

Table of Contents


```
@online{IEEEICECS2024CodeOfEthics,
title = {IEEE Code of Ethics},
author = {{IEEE}},
year = {2024},
url = {https://ieee-icecs2024.org/ieee-code-of-ethics/},
urldate = {2026-05-02}
}

@article{Guevara2026RiskMatrix,
title = {A Guide to Understanding 5x5 Risk Assessment Matrix},
author = {Guevara, Patricia},
journal = {SafetyCulture},
year = {2026},
month = {April},
day = {27},
url = {https://safetyculture.com/topics/risk-assessment/5x5-risk-matrix},
note = {Published article, accessed 2026-05-02}
}

@book{Osterwalder2010,
title = {Business Model Generation: A Handbook for Visionaries, Game
Changers, and Challengers},
author = {Osterwalder, Alexander and Pigneur, Yves},
year = {2010},
publisher = {Wiley},
pages = {-},
doi = {-}
}

@article{Helms2010,
title = {Exploring SWOT analysis – where are we now?},
author = {Helms, Marilyn M. and Nixon, Judy},
journal = {Journal of Strategy and Management},
year = {2010},
pages = {215–251},
doi = {10.1108/17554251011064837}
}

@book{Kotler2016,
title = {Marketing Management},
author = {Kotler, Philip and Keller, Kevin Lane},
year = {2016},
publisher = {Pearson},
pages = {-},
doi = {-}
}

@book{Lynch2015,
title = {Strategic Management},
author = {Lynch, Richard},
year = {2015},
```

```
publisher = {Pearson},
pages = {-},
doi = {-}
}
```

```
@article{Constantinides2006,
title = {The marketing mix revisited},
author = {Constantinides, Efthymios},
journal = {Journal of Marketing Management},
year = {2006},
pages = {407-438},
doi = {10.1362/026725706776861190}
}
```

```
@article{SwaanArons1999,
title = {A Knowledge Base Representing Porter's Five Forces Model},
journal = {Erasmus University Rotterdam},
year = {1999},
pages = {-},
doi = {https://repub.eur.nl/pub/753/eur-few-cs-99-02.pdf}
}
```

```
@article{Karadzhov2025,
title = {How to Create the Best PESTEL Analysis},
journal = {International Journal of Digital Research},
year = {2025},
volume = {1},
number = {3},
pages = {8--20},
doi = {https://doi.org/10.63711/ijdr.net20250301}
}
```

```
@misc{Amazon_LED_Product_B0CR18WJPL,
title = {LED Strip Lights – Multicolor RGB LED Tape (12 V, with Remote /
Controller)},
author = {{Amazon.es / Seller}},
year = {n.d.},
url = {https://www.amazon.es/dp/B0CR18WJPL},
note = {Accessed: 2026-04-09}
}
```

```
@misc{Amazon_LED_Product_B0DHKQ2S3H,
title = {LED Strip Lights Kit – RGB LED Tape (12 V, with Remote /
Controller)},
author = {{Amazon.es / Seller}},
year = {n.d.},
url = {https://www.amazon.es/dp/B0DHKQ2S3H},
note = {Accessed: 2026-04-09}
}
```

```
@misc{LEDKIA_RGB_LED_Strip,
```

```
title = {Fita LED RGB 12V DC SMD5050 60 LED/m 5m IP20, Width 10 mm, Cut every 5 cm – LEDKIA},
author = {{Worten / LEDKIA LIGHTING}},
year = {n.d.},
url =
{https://www.worten.pt/produtos/fita-led-rgb-12v-dc-smd5050-60led-m-5m-ip20-largura-10mm-corte-5cm-rgb-ledkia-mrkean-8445044142798},
note = {Accessed: 2026-04-09}
}

@misc{RaspberryPi4_Datasheet,
title = {Raspberry Pi 4 Model B Datasheet},
author = {{Raspberry Pi (Trading) Ltd.}},
year = {2024},
url =
{https://pip-assets.raspberrypi.com/categories/545-raspberry-pi-4-model-b/documents/RP-008341-DS-1-raspberry-pi-4-datasheet.pdf},
note = {Accessed: 2026-04-09}
}

@misc{ESP32_Datasheet,
title = {ESP32 Series Datasheet},
author = {{Espressif Systems}},
year = {2024},
url = {https://documentation.espressif.com/esp32_datasheet_en.pdf},
note = {Accessed: 2026-04-09}
}

@misc{ArduinoUNO_R4_Datasheet,
title = {Arduino UNO R4 WiFi Datasheet (ABX00087)},
author = {{Arduino}},
year = {2025},
url = {https://docs.arduino.cc/resources/datasheets/ABX00087-datasheet.pdf},
note = {Accessed: 2026-04-09}
}

@techreport{WH02025,
author = {{World Health Organization}},
