



User  
**Manual**

[ CAPSULE PRODUCT IMAGE ] TBD

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Introduction to

# Bloem

Bloem is a compact relaxation pod designed to bring moments of calm into modern, busy work environments. Whether you need to clear your mind, take a proper breath, or simply step away from the noise of an open-plan office, Bloem provides a private, acoustically shielded space for short breaks during your workday.

The pod supports sessions between 5 and 15 minutes and offers a range of relaxation activities, from guided meditation and breathing exercises to nature soundscapes and gentle stretching prompts, all supported by adjustable RGB lighting and a warm, sustainable interior.

Bloem was developed during the European Project Semester (EPS) 2026 at ISEP, Porto, by an international, interdisciplinary student team committed to sustainable, human-centred design.

Product

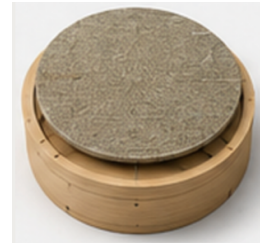
# Overview



10x Structural wooden beams



10x Wall panels



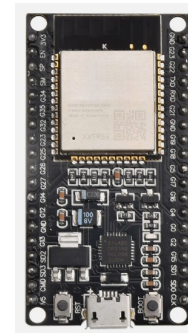
1x Floor Module



1x Cushions & soft components



1x Top Module



1x Eps32



1x Tablet



1x Led Strip



1x speaker

## Structure & Materials

- Egg-shaped wooden frame — vertical interlocking ribs, inspired by traditional joinery techniques
- Cork interior lining — provides sound absorption and a warm, tactile surface
- Hemp insulation blocks — dense acoustic barrier wrapped around the exterior of the frame
- Plywood floor — stable base for standing, sitting, or light movement
- Cushioned seating area — soft fabric-covered foam for comfort
- Door with hinges — provides full enclosure and sound sealing when closed
- Ventilation holes — passive airflow channels built into the wooden panels

## Smart System Components

- Tablet (mounted on exterior) — used to book sessions, adjust lighting, and select audio
- RGB LED strip — provides fully adjustable, calming ambient lighting inside the pod
- Bluetooth speaker — delivers nature sounds, guided meditations, and breathing cues
- ESP32 microcontroller — receives commands from the tablet and controls all hardware
- BH1750 light sensor — monitors ambient light levels to assist automatic lighting adjustment
- 12V power supply — powers the complete electronic system

How It

# Works

Bloem is designed to be completely intuitive. Everything is controlled from the tablet mounted on the exterior of the capsule. No account, login, or prior knowledge is required.

## Booking a Session

- Tap the tablet screen to wake the interface
- Select your session duration: 5, 10, or 15 minutes
- Choose a relaxation mode:
  - Nature Sounds — ambient audio without narration
  - Guided Meditation — step-by-step audio meditation
  - Breathing Exercise — paced inhale / exhale audio cues
  - Stretching Guide — gentle movement prompts
  - Silent — lights only, no audio
- Adjust the lighting colour if desired, or leave the default calming setting
- Tap 'Start Session' — the exterior indicator light turns on, showing the pod is occupied

## During a Session

- Step inside and close the door — the cork and hemp layers reduce external noise significantly
- Lighting and audio activate automatically when the session begins
- Brightness and volume can be adjusted at any time using the interior panel
- When the session ends, the lighting shifts gently to signal the end
- You can also end early at any time by tapping 'End Session' on the tablet

## After a Session

- Leave the door open for at least **5 minutes** to allow fresh air to circulate through the interior before the next user
- The system resets automatically — the pod is then ready for the next booking

Daily Use

# Instructions

To get the most from Bloem and keep the capsule in good condition for everyone, follow these guidelines during daily use.

## Before Your Session

- Check that the exterior indicator light is off — this confirms the pod is free
- Ensure the interior is tidy before entering
- Do not bring food or drinks inside the capsule

## During Your Session

- Close the door fully for maximum acoustic isolation and privacy
- Respect the booked session length — other users may be waiting
- Maximum session length is 15 minutes
- The door is never locked — push it open at any moment to exit

## After Your Session

- Leave the door open for at least **5 minutes** after every session — this is essential for air circulation and freshness for the next user
- Report any technical issues (lighting, audio, tablet) to your facility manager
- Do not leave personal belongings inside the capsule

## General Guidelines

- Bloem is designed for one user at a time
- Do not attempt to modify the lighting, speaker, or tablet hardware
- Wipe down interior surfaces gently with a dry cloth if needed — avoid all moisture
- Do not lean heavily against the cork-lined walls — cork is a functional acoustic material, not a structural support surface

Guide to the

# Installation

Professional installation by our certified technicians is included in the purchase price of every Bloem capsule. Our team will handle all structural assembly, electrical connections, and system commissioning on-site at your preferred location.

