

## **Interior Design**

Design of our residential space incorporated various holistic health values in order to support a healthy lifestyle of occupants. Deliberate design choices were made to reinforce emotional/mental, spiritual, physical, social, and environmental health.

### **Emotional and Mental Health**

Our design is conducive to mental health in multiple ways. The neutral, calming color palette was chosen to be conducive to making living spaces comfortable (Figure 1: a, b, c). This is important for our target demographic because they are inevitably working long, strange hours. With such hours, it is imperative that residents have a relaxing space to come home to. In the context of interior design, a neutral color palette achieves a serene, tranquil environment (Tonelli 2019, Kevin & Samara 2017). All residential units also have rooms with walk-out balconies so that residents can indulge in New Hampshire views, a biophilic element that promotes mental wellness. Also, exposure to daylight has positive mental effects relating to healthy melatonin production, better overall quality of life, better mood, and better patterns of social behavior (Veitch & Galasiu 2012). Additionally, sleep is extremely important for overall well-being. Since our persona may not be getting the sleep they want/need, it was our objective to maximize the quality of the sleep that they do get. We did this through consolidating sleep-promoting elements such as room-darkening shades (Figure 2) and ‘healthy’ light bulbs. Room-darkening shades allow for ample sunlight when the resident wants it with the option to make the room dark if need-be. To be mindful of differing sleep schedules, shades allow for sleeping during daylight hours. Additionally, LED light bulbs with blue light often have energizing effects in the daytime, but blue light hinders sleep (Harvard Health Publishing 2018). Therefore, we chose to opt for light bulbs such as SORAA healthy bulbs, the only LEDs that do not emit blue light (SORAA HEALTHY, Figure 3).

### **Spiritual Health**

In order to cater to the spiritual well-being of our residents, we wanted to emphasize elements that make spaces feel ‘homey,’ open, and zen. While our neutral color palette is conducive to mental-health, it is also purposeful in allowing residents to bring in personalized decor (if they so choose) that will assimilate into the space seamlessly. Even if the resident is not staying in the space long-term, they are able to make the space feel like home. In order to make even our smallest units feel large, we kept an open floor plan in mind (Figure 4 a, b, c, d). With clear sightlines and generous walkways, our units give residents a sense of openness. Additionally, a major objective for our design was to make the bathroom feel spa-like. The bathroom is essentially the space where a resident gets ready in the morning and winds-down at night. In making this a zen space, it allows residents to have an extra calming place within their hectic lives (Freimond 2018). To achieve this, we utilized glass shower enclosures, floating sinks, a green-toned paint color, rainfall showerheads, and spacious tubs. Such elements give a luxury feeling even in a relatively small space (Figure 5).

### **Physical Health**

Since physical health is a large focus when it comes to conceptualizing ‘healthy living,’ we implemented elements in our interior of our units to help nudge residents toward a physically healthy lifestyle. Refrigerators with filtered water encourage drinking water over other beverages due to its convenience. Additionally, most oftentimes studio apartments have minimal kitchen units with little to no counter space, which discourages cooking of any sort. Therefore, we designed our kitchens to be large and open with ample counter space (Figure 6). When people cook at home, they tend to eat healthier and consume less calories (Mills & Brown et al. 2017). While we recognize that our persona is one with minimal free time, we wanted to have this feature so that residents have cooking at home as a viable option. It is not realistic that our persona would cook meals every night, but it is likely that a large kitchen would encourage things like meal-prepping for the week.

### **Social Health**

In order to make our residential units contributory towards residents’ social health, we needed to use interior design as a means of making the space welcoming and open. All of our units include a

spacious living area (Figure 7 a, b) and kitchen with peninsula seating (Figure 6). Not only does our large spacious design encourage at-home cooking, but it also serves as a social-hub. Residents could use the kitchen space in conjunction with living areas (via open-concept) (Figure 1 a, b) for cooking and entertaining friends on weekends. Having the capacity within a residential unit to invite friends over effectively facilitates social wellbeing for residents.

### **Environmental Health**

Lastly, our residential units are also conscious of environmental health relative to our residents. Through conscious use of clean materials in construction of our building as well as proper ventilation, our residents will have access to clean air. Emphasis on choices to keep air clean keep residents from breathing in harmful compounds such as VOCs, which have long-term health effects. Additionally, our layout was designed so that all residents have two south-facing windows (one sliding glass door and a large window). This gives maximal exposure to sunlight for residents, which contributes to daylighting, passive heating, and also supports overall well-being of residents (Veitch & Galasiu 2012). Additionally, through having an R-value of 37.35 keeps residents thermally comfortable while the building consumes less energy.

