

THESIS QUESTION

How can we support those who are suffering from hypersomnia disorders and provide access to all of the resources needed to enhance their quality of life in a convenient and holistic environment?

THESIS STATEMENT

For those diagnosed with hypersomnia disorders, lack of awareness and insufficient societal and medical structure leads to a diminished standard of living. Creating a resource will help raise awareness, increase well-being, ensure comfort, and develop a sense of community support.

RESEARCH FINDINGS

The population of people with hypersomnia disorders (PWH) is small, and because of this and a lack of awareness, there is not enough research or resources made for them

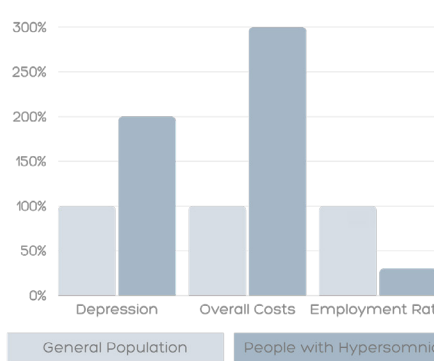
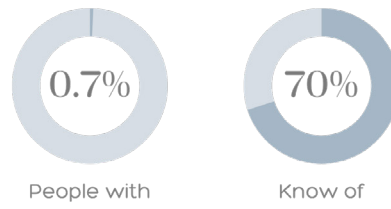
Increasing awareness of these disorders is instrumental in the lives of people with hypersomnia

Access to peer support and a strong community leads to better quality of life and health outcomes



Some of the most important resources to support people with Hypersomnia disorders would be:

- A strong and supportive **community**
- Health Literacy Classes
- **Advocacy** programs
- Behavioral & Occupational **Therapists**
- Healthcare **Advocates**



USER ICONS



Person with Hypersomnia



Supporters of PWH



Faculty & Staff



Healthcare Professionals



General Public

DESIGN ICONS



Biophilic Design



Community Building



Wayfinding Elements



Smart Technology



Universal Design



Color Theory

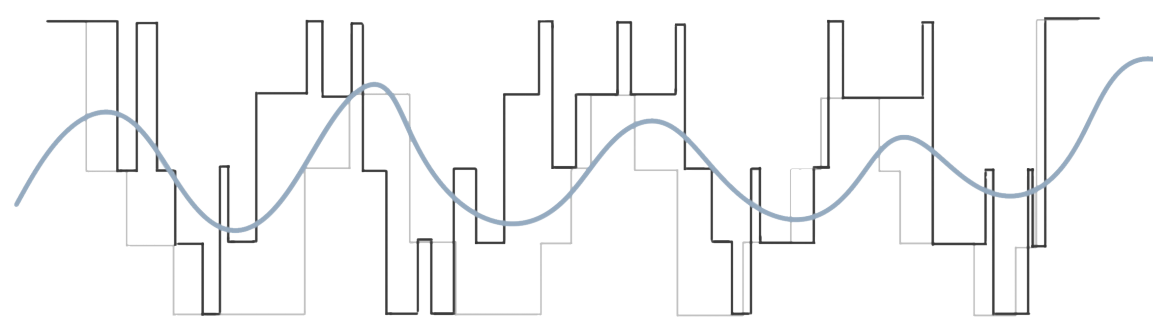
CONCEPT



Dream (n.)

1. a series of thoughts, images, and sensations occurring in a person's mind during sleep
2. a cherished aspiration, ambition, or ideal

PART I



The predictability of sleep patterns for healthy individuals follows a cycle of peaks and valleys, but people with hypersomnia disorders, especially narcolepsy, have very chaotic sleep patterns that are often random and disruptive. Despite this, they both follow a similar overarching peak and valley, connecting the two very different patterns together.