To arrange your installation appointment, contact us at [info@bloem.pt](mailto:info@bloem.pt) with your location and preferred dates.

**Certified installation is strongly recommended.** Improper self-installation may affect structural stability and will void the warranty.

## Self-Installation Guide

If you choose to carry out installation yourself, please contact our technical team at [info@bloem.pt](mailto:info@bloem.pt) before proceeding. The flat-pack packaging is numbered for assembly.

[ SELF-INSTALLATION STEPS ] TBD

## Warranty

# Conditions

This product includes a 2-year limited warranty from the date of purchase.

### What the warranty covers

- Defects in materials or workmanship under normal indoor use conditions
- Malfunctions of electronic components (lighting, speaker, microcontroller, sensor) not caused by misuse
- Structural issues arising from manufacturing defects

### What the warranty does not cover

- Damage from improper self-installation, unauthorised modifications, or relocation
- Damage caused by exposure to outdoor conditions or excessive moisture
- Normal wear and tear on soft furnishing materials (cushions, fabric)
- Damage to cork or hemp lining caused by misuse or deliberate force
- Electrical damage caused by use of non-approved power sources

### Warranty Claim Process

To initiate a warranty claim:

- Contact us at [info@bloem.pt](mailto:info@bloem.pt) with your proof of purchase and a description of the issue
- Our team will assess the claim and may request photographs or an on-site inspection
- If approved, we will repair or replace the affected component at no additional cost

*Note: The warranty is valid only for products installed and used in accordance with these guidelines.*

## Safety

# Guidelines

To ensure safe and comfortable use of the Bloem capsule, please follow these guidelines at all times.

- Have the capsule installed by a certified professional
  - Ensures structural stability, electrical safety, and full warranty coverage.
- The door is never locked from the inside
  - You can exit at any moment by simply pushing the door open.
- Leave the door open for at least 5 minutes between sessions
  - Essential for maintaining air quality and freshness inside the capsule.
- Do not block the ventilation holes
  - Adequate passive airflow is essential for user comfort during sessions.
- Do not open or tamper with the electronic components
  - The ESP32, LED strip, power supply, and speaker are low-voltage and safe, but must not be modified.
- Keep the unit connected to power as instructed
  - Disconnecting power mid-session will affect lighting and audio.
- Maximum one user at a time
  - The capsule is designed for individual use only.
- Not recommended for users with severe claustrophobia
  - If concerned, try sitting inside with the door open before a full session.
- Keep away from unsupervised children
  - The capsule is intended for adult workplace use only.

## Frequently Asked

# Questions

### **Q: Is the capsule soundproof?**

A: Bloem significantly reduces external noise through its multi-layer cork and hemp insulation system. It is designed to provide sufficient acoustic isolation for relaxation in open-plan office environments. Complete silence is not guaranteed, but noise reduction is substantial.

### **Q: How do I book a session?**

A: Tap the tablet screen on the exterior of the capsule, select your session duration and relaxation mode, then press 'Start Session'. No account or registration is required.

### **Q: What if I need to leave before my session ends?**

A: Tap 'End Session' on the tablet, or simply push the door open to exit. The door is never locked.

### **Q: Why must I leave the door open after a session?**

A: Leaving the door open for at least 5 minutes allows fresh air to circulate through the cork and hemp interior. This maintains air quality and ensures the environment stays fresh and comfortable for the next user.

### **Q: Can I adjust the lights and sounds during a session?**

A: Yes. The interior panel lets you adjust brightness and volume at any time during your session.

### **Q: What happens when the session timer ends?**

A: The lighting shifts gently to signal the end of the session. The system then resets automatically and the capsule becomes available for the next booking.

### **Q: Is the capsule safe for people with anxiety?**

A: Bloem is designed to feel welcoming and non-threatening. The door is never locked and opens instantly with a simple push. If you are unsure, try sitting inside with the door open before committing to a full session.

### **Q: Who installs and maintains the capsule?**

A: Installation is carried out by our certified technicians and is included in the purchase price. For ongoing maintenance or repairs, contact [info@bloem.pt](mailto:info@bloem.pt).

**Q: Can the capsule be relocated after installation?**

A: Yes, but relocation must always be carried out by a qualified technician. Self-relocation may affect structural stability and will void the warranty. Contact us to arrange this service.

**Q: What is the capsule made from?**

A: Bloem uses a plywood wooden frame, cork tile interior lining, hemp insulation blocks, and sustainable soft furnishings. All materials are selected for their low environmental impact and long-term durability.

Let's Stay

# In Touch

Our website

[www.bloem.com](http://www.bloem.com)

Our e-mail

[info@bloem.pt](mailto:info@bloem.pt)