## References

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## Figures

Figure 1: Open Sightlines and Color Palette

Figure 1, a: Studio Sightline



Figure 1, b: One-Bedroom Sightline



Figure 1, c: Color Palette Used (From <http://base.binus.ac.id/2017/12/28/the-scandinavian-design-nature-and-color/>)



Figure 2: Room with Opaque Shades



Figure 3: Healthy Light bulbs vs. Normal LEDs (From: <https://www.soraa.com/soraahome/healthy.php>)

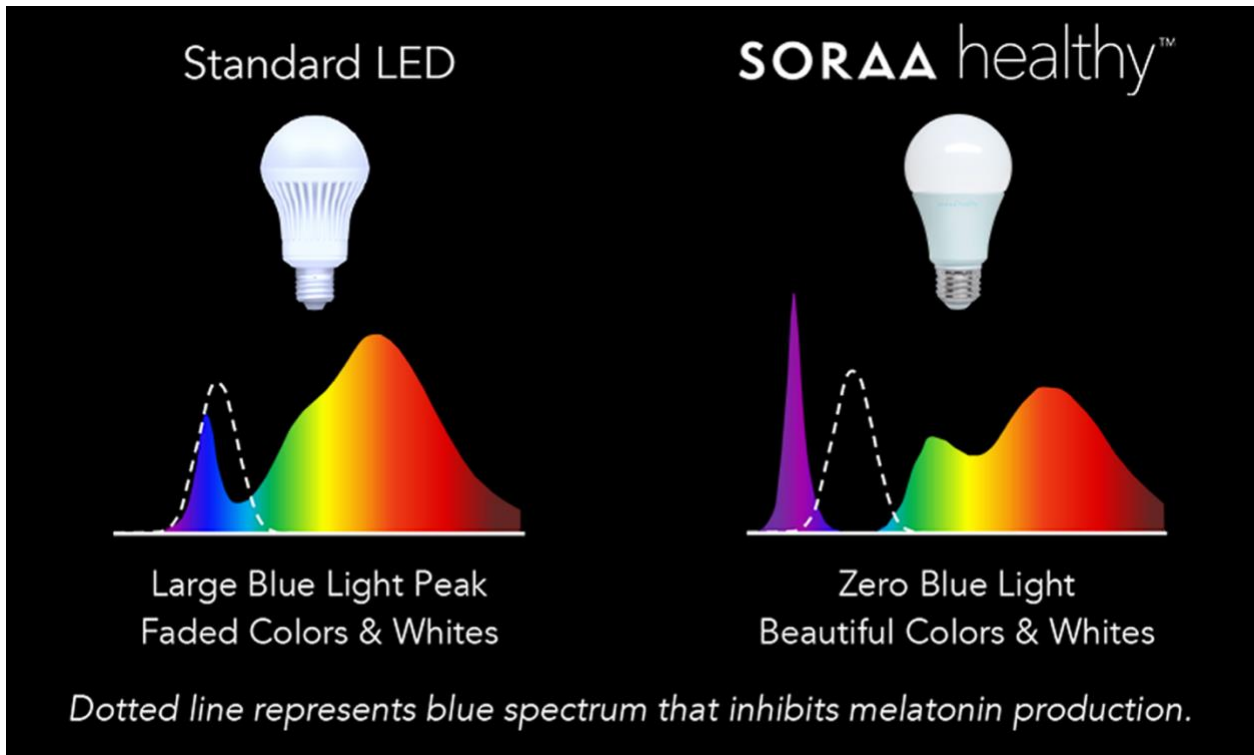


Figure 4: Residential Layouts  
Figure 4, a: Studio (20x25)

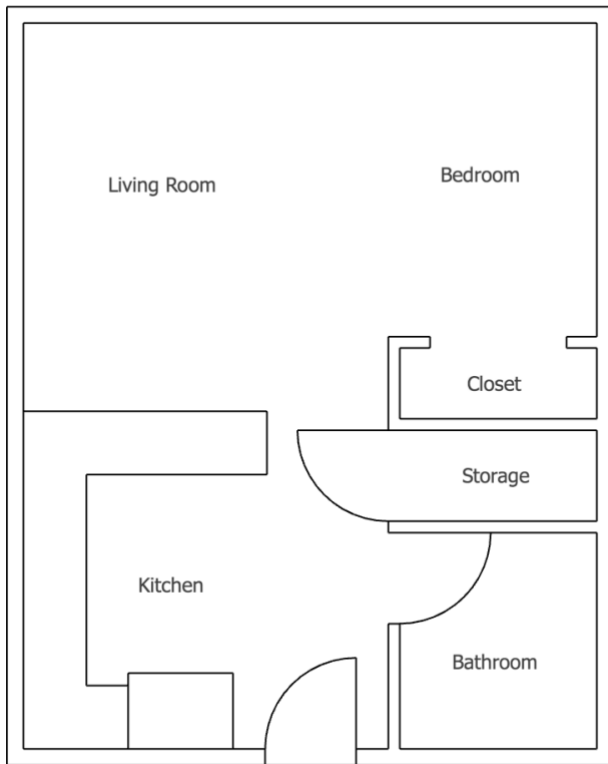


Figure 4, b: Studio (18x30)