Linear — Natural — Soft — Balance — Connected

TERMS OF CRITICISM

Foster a sense of **belonging** among individuals with hypersomnia disorders

Create a **safe** and **welcoming** community space where individuals can share their experiences and **connect** with others

Provide **private rest areas** where individuals can take short naps or breaks if needed

Include many **comfortable seating** options for those who need to rest

Integrate **biophilic** elements and outdoor gardens to increase the connection to nature

Implement clear **wayfinding** signage to guide visitors and make it easy for them to find different areas within the space

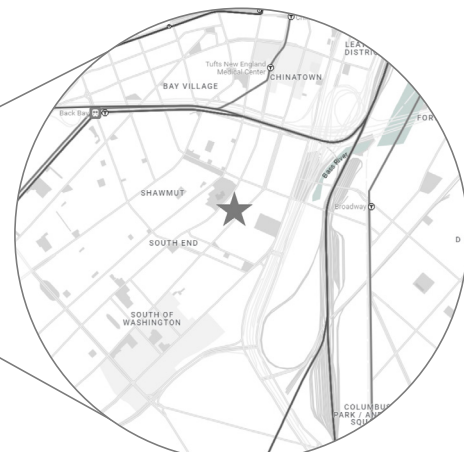
Prioritize **inclusive design** principles, ensuring that the space is accessible to individuals of all abilities and diverse needs

Include colors and natural materials to create a **comforting** and **relaxing** environment

