

ZEN ROOM

REQUIRED AREA	300 SQFT		
USERS	Medical students		
BEHAVIOR PATTERN	Relaxation, sleeping/ napping, meditation, prayer		
ENVIRONMENTAL QUALITIES			
	Lighting	Required: 250-500 lux lighting, ambient lighting Recommended: Recessed lighting, adjustable lighting (dim to bright, color options)	
	Acoustics	Required: Meet ANSI S 12.60 standard. Recommended: Acoustic treatment panels, acoustic ceiling baffles.	
	Electrical	Required: Meet NFPA 70 and IBC 2702.1.1 -2702.1.8 standards. Recommended: Outlets for appliances and charging personal devices.	
	Ventilation	Required: Meet ASHRAE Standard 62.1 and 62.2.	
ARCHITECTURAL ELEMENTS			
	Doors	Door opening with a minimum clear width of 32".	
	Windows	If possible, provide windows with adjustable shading to allow for daylight and views of nature.	
	Walls	Required: Interior wall - 2x4 wood studs, 5/8" gypsum wall board with 3.5" wood and texture finish on each side. Insulation core material should conform to ASTM D 2559. Partitions with minimum STC rating of 50 (ASTM E413-16, 2016).	
	Floors	Floor construction should accommodate all loads and conform to AF&PA Wood Frame Construction Manual (WFCM). Recommended: soft flooring material (ie. the use of carpeting or floor rugs)	
CIRCULATION	An unobstructed 36" wide path of travel should be present at all times (ADA). Exit signs should be clearly marked and adhere to NFPA 101.		
FF&E	QTY	NOTES	DIMENSIONS
Cushions	4	Soft cushions that can be placed on the floor to be sat on or against the wall.	36" x 36"
Floor Lamps	4	To provide additional lighting if necessary.	6' x 1'
Plants	4	Used to provide a sense of comfort and support relaxation.	1.5' x 8"
Side Table	4	To place items on.	26" x 15"
Basket	1	Holds blankets, coloring books, other items to destress.	14" x 17" x 12"
Decorations	N/A	Additions throughout the space that reflect a sense of relaxation and calm.	N/A