Napping Areas and Nap Pods in Academic Library

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Abstract

Background of the study: The library is a place for users to find information, as well as a place to improve the intellectual quality of users. Along with changes in learning styles and obtaining changing user information, libraries are required to follow the development and learning styles of users by providing supporting facilities and infrastructure, one of which is napping areas or nap pods.

Purpose: The purpose of this study is to determine the importance of implementing a napping area in the library.

Method: This study uses qualitative research with a literature study approach that emphasizes the use of reference sources to obtain data from literature.

Findings: The results of the study indicate that the provision of a napping area as a temporary resting place for users needs to be facilitated by libraries in universities considering that developed countries have also implemented these facilities. This is done so that users feel comfortable and refreshed to restart their activities in doing academic tasks and improve quality in the world of education.

Conclusion: The importance of implementing a napping area in the library can also provide a unique experience and increase the number of visitors who are decreasing day by day, on the other hand it also increases learning commons as an interesting renewal in the library with the existence of a napping area in the library.

Keywords: napping area, nap pod, library, learning commons.

Introduction

Libraries have a mission to provide adequate access to information for users. The library also needs to provide a comfortable place to give peace and comfort to users. The problem that is often found in libraries is the lack of interest in visiting users to the library to read references or simply coming (Noviani et al., 2014). The importance of providing supporting facilities and infrastructure to attract users' hearts to visit the library. The library will be helpful if the number of visitors increases and has a diverse collection with adequate facilities (Ikhsan, 2020). The users' comfort is undoubtedly influenced by every aspect of the library, including the provision of library space that supports researchers in managing their findings.

Library spaces are currently being designed not only to stimulate and support creativity, reflection, exploration, and innovation but are also expected to impact user learning (Spencer & Watstein, 2017). The emergence of *learning commons* as a library concept that focuses on learning spaces in a library is expected to be able to complete the various needs of the library's userspace.

Learning commons have a more significant influence on making it easier for users to interact with information in meeting user needs effectively on a broader scale than conventional libraries in general (Oliveira, 2018). However, several things need to be known in improving *learning commons* in libraries, according to (Accardi et al., 2010), namely, 1) collaboration with other parties in the procurement of facilities and infrastructure to improve learning, 2) an excellent strategy to determine a holistic learning model by unifying the thoughts of librarians, 3) a unifying vision of *learning commons* that integrates campus stakeholders, 4) flexible perception in planning changes in *learning commons* by library leaders and campus parties. It importance to implement *learning commons* for libraries in the future by following the user learning model, well-resourced spaces, movable furniture with attractive designs, technological tools, collaborative spaces for exchanging ideas, and professional users.

A central element in contemporary library design offers the opportunity to change the role of libraries on campus from information providers to facilitators of learning. The campus needs to provide *learning commons* with multipurpose rooms and interactions to support library learning (Razi et al., 2021). This collaborative environment unleashes students' potential to manage and create their knowledge and contributes to enriching social education and one's life. Study rooms do not only provide facilities related to the curriculum (Massis, 2010) but also need to provide facilities and infrastructure such as discussion rooms with modern tools (Andrews, 2017) and even places to play games and rest. Through game elements, academic libraries can enhance the user experience by providing students with meaningful, satisfying work and cater to their learning style and information-seeking behavior. This shows how games can be a viable tool not only for delivering information literacy (IL) instruction in a collaborative learning environment but also effectively engaging and engaging students to use library resources and services.

Learning commons with adequate facilities make the enthusiasm of the users to continue to improve their skills and abilities. However, it will also provide opportunities for users to learn flexibly, search for information using internet facilities, interact with colleagues and tutors while eating food and drinks in a library. Therefore, librarians must reflect on their role in supporting severe research on the provision of library space (Hidayatullah et al., 2020). But not infrequently found in the corners of the library there are some users who sit in the aisles of shelves, in the corner of the building and even on the stairs to rest because they are tired of academic activities. Several studies have proven that users are comfortable when they can relax, sleep and eat in the library (DeClercq & Cranz, 2014; Yuliana, 2018). Users often describe

feeling comfortable if this can be done while in the library (Given & Archibald, 2015).