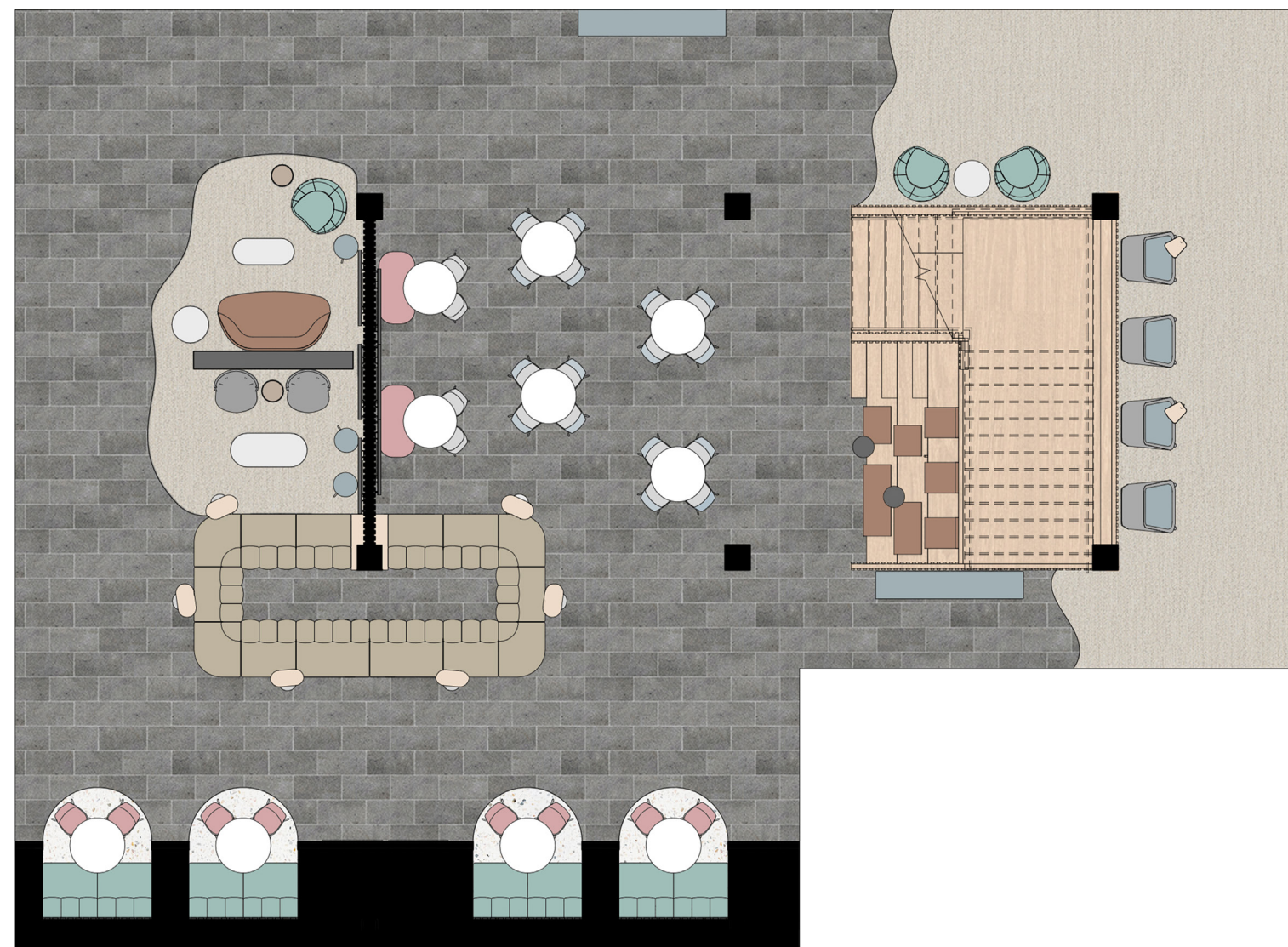
SITE ANALYSIS

477 Harrison Ave, Boston, MA - South End

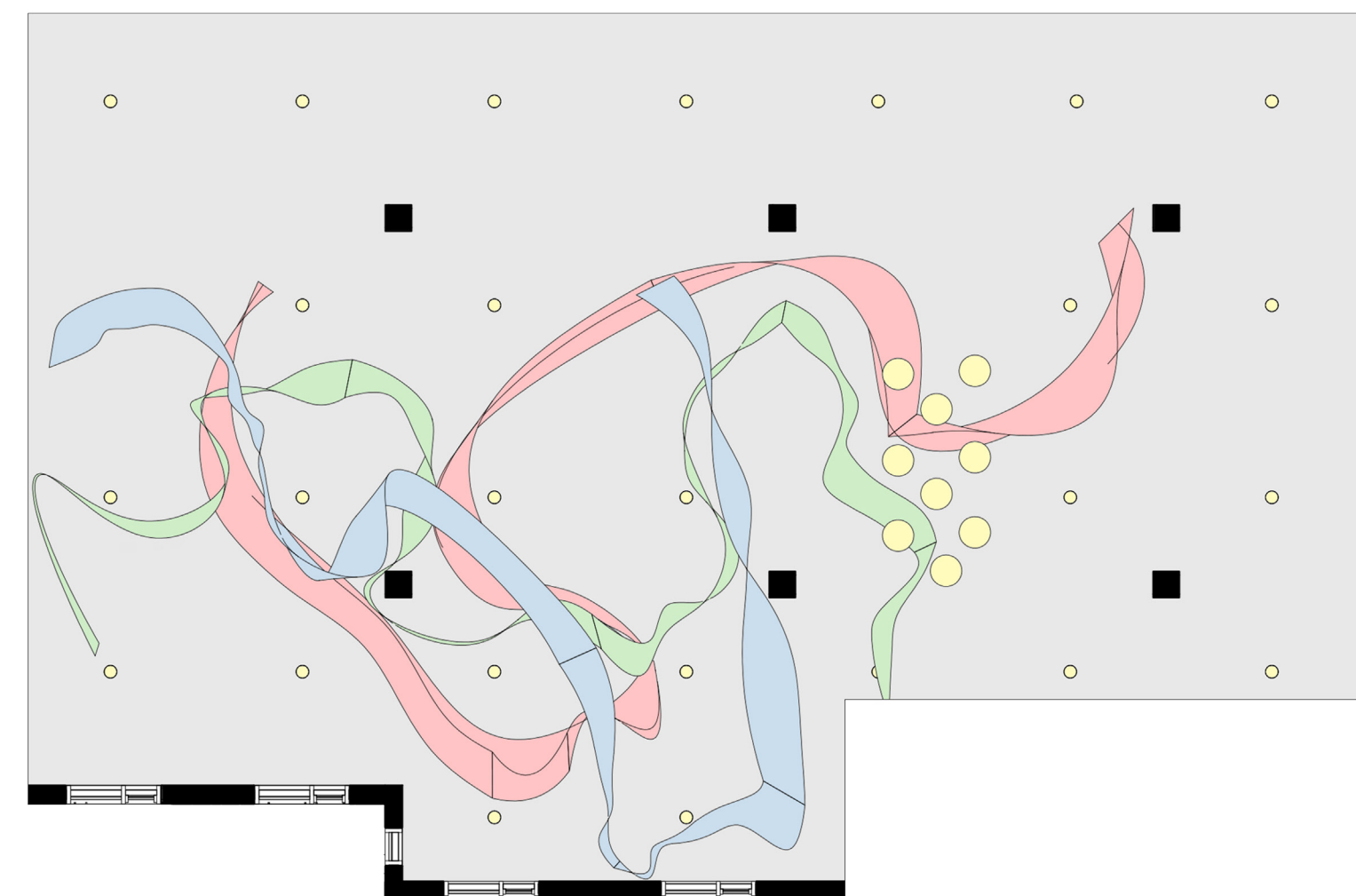
- Totals ~50,000 SF
- Adaptive reuse - Built in 1913 as s industrial tables for Jordan Marsh & Company
- Underground parking garage
- Easy access to MBTA Orange & Redline, along with bustransit
- Close to many accredited sleep clinics



