

## **Annex 2: The Chronarium**

### **The Chronarium**

*By Loop.pH*

10 – 15 October 2015, The Cathay, 10am – 10pm (Free, open to public.)

The Chronarium is a public sleep laboratory presented as an immersive audio-visual environment that totally transforms the busy shopping mall location into a restorative, calm and contemplative experience. People living today sleep significantly less than generations before, and studies have shown that there is a correlation between chronic lack and poor quality of sleep and health implications.

With the quantity and quality of sleep being constantly challenged by round the clock communications and globalised business, it is becoming increasingly important to improve the quality of our resting time and develop the necessary skills for sleep. The Chronarium Sleep Lab explores the role of public space in tackling this challenge as a shared resource for health and well-being.

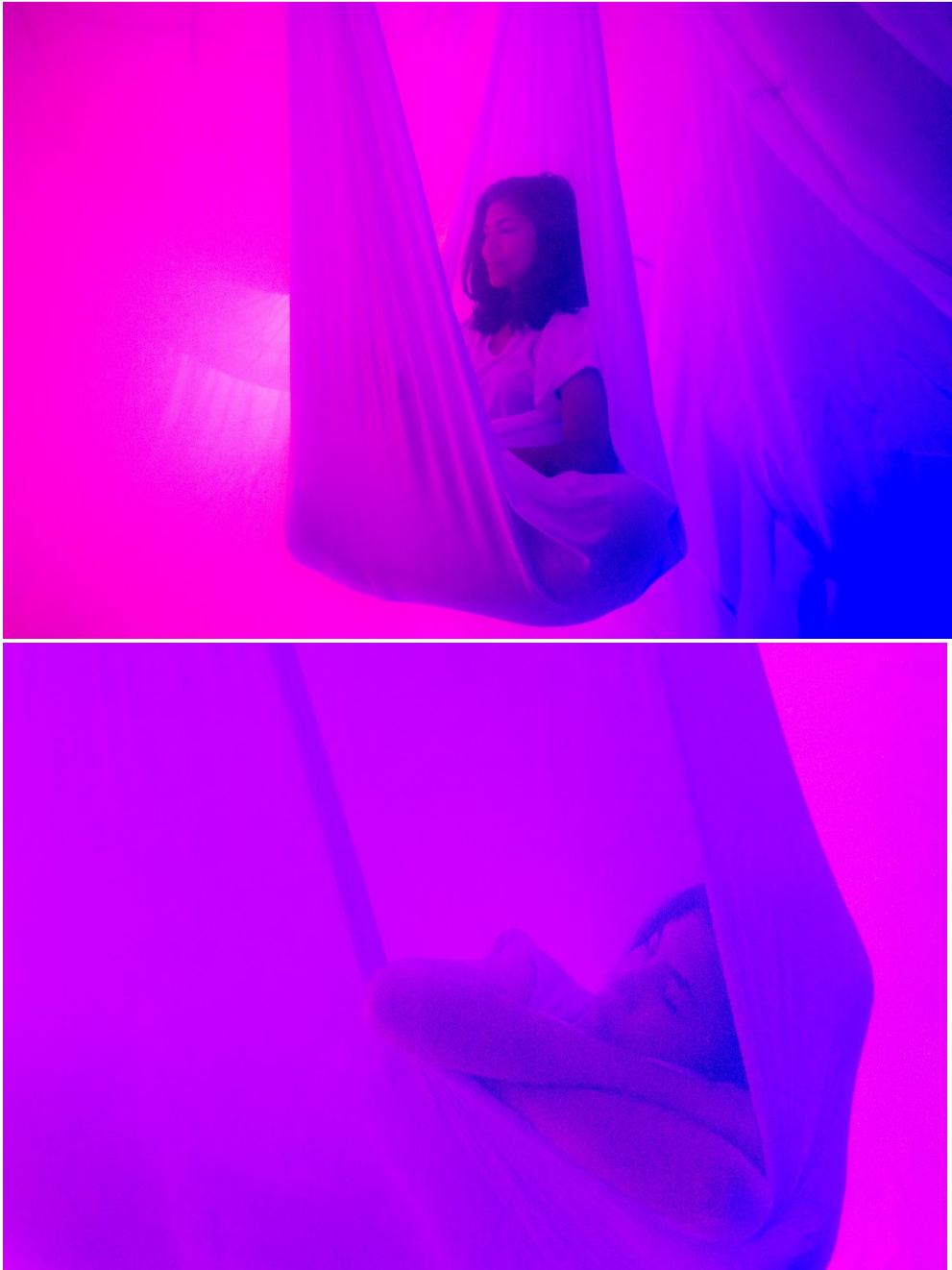
Once visitors have entered The Chronarium, they will be exposed to different environmental stimuli that aim to reset their internal circadian rhythm for better, more harmonious sleep. They will be invited to lie back and rest inside a huge hanging catenary net that gently rocks and moves inside the textile space.

The cyclical audio-visual programme is developed in consultation with a leading sleep scientist and looks to entrain the brain by encouraging a deep relaxation and rest over a 10-15 minute period using pink noise and a wash of coloured light.

### **About Loop.pH**

Loop.pH is a Spatial Laboratory traversing the worlds of design, architecture and technology to craft space into experiences that radically rethinks the future. The studio specialises in restorative placemaking using temporal, ephemeral architecture that hosts spectacular happenings.

Loop.pH is a London based spatial laboratory experimenting across the fields of design, architecture and the sciences. The studio was founded in 2003 by Mathias Gmachl and Rachel Wingfield to form a new creative practice that reaches beyond specialist boundaries. Their clients have included TED2015, BMW, EDF and the Amsterdam Light Festival.



*Photo credit: The Chronarium, Loop.pH*