Table of Contents

```
@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/do
cuments/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{WHO2025,
  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,
author = {Sooyeol Kim and Seonghee Cho and Young Ah Park},
title = {Daily microbreaks in a self-regulatory resources lens: Perceived health climate as a contextual moderator via microbreak autonomy},
journal = {Journal of Applied Psychology},
year = {2022},
volume = {107},
number = {1},
pages = {60--77},
doi = {https://doi.org/10.1037/apl0000891}
}

@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.}
}
```

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&rev=1776882579

Last update: **2026/04/22 19:29**