Atrium (North)



Atrium Floor Plan 3/16" = 1'-0"



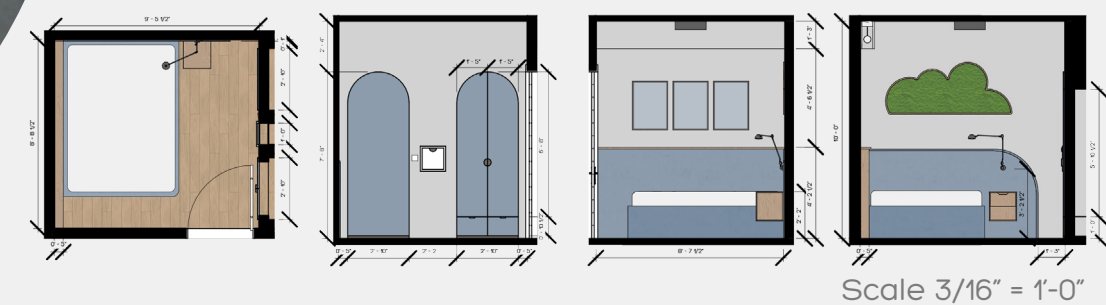
Atrium RCP 3/16" = 1'-0"



Atrium (Southwest)



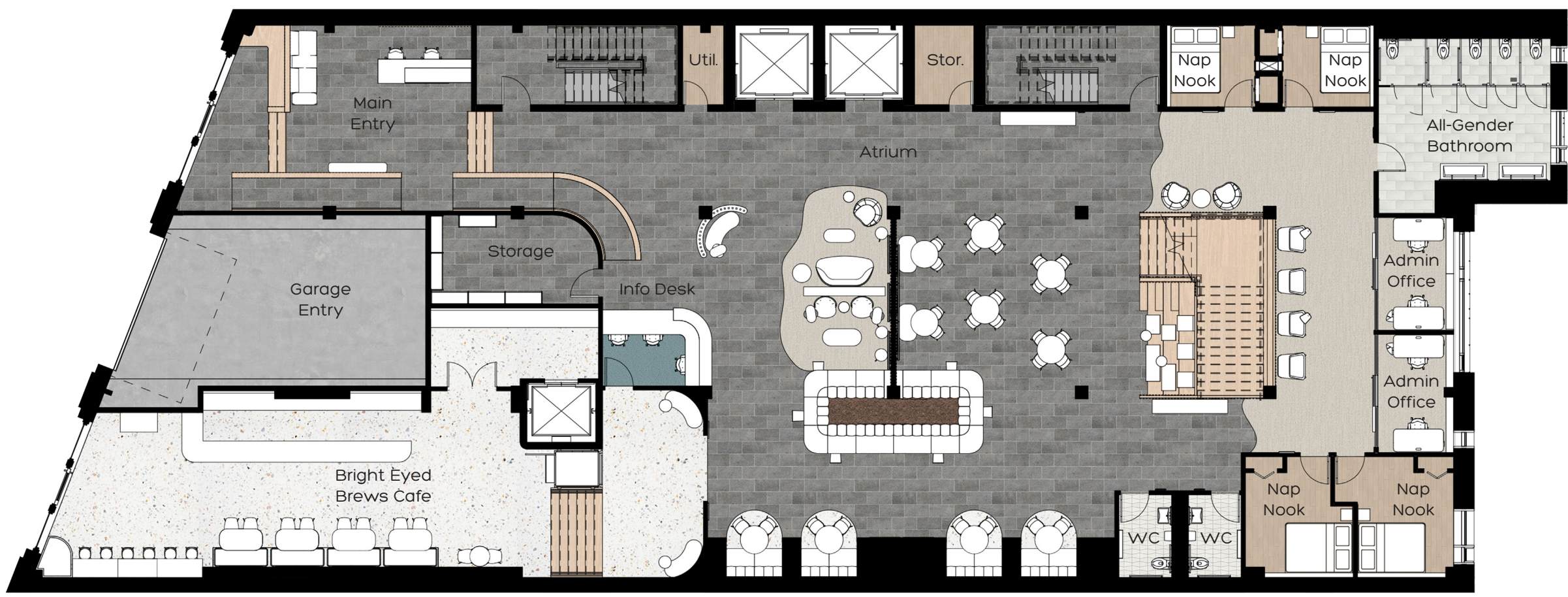
Custom Nap Nook



What are Hypersomnia Disorders?