Most students lack time to rest, which affects their ability to conduct scientific research and activities on campus. Understanding that many students also lack sleep because staying up late to socialize, organization and other activities make students unable to focus on learning, Mednick argues that naps are a survival mechanism for college in order to get a lot of stamina to face various things in lectures (Waxman, 2014). This is the primary basis for several universities to realize the importance of a bedroom for students and the library is an ideal location to know it. The reason for the need to provide facilities and nap pods is because librarians always see users who always sleep on study tables and sofas or behind library shelves (Emma, 2018). This paper discusses the provision of facilities that do not only focus on how to educate users, but also concerns related to facilities that are able to provide a different experience for users who visit the library with the facilities needed by users.

Method

This research uses a library approach or better known as literature study. Literature study is an activity related to the process of collecting library data, reading, and taking notes and managing research materials then researchers conclude research materials that have been handled previously. This study is based on a documentation study by collecting data and information regarding the use of napping areas and nap pods on library websites that utilize these facilities.

There are several procedures that need to be carried out in literature research, namely 1) exploring research ideas, 2) looking for data about the research theme, 3) confirming the research focus, 4) looking for reference sources from books and articles, 5) re-organizes the reading material, 6) checks and reanalyzes references in order to answer the problem formulation, 7) reproduces and strengthens data analysis, and 8) compiles research results. Literature research emphasizes more on utilizing online observation data collection techniques and documents so that there is no need to go directly to the field. After the data is obtained, data analysis will be carried out using descriptive content analysis, this will determine and validate the results of research in a qualitative approach. This research was conducted by identifying the problems that occur in the library. Inclusion criteria are criteria that need to be met and can be taken as a sample. While the exclusion criteria are population characteristics that cannot be sampled (Snyder, 2019). Inclusion criteria for literature sources or journals and websites that discuss napping areas and nap pods as well as several library references that have applied the concept. While the inclusion criteria include literature sources that do not fully discuss the napping area, but the direction of the discussion leads to library design and user comfort while in the library.

Result and Discussion

Libraries supporting the well-being of students

The facilities provided by the users cannot be separated from the desire of the library to always give its own satisfaction to the users. Some of the facilities and infrastructure expected by users to be included in the library are print and digital collections, expansive ceilings, more rooms for face-to-face meetings, theater rooms, reading rooms, collaboration rooms, sofas, air conditioning, computers, systems with 3D modeling, and others are indeed beneficial for users (Kotnaei & Omidvar, 2017). The William T. Young Library located at the University of Kentucky (Wasielewski, 2009), provides food, drinks, dance lessons, photo boxes, and other activities that can make users comfortable. But the provision of a particular room for resting

also needs to be provided by the library.

The concept of a napping area and a nap pod will provide a breath of fresh air for visitors if they want to rest between campus activities undertaken by a user. As in the past, users are prohibited from bringing food and drink into the library to keep the collection from getting stained from food and drink. However, currently some libraries have allowed users to bring food in the library while reading the required group. These changes will continue to occur according to the times and learning styles of users, because the library will be abandoned by its users if the services provided are not in accordance with the needs of users.

There is a structural theory proposed by Robert K that identifies two types of functions, namely manifest and latent, first, the manifest process is something that is patent or recognized, while the laren function is something that is hidden, but this phenomenon sometimes occurs (Muhammad, 2018). If applied in the library, the manifest process in the library is as a place to find information, study, and research, but the latent function that occurs in the library is that the library is currently used as a place to wait for the change of hours of study, worship, eat, and rest or sleep. It is not uncommon for users to fall asleep in the library anymore. Libraries as a place to sleep by some users should not be seen as something harmful from the personal condition of the users. The choice of the library as a place to sleep and rest is either intentional or unintentional, because the users consider the library as the safest place to rest for a while coupled with music accompaniment and means of air conditioning.

Sleep has always been the most essential part of human life. Usually humans will sleep at night, then wake up in the morning and then sleep again during the day if tired (Kryger, 2017). However, currently the average amount of sleep a person on weekdays is only 5-6 hours. Though adequate sleep is an essential factor in a person's health. Sleep is a process needed by a person to form new cells and repair damaged cells, to repair these damaged cells, a person is required to rest so that the body's metabolism can be maintained. Then, how does the library help students get enough sleep to keep their productivity functioning.

User convenience has become a top priority for libraries in recent years. The service offerings provided by the library help students connect with information, including the provision of innovative services to reduce stress and frustration experienced during the research process. Among them are several games, the condition of coffee shops, tea, and other foods. Of the many benefits that are felt by users during this program, providing a sleeping room for readers or a *naps station* is one of them.

Benefits of Naps

Sometimes people mistake the symptoms of sleep deprivation for other conditions. When someone has difficulty sleeping it is only interpreted as the effect of fatigue. In fact, according to Mednick and Drummond (2010), fatigue can occur not only as an influence but can also have an impact on mentality which causes a person to have difficulty sleeping.