title = {World mental health today: Latest data},
year = {2025},
institution = {World Health Organization},
isbn = {978-92-4-011381-7},
}

@article{Timberlot2025,
title = {Joinery Timber Price List (3–40m3)},
journal = {Timberlot},
year = {2025},
url = {https://timberlot.co.uk/price-list-joinery-timber-3-40m3/}
}
```

```
@article{GreenMatch2025,  
  title = {Eco-Friendly Insulation Materials},  
  journal = {GreenMatch},  
  year = {2025},  
  url = {https://www.greenmatch.co.uk/insulation/materials/eco-friendly}  
}  
  
@article{SDG2025,  
  title = {Sustainable Development Goals},  
  journal = {UNDP},  
  year = {2025},  
  url = {https://www.undp.org/sustainable-development-goals}  
}  
  
@article{LCA2025,  
  title = {ISO 14072:2024 | Environmental management – Life cycle assessment – Requirements and guidance for organizational life cycle assessment},  
  journal = {ISO},  
  year = {2024},  
  url = {https://www.iso.org/standard/86265.html}  
}  
  
@article{Kim2022,  
  title = "Daily Microbreaks in a Self-Regulatory Resources Lens: Perceived Health Climate as a Contextual Moderator via Microbreak Autonomy",  
  abstract = "Grounded in self-regulatory resources and conservation of resources theories, the current research examines poor self-regulatory capacity as a precursor to microbreaks and their possible outcomes at work. Full-time employees completed multiple online surveys for 10 (n1 = 779 daily observations) and 5 workdays (n2 = 1,024 daily observations). In Study 1, multilevel path analysis results showed that on days when employees had poorer recovery at home (i.e., poor sleep quality), they experienced higher fatigue in the next morning (low self-regulatory capacity) and thus took microbreaks more frequently at work. In turn, their engagement in microbreaks was related to higher work engagement during the day and lower end-of-work fatigue. Furthermore, perceived health climate was found to moderate the path from morning fatigue to microbreaks. In Study 2, we replicated and confirmed the serial mediation paths found in Study 1 (poor sleep quality → morning fatigue → microbreaks → work engagement and end-of-work fatigue). Building on Study 1, Study 2 also identified microbreak autonomy as a mechanism by which perceived health climate moderates the path between morning fatigue and microbreaks (i.e., mediated moderation effect). Exploratory analyses discovered intriguing patterns of socialization microbreaks versus other microbreaks, providing further implications for the theoretical perspective.",  
  keywords = "Fatigue, Microbreaks, Perceived health climate, Recovery, Self-regulatory resources",  
  author = "Sooyeol Kim and Seonghee Cho and Park, \{Young Ah\}",  
  note = "The authors acknowledge two presentations of earlier versions of studies from this study at the 2019 Society for Industrial and
```

```
Organizational Psychology annual conference in Washington DC and 2019
Academy of Management annual conference in Atlanta, Georgia",
year = "2022",
doi = "10.1037/apl0000891",
language = "English (US)",
volume = "107",
pages = "60--77",
journal = "Journal of Applied Psychology",
issn = "0021-9010",
publisher = "American Psychological Association",
number = "1",
}

@article{Radun2025,
title = {How Did the Addition of Soundproof Pods Influence Office Employees'
Experience?},
journal = {Turku University of Applied Sciences},
year = {2025},
url = {https://dael.euracoustics.org/confs/fa2025/data/articles/000431.pdf}
}

@article{SEA2025,
title = {Parametric Study of Speech Privacy in Semi-Enclosed Meeting Pods},
journal = {SEA-Acustica Conference Proceedings},
year = {2025},
url =
{https://documentacion.sea-acustica.es/publicaciones/Madeira21/ID171.pdf}