Hypersomnia refers to conditions characterized by excessive daytime sleepiness, including Narcolepsy and Idiopathic Hypersomnia. Individuals with hypersomnia may find it challenging to stay awake during the day, often feeling excessively sleepy during waking hours. For people with Narcolepsy, the level of sleepiness experienced is comparable to a healthy individual who has not slept for 48-72 hours.

Level 1



Floor Plan 1/8" = 1'-0"

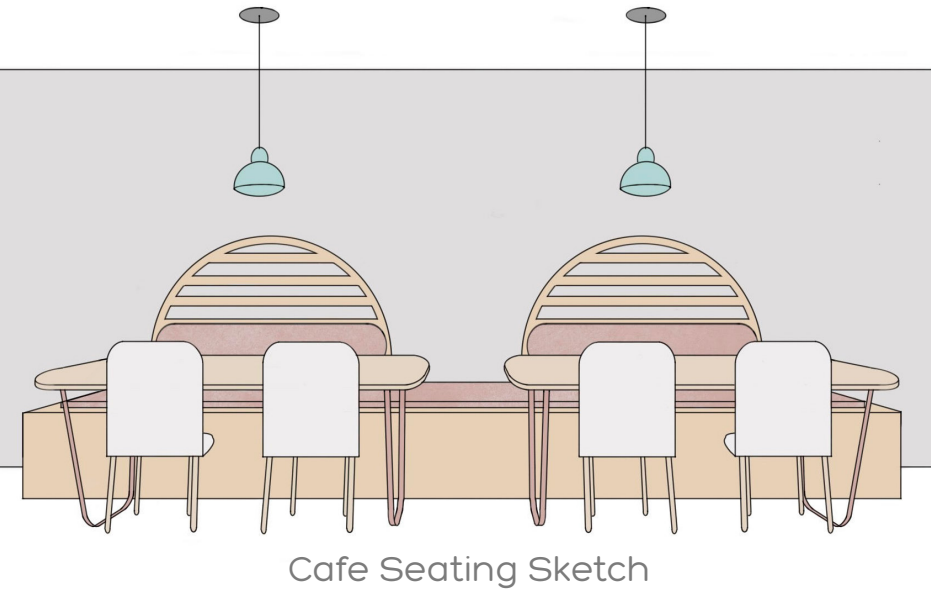


Main Entry

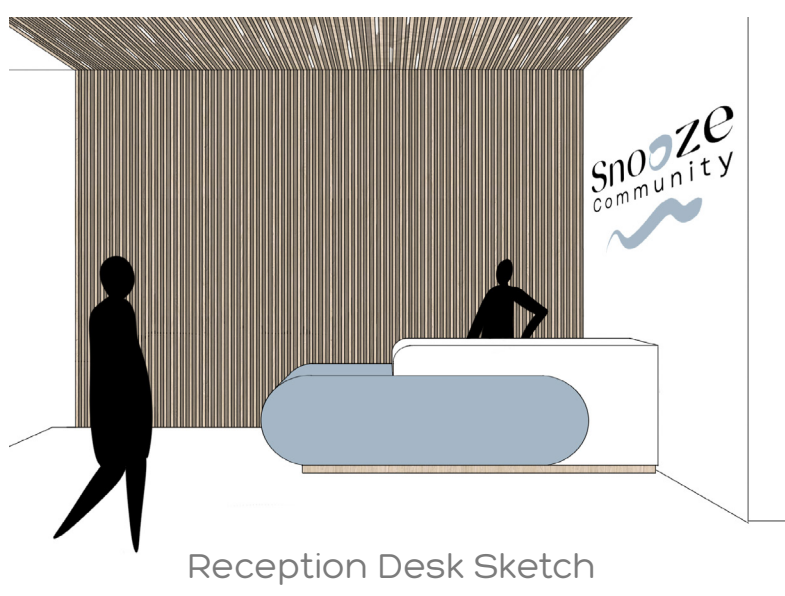
Level 2



Bright Eyed Brews Cafe



Cafe Seating Sketch



Reception Desk Sketch



Floor Plan 1/8" = 1'-0"



