

**STUDENT SENATE BILL 2024-1496**

**TITLE: Resolution Advocating for the Addition of Sleeping Pods in Malachowsky Hall to Accommodate for Long Study Hours**

**AUTHOR(S): Member-at-Large Roman Quattrocchi, Senator Logan Siemienas**

**SPONSOR(S): Senator Eric Davies, Senator Kishan Nayak, Senator Anthony Boullosa, Majority Party Leader Seifer**

**WHEREAS**, the Student Success unit at the University of Florida is dedicated to the prioritization of student wellbeing by ensuring ease of access to various student resources geared towards student success[1]; and,

**WHEREAS**, according to independent researcher Dr. A. Shaji George of Partners Universal Innovative Research Publication (PUIRP), “short naps can improve mental and physical functioning without taking the place of nocturnal sleep” and “brief power naps lasting between 5-20 minutes enhance alertness, cognitive and motor performance, and certain types of memory consolidation” [2]; and,

**WHEREAS**, according to the Senior Research Fellow and Sleep Health Research Development Coordinator at Flinders University, Dr. Nicole Lovato, “the minimal sleep inertia produced by brief naps also allows for maximum productivity to resume almost immediately after waking from the nap” [3]; and,

**WHEREAS**, Metronaps is a company that creates EnergyPods (Sleeping Pods) that seat a user in a zero gravity position accompanied by “specifically composed sleep music” as well as cover the user using a privacy visor containing a timed waking system designed for “gentle but effective waking” [4][5]; and,

**WHEREAS**, EnergyPods were created out of a need to provide ergonomic, efficient, and private power napping in a workspace environment to prevent drowsiness and boost alertness, mood, productivity, and learning capacity [5]; and,

**WHEREAS**, according to CampusRec Magazine, students at the University of South Florida “identified a need for a space to take naps in between classes and study sessions” and advocated for a space to decompress in [6]; and,

**WHEREAS**, the University of South Florida accommodated to its students voiced concerns by creating the ReCharge Room within the Center for Wellness, Engagement, Leadership and Learning (WELL) containing two office spaces for rentable Metronaps nap pods; and,

**WHEREAS**, according to the director of the Office of Student Life and Engagement at the University of South Florida, Olivia Brennan, after the implementation of the ReCharge Room, students enjoyed the nap pods and offered very positive feedback; and,

**WHEREAS**, the University of Florida's Health Science Library contains two Metronaps nap pods on the second floor [7][8]; and,

**WHEREAS**, it can be reasoned that these nap pods may be best utilized in places of study for ease of access to and from studying and they would also serve the purpose of upholding student mental and physical wellness and flourishing in this manner; and,

**WHEREAS**, the University of Florida's Malachowsky Hall is a suitably large study building with accommodations that could be heightened with the addition of Metronaps EnergyPods provided to students to enhance their studying experiences [9]; then,

**THEREFORE, LET IT BE RESOLVED** that the University of Florida Student Senate recognizes the need for the addition of Metronaps EnergyPods in Malachowsky Hall to accommodate for long study hours; and,

**THEREFORE, LET IT FURTHER BE RESOLVED** that the University of Florida Student Senate commits to work closely with the facility operations administration of Malachowsky Hall to initiate the implementation of Metronaps EnergyPods into the facility for student use; and,

**THEREFORE, LET IT FINALLY BE RESOLVED** that the University of Florida Student Senate will support the installation of Metronaps EnergyPods to ensure maximum productivity and effectiveness of student studying hours within Malachowsky Hall.

*Proviso: A copy of this resolution shall be sent to Facilities Operations Coordinator, Jeannette Hamersmith.*

[1] [://www.studentsuccess.ufl.edu/well-being/#:~:text=At%20UF%2C%20we%20believe%20optimal,obstacles%20to%20their%20academic%20success.](http://www.studentsuccess.ufl.edu/well-being/#:~:text=At%20UF%2C%20we%20believe%20optimal,obstacles%20to%20their%20academic%20success.)

[2] <https://www.puirp.com/index.php/research/article/view/31>

[3] <https://www.sciencedirect.com/science/article/abs/pii/B9780444537027000099?via%3Dihub>

[4] <https://rest.works/en/solution-categories/nap-pods/>

[5] <https://metronaps.com/>

[6] <https://campusrecmag.com/usf-students-have-an-escape-with-nap-pods/>

[7] <https://library.health.ufl.edu/2017/06/30/relax-in-our-energy-pods/>

[8] <https://ufl.pb.unizin.org/ulaguide/chapter/hscl/>

[9] <https://www.eng.ufl.edu/about/new-buildings/malachowsky-hall-for-data-science-information-technology/>



Monish Vijayaraghavan  
Senate President

7/25/24

Date