



Business Case for

Rest Spaces

— ● www.restspaceldn.com ● —

[**Rest**]
SPACE

Hello from Kate Mulligan

Co-founder & CEO

Stress, burnout, exclusion, presenteeism some of the reasons why I started Rest Space. Employees are every organisation's most valuable assets. When the employees and their wellbeing is invested in, engagement, motivation and satisfaction rises; making wellbeing some of the highest priorities in most organisations.

Most organisations are telling employees to meditate, take digital and sensory breaks, rest but not giving them a space to do so.

The open plan office is making it harder for some groups like:

- neurodiverse colleagues
- colleagues experiencing menopause
- expecting and new parents
- colleagues experiencing increased stress and anxiety

'when asked what the biggest problem people faced at work was, 74% said stress. At the latest count, stress was estimated to be costing British industry around £26 billion per year'



Listen to your employees.

01

27% of employees admitted they were not performing at their work

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

02

Over 18% of work-related incidents are due to fatigue

Many high profile disasters fatigue is attributed as the main cause.

03

49% of millennials want to nap during their office day

80% of millennials admitted to napping at work.

04

80% of organisations believe their employees are overwhelmed with information and activity

However only 8% have programs to address the issue.

05

Over 10 million* workers in the UK have called in sick as a result of burn out

This has cost UK businesses more than £700m a year.

Financial Incentives.

Rest Spaces help the bottom line.

Financial Gain



- Attract quality people through company culture and employee wellbeing.
- Rest Spaces make it easier for people to shine at work by improving job satisfaction and attrition.
- Rested employees increases productivity by up to 34% and enhances creative and quality work.



Save money

- Reduce workspace accidents caused by fatigue.
- Rest during the working day can reduce the occurrence of stress and burnout, some of the more challenging causes of absence.

Grow your business



- Naps can people efficiently weigh the pros and cons of a decision, gain insight, and even process unconscious information.
- Naps improve our ability to empathise, resolve conflict and adopt a positive outlook.





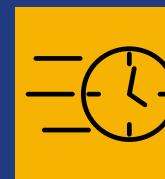
Don't just take it from us.

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."

We empower your people to be their best.

People are the backbone of your business and we empower them to be the best.

After years of struggling to find a place to recharge in the workplace, we decided to create a space of privacy and tranquility. A place to rest, breathe and recharge.

It's a simple idea that can change the way we live by empowering people to be more productive, focused and creative, in the moments that matter most.

At [Rest Space], we have created the perfect environment built with comfort and warmth in mind. Easy to install and fits beautifully into any work environment.

Get your own [Rest Space] and have the best place to recharge.



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Find out more

