

A pod for 'powernaps'

IT'S claimed as the perfect retreat for busy executives who need a break from the strains of the office - a "pod" where they can take a quick nap.

The EnergyPod is intended to encourage what designers Metronaps call "powernapping" at work. They claim that taking 20 minutes out of your daily routine for a doze can lower stress and improve office performance.

The reclining pod, 5ft high

and 6ft 6ins long, has a visor to block out light and sound, a music memory card and built-in speakers. There is a "gentle" alarm system to wake snoozers.

Spokesman Marcus de Guingand said: "Employees who take a nap halfway through their day will not only have greater energy, they will be more productive and more alert."

OPINION: PAGE 12

Workers can sleep easy

WHAT a splendid idea the EnergyPod for executives is. For if the boss is catching up on shut eye in his pod, he'll never know who else is getting 40 winks. That's good snooze for the rest of us.