Since 2014, a number of universities worldwide have introduced dedicated sleeping areas in The University of Michigan's "nap station" libraries (Chant, 2014), the University of Manchester's "Zzz Zone," and the University of Edinburgh's planned nap pods (McCarthy, 2016). This program legitimizes a practice that was once forbidden by the library to sleep in the library. Each student who uses nap pods is only given 20 minutes. The provision of nap pods at the University of Manchester's Zzz Zone is part of an informal experiment on how naps can optimize the brain's ability to learn and retain information.

Figure 1. The first UK student 'nap pod' was introduced by Manchester University

Some researchers have shown that naps have good benefits for healthy people, but others have shown that this is not the case. Most people who pay attention to their health are careful to take too long naps because it will reduce the quality of their sleep at night. (Buboltz et al., 2006) suggest that naps should be no more than one hour. Apart from neutral or *negative* regarding *naps*, *naps* one of the topics discussed in the 2020 top trends in academic libraries (Allison, et al., 2020).

Figure 2 Sleep pods are part of the program at BCIT at the library. (Dillon Hodges/CBC)

A healthy place is a place that can prevent stress in the first place, by providing working hours according to working hours, a supportive environment, having reasonable time control and management, providing time off to relax and rest, and being free from stress. intimidation of people around (Pfeffer, 2020). There are even studies that show that resting or sleeping during the day can be the difference between a person graduating or not at school.

A study published in a journal discusses, lack of sleep in the summer can make students get lower grades compared to other students who maintain their rest and nap patterns (Olivia, 2014). Apart from Nap pods at Manchester University and Sleep Pods BCIT at the library. Saint

Leo University in Saint Leo, Florida and several other universities also implement relaxation rooms or napping areas designed to provide comfort, soft music, and innovative technology to create a unique nap experience.

Amanda Brown, 21, a senior elementary education major, naps every day around noon in the relaxation room at Saint Leo University in Saint Leo, Florida. Benjamin C. Watters, courtesy of Saint Leo University

Figure 3. Naps pod and relaxation room at Saint Leo University, Florida

The importance of student welfare in universities is a top priority, not only universities but libraries also need to participate in this. In addition to providing collection materials that can be accessed anywhere and anytime (Kaur & Gaur, 2017), libraries also need to provide innovative and creative services that are able to reduce the stress that students go through in lectures. One of the main benefits when providing a napping area in the library is that students who are studying in the library do not leave the library again to go home to rest at home or at the boarding house. Because once they left the library to go home for a nap, they probably would not come back to the library again.

Procurement of nap pods in libraries can take advantage of the grant funds and collaborate with several other stakeholders. FIU's Glenn Hubert Library located on the Biscayne Bay Campus, installed the EnergyPod by Metronaps in October 2017 (Malaika, 2018). By seeing the number of users resting in the Gleen Hubert libraries, FIU established Energypods to assist users in neutralizing their minds. Teaching staff and library staff, inspired by similar pods at Google Headquarters, work to create a relaxed and productive environment for students.

Eliana Morales, a senior majoring in public relations, takes advantage of the new EnergyPod located in the first floor of the Hubert Library at the Biscayne Bay campus. Photo by Malaika Desrameaux/PantherNOW

Figure 4. EnergyPod in Biscayne Bay Campus, North Miami

Currently, there are many regulations made by the library as if visitors are not allowed to do activities other than studying quietly in the library. These regulations discourage visitors from visiting the library. Edith Cowan University in Australia enables users to talk, eat and even sleep in the library using nap pod technology. The provision of nap pods in the library is because David Howard University librarian always sees users who are always sleeping on tables or hidden behind shelves (Emma, 2018). For this incident, the library provided them with a room to sleep as feedback from their patrons.

The sleeping pods at the Edith Cowan University library in Joondalup. (720 ABC Perth: Emma Wynne)

Figure 5. The sleeping pods at the Edith Cowan University library in Australia

Various innovations have been made by the library such as providing discussion rooms, sports venues, spaces with green screens in them, mini cinemas, cafes, soft sofas and computer rooms, professional librarians (Hidayatullah, 2021). However, it would be nice if the library could also provide a place to rest for users who visit the library. The provision of a resting site with different music in the library can also increase the interest of seeing visitors and help users to rest for a while while waiting for the following class change. Institutions or library managers must be required to be creative and innovative so as not to be abandoned by their users. This is in accordance with the research conducted by Trembach (2017) with the research title The whys and hows of academic library space assessment: a case study. This research, which was conducted at the Michener library, received responses from several students regarding the provision of a break room or facility, namely a nap pod. This can be seen from 31 percent of students' responses with 27 comments. Although the Michener library does not yet have a nap pod, this is one of the choices of facilities that must be provided in the future.

