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**Company makes booth for vertical napping – 25th September 2023**

## Level 4

If you want to sleep while standing, the Koyoju company in Japan has something for you - the "Giraffenap" booth. This ingenious pod lets people nap in a vertical position. Office workers can now catch forty winks without a bed. The designers say a 20-minute nap improves performance, memory, concentration and productivity by reducing fatigue. The pods come in two designs and will go on sale in December. They are expected to cost around \$20,000.

The designers say people work non-stop without a chance to recover from stress. This makes us sleepy during the day. They said: "It's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." Napping reduces drowsiness and improves ingenuity and creativeness. A nap of just 15 to 20 minutes is best and should end before 3 p.m. In addition, you should not lie down as this leads to deep sleep.

## Level 5

If you ever want to sleep while standing, the Koyoju company in Japan has something for you. Koyoju has unveiled the "Giraffenap" booth. This ingenious cubicle lets the user nap in a vertical position. It will allow office workers to catch forty winks without a bed. The designers say a 20-minute nap improves mental performance and productivity by reducing fatigue. It also boosts concentration and memory retention. The Giraffenap pods come in two designs and will go on sale in December. They are expected to cost around \$20,000.

The Giraffenap website says we often work non-stop without an opportunity to recover from stress, resulting in unwanted sleepiness during the day. It added: "Now it's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." The site says naps allow for "more efficient and fulfilling work". Napping reduces drowsiness and improves ingenuity and creativeness. The designers offered some napping advice. Just 15 to 20 minutes is best, and naps should end before 3 p.m. In addition, you should not lie down as this leads to deep sleep.

## Level 6

If you ever feel the need to sleep while standing, a company in Japan has catered to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has unveiled the "Giraffenap" booth. This ingenious cubicle allows the user to sleep in a vertical position. It will allow office workers and commuters to catch forty winks without the need for a bed. The designers say a 20-minute nap improves mental performance and increases productivity by reducing fatigue. It also boosts concentration and aids memory retention. The Giraffenap pods come in two designs – the futuristic-looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at an expected price of around \$20,000.

The Giraffenap website says there is a need to refresh while at work. It says: "It's so common these days to work non-stop without an opportunity to properly recover from physical fatigue or stress, often resulting in unwanted sleepiness during the day. Now it's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." The site added that naps allow for "more efficient and fulfilling work". The website stated that napping reduces drowsiness, and improves ingenuity and creativeness. The designers offered some advice for an effective snooze. The optimal time is 15 to 20 minutes, and all naps should take place before 3 p.m. In addition, you should not lie down as this leads to deep sleep.