Atrium from Level 2



Multipurpose Room



Rooftop Garden (East)



Rooftop Garden (West)

Level 3



Floor Plan 1/8" = 1'-0"



Therapy Office



Healthcare Advocate Office



Support Group Room



Level 4



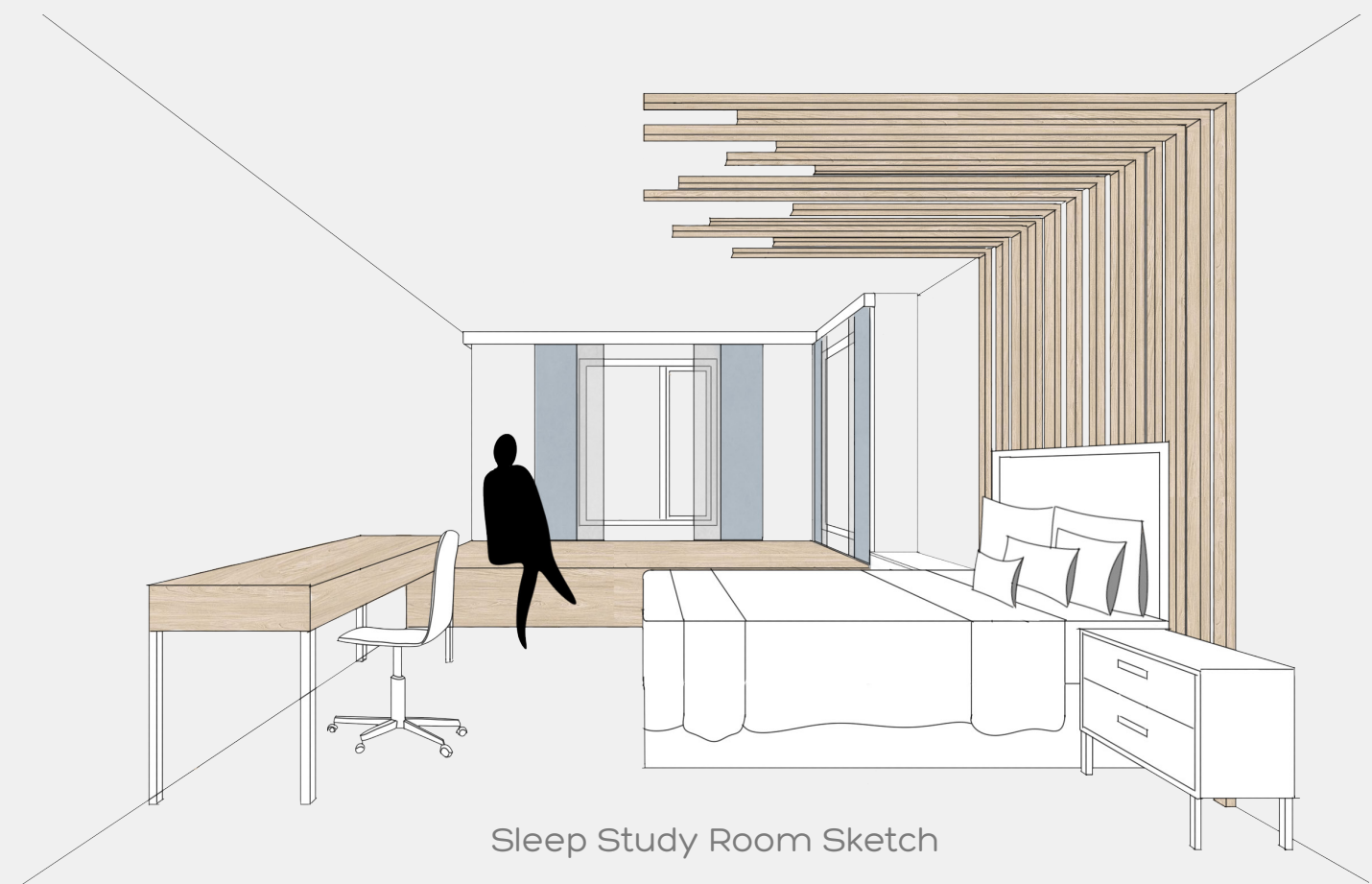
Coworking Space



Floor Plan 1/8" = 1'-0"