Discussion

Provision *of sleeping areas* or *nap pods* in the library is needed to help students rest in between their busy lives. Napping is beneficial for the formation of long-term memory and is a tool that many people use to increase morale during the day (McDevitt et al., 2018). It is proven that a 20-minute nap has excellent benefits on the brain as information storage (Ribeiro et al., 2020).

Students who are also involved in education, of course, really need a *sleeping area* or *nap pods* in the library to rest for a while and revisit their assignments. For the design of the nap pods themselves, we recommend making the nap pods wholly closed to increase the privacy of the students who use them without leaving the slightest doubt. The existence *nap pods* allow students to sleep comfortably while listening to music and colorful lighting to help refresh students' minds. The implementation of sleeping areas and nap pods also certainly provides a different experience for every student who has taken advantage of these services.

After the renovations and changes that occurred in the library, the procurement of technology-based tools certainly did not end there. When users or students in a university see the procurement of technology-based tools in the library, it will have an impact on increasing student traffic or visiting interest. Readers will also see more students collaborating with their peers, even helping libraries to think about what digital-based tools they need in the library. Currently, there are still many libraries that are still too focused on providing references and reading materials in the library, while the quality of their services is still low.

User perceptions of ease of use, perceived usefulness and affinity within the library are significantly influenced by system quality and service quality, not information or collection quality (Xu & Jia Tina Du, 2018). In the past, the library was only said to be a place for storing books or a book warehouse (Saleh et al., 2014) and the function of the library in the Law of the Republic of Indonesia Number 43 of 2007 article 3 "The library functions as a vehicle for education, research, preservation, information, and recreation to improve the intelligence and empowerment of the nation". Currently, it is difficult to restore the original library function due to the times, but the focus point at this time is how to provide services according to the needs of users by giving the appropriate collections needed by users in the library. This change is the duty of the librarian and the library manager to always provide facilities to maintain the library as a central room, especially in universities and a favorite space for users.

The use of the napping area in the library is still rare and only a few university libraries provide these facilities, one of which is the Library at the University of Michigan in Ann Arbor

An April 29, 2014 photo shows the napping station that was implemented at the Shapiro Undergraduate Library at the University of Michigan in Ann Arbor, Michigan. The Michigan Daily, Allison Farrand – AP

Figure 6. Library at the University of Michigan in Ann Arbor

In the fall of 2014, there was a university that made a breakthrough by providing a particular nap room in the library at the University of Michigan (Waxman, 2014). This library offers six mattresses and pillows in a spparticularoom. The time allotted for each user who wants to take advantage of this facility is 30 minutes. The provision of this facility was the idea of a student named Adrian Bazbaz who often saw the library's users sleeping in front of their computers. This is what underlies the napping station in the Library at the University of Michigan. Meanwhile, the use of nap pods in several libraries at universities already exists, such as at the Manchester University (Charlotte, 2015), British Columbia Institute of Technology (Lien Yeung, 2016) Saint Leo University Library (Waxman, 2014), Biscayne Bay Campus Library (Malaika, 2018), Edith Cowan University Library (Emma, 2018).

Conclusion

Students often fall asleep in chairs as a place to read, even looking for a quiet corner to take a nap in the library. The library should accommodate rest room facilities so that the concentration of the users can recover. On the other hand, users who want to learn are not disturbed by the presence of users who want to rest. Libraries must continue to improve themselves to provide services that are relevant to users. The way of studying and the habits of today's students are certainly different, they want learnudy together, spend time in the library drinking coffee on the soft sofa, exchange ideas with each other and even want to take a break in the library.

Research limits the focus of research to napping areas and nap pods in libraries. Considering that there is still a lack of research discussing napping areas and nap pods, so that the literature sources make use of references from websites and journals. The library that provides napping area and nap pod facilities is still lacking, especially in Indonesia.

Suggestions for further research are to use this research as a reference material and continue research by focusing on user satisfaction in utilizing napping areas and nap pods in

libraries that have provided these facilities. In addition, further researchers can use a quantitative approach, considering that this study uses a qualitative approach with literature studies.

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