



## THE DISTILLERY ROOMS CLIFTON

### Supporting Research

#### Colour

Exposure to both blue and green has been shown to enhance performance on tasks that require generating new ideas.

Blue, not surprisingly, is associated with calm, promoting mental clarity, control and creative thinking. Some studies even suggest it can produce twice as many brainstorming results when compared to a red environment!

#### Light

Natural light fosters superior creativity in terms of idea generation, probably because it encourages a feeling of freedom. To the contrary, bright light levels were more conducive to analytical and evaluative thinking *Journal of environmental psychology, September 2013. Anna Steidle and Liona Werth.*

“Natural light contains what is called ‘blue light’. It boosts the immune system, increases dopamine levels and lowers cortisol levels. This means that being in a naturally-lit room will make you feel less anxious, happier and more productive.” *Araceli Camargo, a cognitive neuroscientist – [article in the Guardian on office productivity.](#)*

#### Greenery

Indoor plants in an office can prevent fatigue during attention demanding work.

Benefits of plants can also occur in offices with a window view to nature *Journal of environmental psychology, March 2011. [Ruth K. Raanaas, Katinka Horgen Evensen, Debra Rich, Gunn Sjoström, Grete Patil.](#)*

#### Temperature

[A 2004 study from Cornell University](#) found that temps of 68° or lower in an office increased worker errors. When temperatures were maintained at 20°C, employees made 44% more mistakes than at optimal room temperature, 25°C.

#### Touch

It's a well-known fact natural materials like wood and textiles like the soft wool in a shag rug are often associated with a “warm, cosy feeling.” On the other hand, materials like metal and plastic can convey sterility and coldness and are generally not very inviting.



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### Scent

According to a recent article in [Apartment Therapy](#), five scents can help boost productivity: cinnamon, mint, lemon, orange and rosemary.

### Flooring

Natural elements, including natural light, live plants, scenic views and even wooden flooring, are likely to enjoy a better sense of wellbeing and be more productive, a new report has found.

Employees who work in environments with natural elements reported a 13% higher level of wellbeing and are 8% more productive overall – [Forbes Magazine September 2013](#).

### Water

A Gensler NextGen Study indicates lack of water is the greatest source of fatigue for workers. We are a dehydrated faction, and a lack of our body's most essential component is what leads to feelings of lethargy.

### Air

Negative ions are found in areas of moving water (the beach, waterfalls, rivers), dense trees, and high altitudes. It is thought that the negatively charged air in these areas can increase the flow of oxygen to the brain and improve mental alertness.