



← A sleep pod (pictured, left) installed at one of Procter & Gamble's main sites is helping to improve employee well-being and make workers more productive. Madalyn Brooks, the organisation's new HR director for the UK and Ireland, told *PM* that the pod, which employees can use for 20-minute power naps at work, has been "in use for most of the time" since it was brought to the site, at Weybridge in Surrey, in January. The "pod" has a visor to block out light and external sounds, and can play music on speakers or headphones. The HR department of the consumer goods company is currently concentrating on employee well-being as a key area. This includes events and themed weeks focusing on, for example, healthy eating and good sleeping techniques. The company's staff surveys have revealed that employees now feel better able to manage their work and family lives, Brooks added.