve patient care

Staff are much less likely to make mistakes when they are able to rest and recharge to remain alert- improving the quality of patient care

## Improve staff productivity and output

Reduces level of exhaustion and burnout in staff, especially during long night shifts

## Improve staff mental and physical wellbeing

Improves staff morale and work life balance by managing stress levels

# FINANCIAL INCENTIVES

TO THE ORGANISATION

## Improve patient safety

Reduces the probability of staff negligence due to exhaustion and fatigue- therefore reducing the probability of never events

## Improve staff recruitment and retention

Employees can see you are actively investing in their wellbeing and are more likely to stay on in the job- reducing recruitment and hiring costs

## Save money

Reduces number of sick days taken by staff therefore lowers costs incurred when finding locum replacements





# 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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