Sleep Clinic Axon



Sleep Study Room Sketch



Sleep Study Room



Level 5



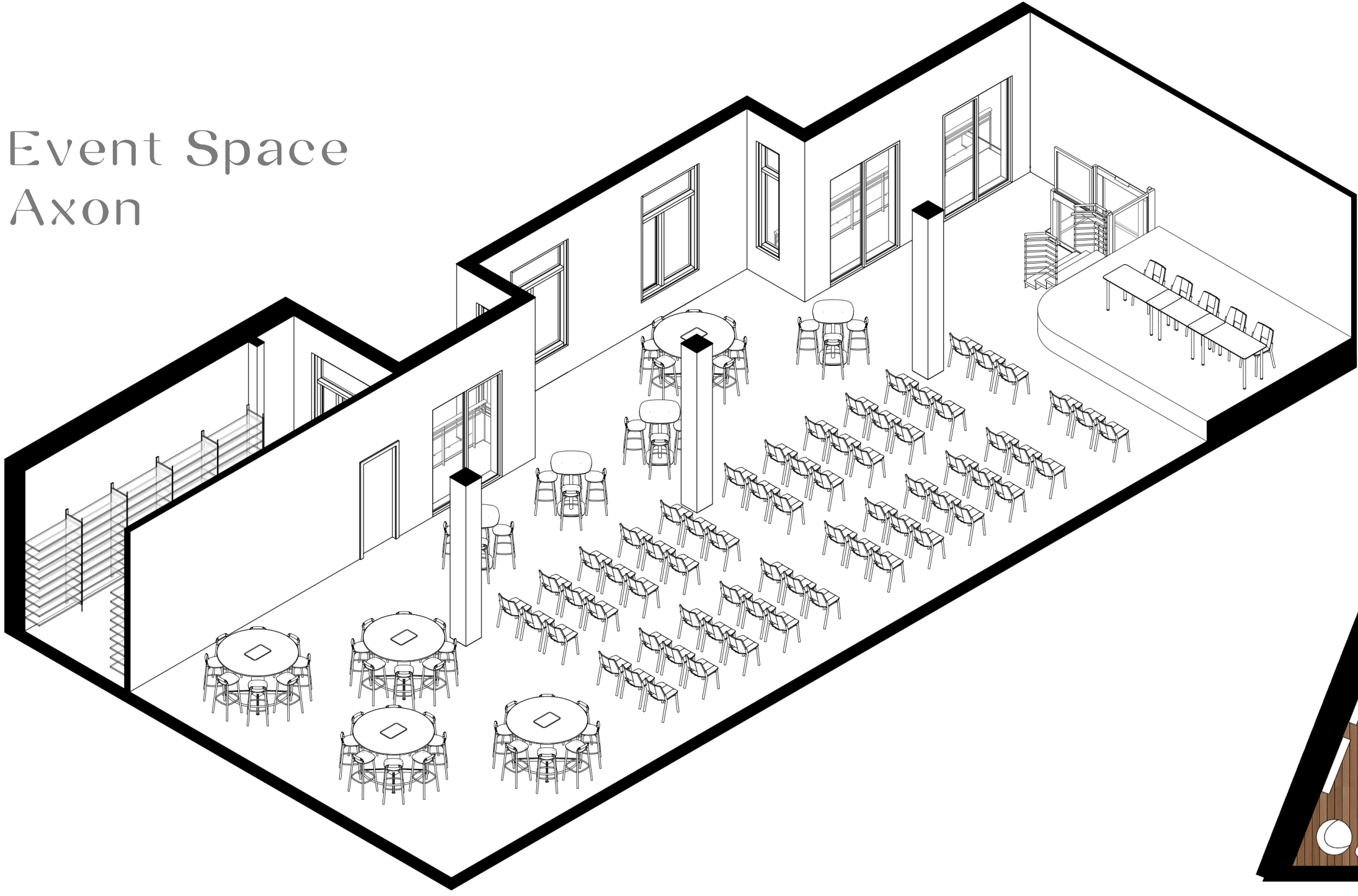
Floor Plan 1/8" = 1'-0"



Multipurpose Room



Event Space Axon



Level 6



Floor Plan 1/8" = 1'-0"



Yoga Studio



Gym

