

# Bloem



About 1 out of 8 people suffer from mental health issues like burnout or depression.

## Context

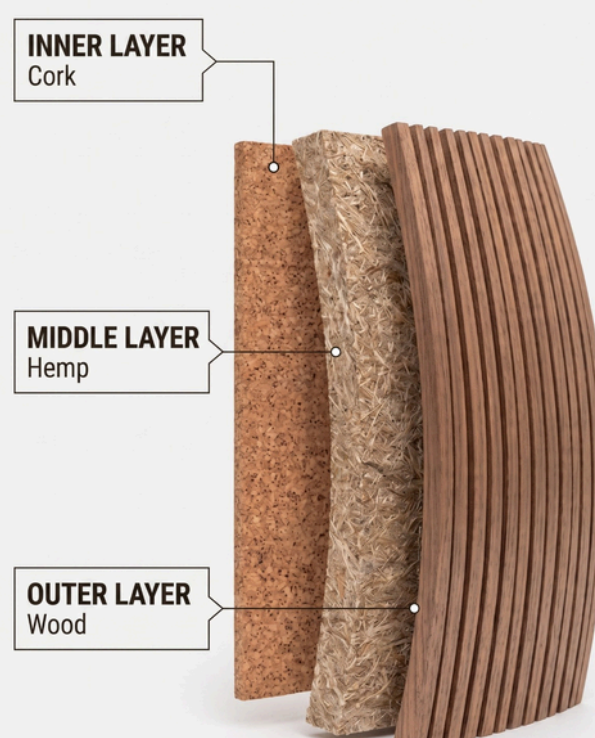
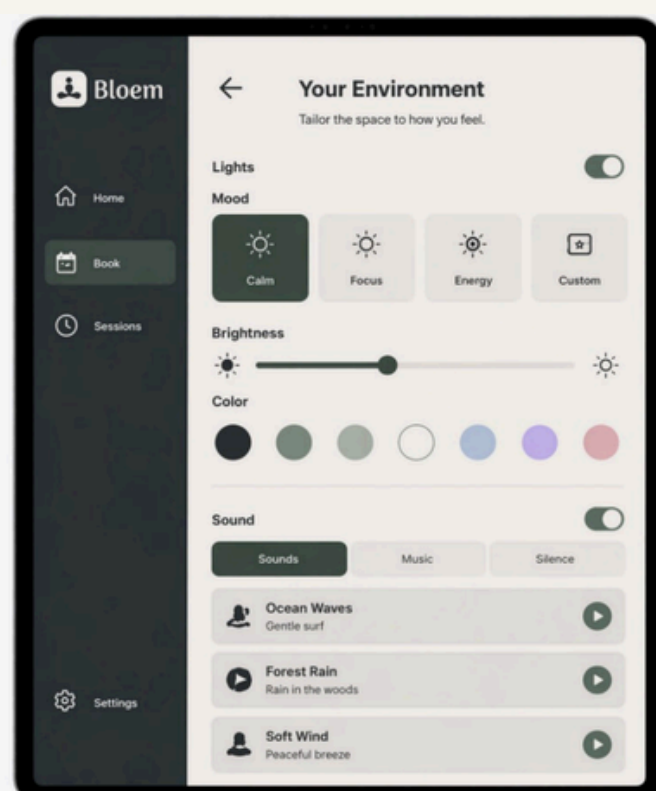
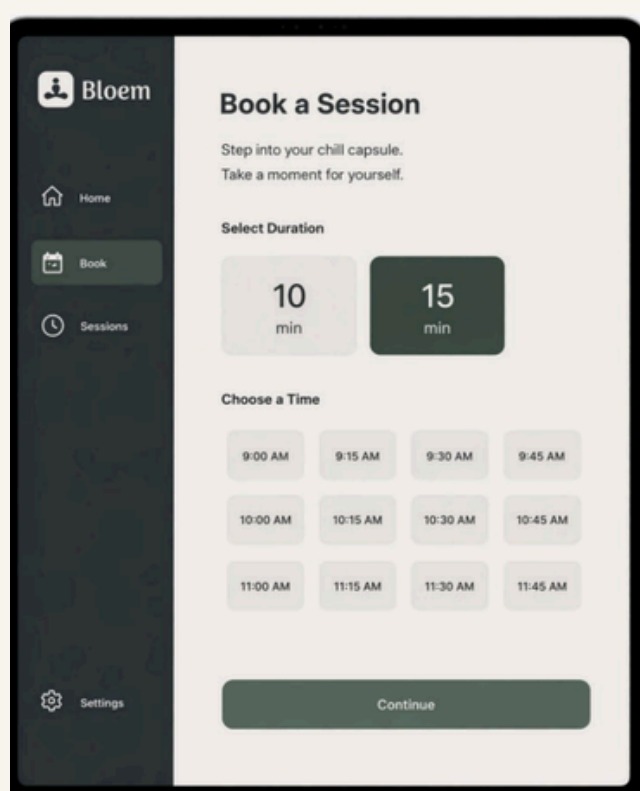
Modern work and study environments are often noisy, stressful and overstimulating. Many people struggle to relax or focus during the day due to a lack of quiet spaces. Bloem was developed to create a compact and calming retreat for short mental breaks in offices, universities and shared spaces.

## Solution

Bloem is a compact relaxation capsule designed for short breaks of 5–15 minutes. Through acoustic insulation, soft lighting and calming elements, the capsule supports relaxation, focus and mental recovery.

## Usage

Users can enter the capsule by reserving a timeslot to relax, meditate, practice breathing exercises or disconnect from external noise. The design is intuitive, comfortable and easy to use without instructions on the tablet.



## Technical Parts

Bloem combines sustainable materials, acoustic insulation and integrated technology. Cork, hemp and wood improve sound absorption and sustainability, while the tablet controls the LED lighting and optional speakers enhance the user experience with the Bloem app.

# Better breaks create better work