}

@article{Goyal2014,
title = {Meditation Programs for Psychological Stress and Well-Being: A
Systematic Review and Meta-Analysis},
journal = {JAMA Internal Medicine},
year = {2014},
url =
{https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754}
}

@article{Cho2022,
title = {Taking Microbreaks at Work Is Actually a Good Thing},
journal = {Blue Zones},
author = {Cho, Sophia},
year = {2022},
url =
{https://www.bluezones.com/2022/01/taking-microbreaks-at-work-is-actually-a-
good-thing/}
}

@misc{OpenSeedCo,
title = {OpenSeed – Immersive Wellness and Meditation Pods},
```

```
author = {{OpenSeed}},
year = {n.d.},
url = {https://openseed.co/},
note = {Accessed: 2026-03-25}
}

@misc{InhereMeditationPod,
title = {Meditation Pod – Relaxation Pods for Sale},
author = {{Inhere Studio}},
year = {n.d.},
url =
{https://inherestudio.com/meditation-pod-meditation-pods-for-sale-relaxation-
-pods-for-sale/},
note = {Accessed: 2026-03-25}
}

@misc{RelaxSpaceWellnessPods,
title = {RelaxSpace Wellness Pods – Immersive Relaxation and Meditation
Pods},
author = {{WellnessSpace Brands}},
year = {n.d.},
url = {https://wellnessspace.com/relaxspace-wellness-pods/},
note = {Accessed: 2026-03-25}
}

@misc{BreePod,
title = {BreePod – High-tech relaxation pod},
author = {{Breehealth}},
year = {n.d.},
url = {https://breehealth.com/breepod/},
note = {Accessed: 2026-03-25}
}

@misc{FrameryFour,
title = {Framery Four – Office pods and booths},
author = {{Framery}},
year = {n.d.},
url = {https://framery.com/en-us/office-pods-and-booths/framery-four/},
note = {Accessed: 2026-03-25}
}

@article{Albulescu2022,
title = {Give me a break! A systematic review and meta-analysis on the
efficacy of micro-breaks for increasing well-being and performance},
journal = {Journal of Occupational Health Psychology},
year = {2022},
url = {https://pubmed.ncbi.nlm.nih.gov/36044424/},
author = {Albulescu, P. and Macsinga, I. and Rusu, A. and Sulea, C. and
Bodnaru, A. and Tulbure, B. T.}
}
```

```
@article{Machinerydirective,  
title = {Directive 2006/42/EC - machinery directive},  
author = {{European Agency for safety and health at work}},  
year = {2006},  
url =  
{https://osha.europa.eu/en/legislation/directives/directive-2006-42-ec-of-the-european-parliament-and-of-the-council},  
note = {Accessed: 2026-04-30}  
}
```

```
@misc{LowVoltageDirective,  
title = {Low Voltage Directive (LVD)},  
author = {{European Commission}},  
year = {2016},  
url =  
{https://single-market-economy.ec.europa.eu/sectors/electrical-and-electronic-engineering-industries-eei/low-voltage-directive-lvd\_en},  
note = {Accessed: 2026-04-30}  
}
```

```
@article{EMCD,  
title = {Guide for the EMCD (Directive 2014/30/EU)},  
author = {{European Commission}},  
year = {2018},  
url =  
{https://ec.europa.eu/docsroom/documents/33601/attachments/1/translations/en/renditions/native},  
note = {Accessed: 2026-04-30}  
}
```

```
@misc{ProductSafety,  
title = {Directive 2001/95 EC - product safety},  
author = {{European Agency for safety and health at work}},  
year = {2023},  
url =  
{https://osha.europa.eu/en/legislation/directives/directive-2006-42-ec-of-the-european-parliament-and-of-the-council},  
note = {Accessed: 2026-04-30}  
}
```

```
@misc{EUR-LEX,  
title = {General data Protection Regulation},  
author = {{European Union}},  
year = {2016},  
url =  
{https://osha.europa.eu/en/legislation/directives/directive-2006-42-ec-of-the-european-parliament-and-of-the-council},  
note = {Accessed: 2026-04-30}  
}
```

From:

<https://www.eps2026-wiki2.dee.isep.ipp.pt/> - **EPS@ISEP**

Permanent link:

<https://www.eps2026-wiki2.dee.isep.ipp.pt/doku.php?id=refnotes:bib>

Last update: **2026/05/02 20:48**

