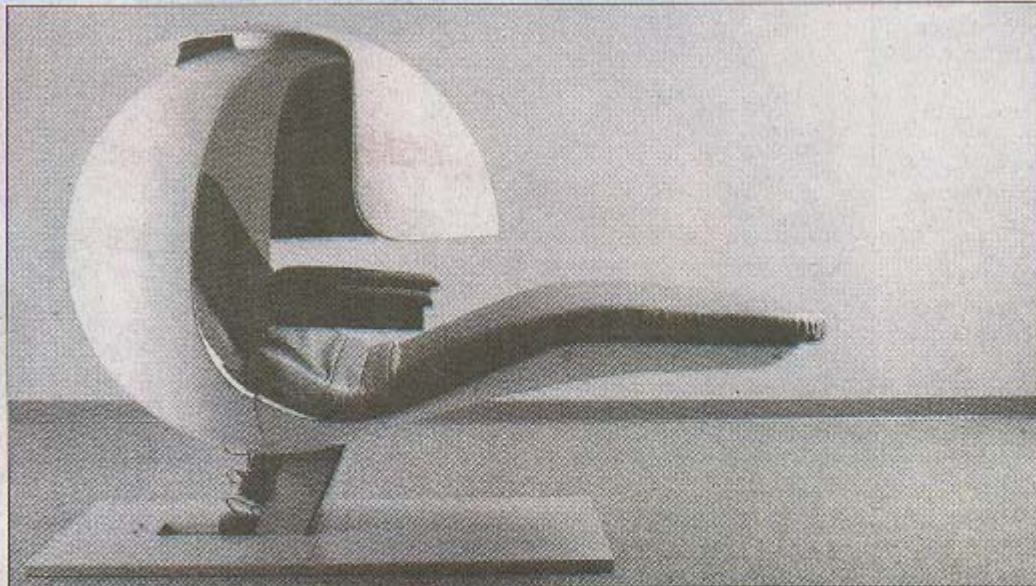


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Take a nap...and get away with it

TAKE A NAP... AND GET AWAY WITH IT



Sleep station: The Energy Pod features a visor to help workers doze

Picture: Sokent

IT LOOKS like something out of Star Wars but it is a sleep pod designed to help stressed executives catch a 20-minute nap. The EnergyPod features a privacy visor to block out light and sound, a memory card to store relaxing music and built-in Bose speakers. Inside, the pod is lined with smooth, wipe-clean upholstery and has an alarm system to wake users

after their nap using a 'gentle combination of lights and vibration'. The designers say taking 20 minutes off to have a doze lowers stress. Marcus de Guingand, of maker Metronaps, said: 'Employees who take a nap half way through their day will be more alert.' The EnergyPods are available for hire at about £299 per month.