

EnergyPod®
Made in USA



Authorized Distributor

250 Executive Drive, Bldg. P // Edgewood, NY 11717 // United States

www.rest.works



The EnergyPod®

The EnergyPod® is the world's first chair designed exclusively for power napping in the work place.

Studies have shown that taking a brief nap during the day improves alertness, learning, creativity and mood, while regular napping has been documented to reduce stress and significantly reduce the risk of heart disease.

By providing a dedicated space for rejuvenation, the EnergyPod allows individuals to boost their professional and personal productivity while also helping them to maintain a healthy lifestyle.



Features of the EnergyPod



Ergonomic Perfection

Recline the EnergyPod to reduce pressure on the cardiac system with an elevation of the feet. The seat contour relaxes the muscles of the lower back with the slight bend of the knees.



Durable Comfort

The EnergyPod features high quality synthetic leather upholstery. Soft and smooth, the cushion in the EnergyPod is extremely comfortable. It is also durable and easy to clean.



Safe Storage

Two internal compartments within the EnergyPod ensure the safe storage of personal belongings. There is ample space for a briefcase, handbag or back pack.



Privacy Visor

Rotate the Privacy Visor to the desired position with a gentle pull. The visor provides semi-privacy without overly enclosing, blocking out distractions and concealing the user.



Simple Interface

Set the timer to the desired duration, or use the one-touch start button for a perfect pre-programmed 20 minute nap. A built-in music player helps eliminate surrounding distractions and creates a relaxing atmosphere. Listen through the internal Bose® speaker or use with headphones.



i20 Technology

i20® technology is the firmware that powers MetroNaps® devices. It has been developed around a scientifically proven principle: a 20 minute nap is beneficial for well-being and productivity. i20 technology is also a powerful facility management system.



MetroNaps Music

MetroNaps Music is the result of extensive collaboration with an established sleep doctor and a renowned concert pianist. The i20 system optimizes a rest session by playing content unique to each of the three key phases of a short sleep experience: 1. hypnologic (inducing); 2. rest (maintaining); and 3. hypnopompic (waking).



Pzizz - Guided Relaxation

Pzizz guided relaxation is a unique content session featuring vocal support for a brief rest. Based on Pzizz's decades of effectiveness, these specially composed tracks combined with the EnergyPod create a superb relaxation experience.



Status Indicator

The Status Indicator features red and green occupancy lights. The lights also communicate time remaining during use, making it easy for users to see when the EnergyPod is available, and if currently occupied, when it will next be free.



Usage Tracking

The i20 system records usage data, which can be translated into individual device reports. Usage across devices can then be compared for effectiveness, producing valuable information for facility management.



Interface Console



Start a 20 minute nap, recline the EnergyPod, activate music, lights and the vibration program.



Wake / Stop. Press once for wake and twice to stop.



LED Display.



Set the timer.



Recline or incline the EnergyPod.



Change the music track.



Change the light program.



Change the vibration program.



Mute the music.



Turn the volume up or down



Specifications and recommendations



Recommended Placement

In order to maximize privacy, we recommend that the user of the EnergyPod® faces away from others (e.g. towards a wall or corner). With multiple units, we recommend a distance of at least 3 feet or 1 meter between each unit.

Technical Specifications

Weight: 290 lbs / 131 kg

Height (H): 58 in / 147 cm
Width (W): 48 in / 122 cm
Length (L): 83,5 in / 212 cm

Electrical Requirement:
1 standard power outlet. 110V or 220V.
Max draw of 100 Watts.

Colors

Exterior: Diamond White

Upholstery: Moon Grey

Customized colors are available at additional cost.