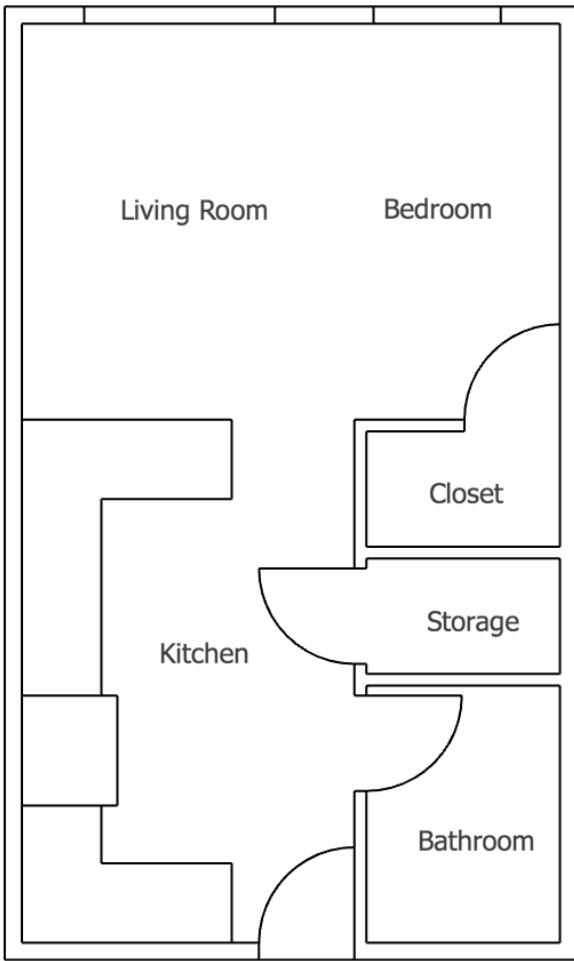


Figure 4, c: One-Bedroom (22.5x33)

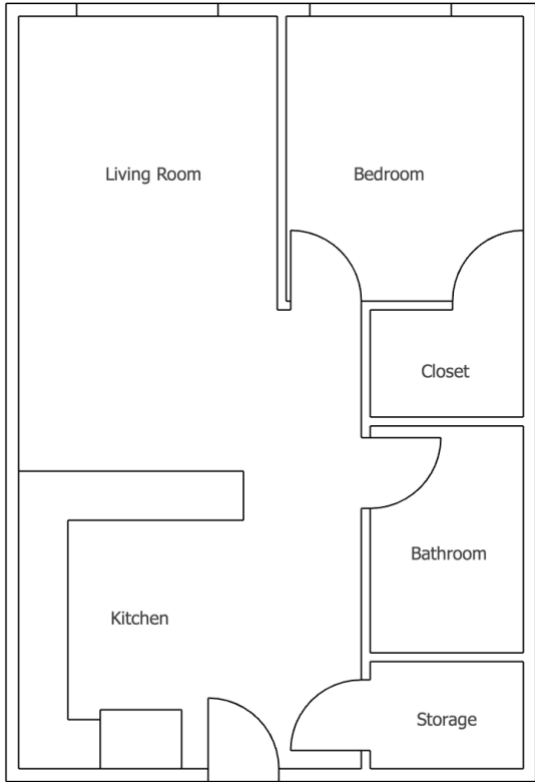


Figure 4, d: One-Bedroom (24x36)

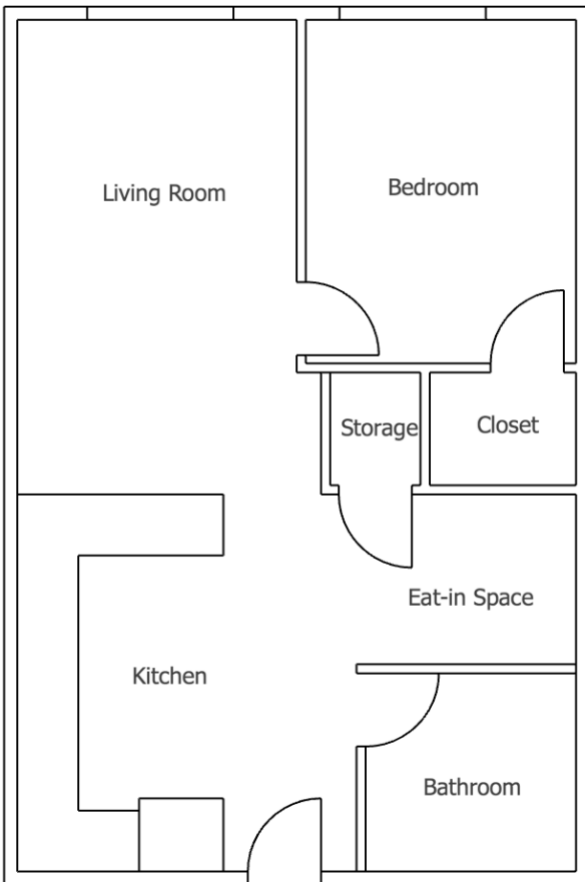




Figure 5: Spa-like Bathroom



Figure 6: Studio Kitchen



Figure 7: Living Spaces

Figure 7, a: Studio Living Space



Figure 2, b: One-Bedroom Living Space

