

# Nightingale Highlights

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# 5 Reasons to have Plants at the Office

Being in nature is one of the most innate inclinations for humans. Unfortunately, too many of us spend most of our days indoors, separated from greenery. Luckily there's an easy way to curb this problem — office plants. As simple as it seems, adding plants, or even a single plant, into our work environments can

actually generate a number of significant benefits, and help restore our need to be connected to nature.

Here are 5 great reasons why you should bring a plant or two into your workspace:



## 1. REDUCED STRESS

Numerous studies suggest that plants in the office environment lead to a significant reduction in stress levels. For example, according to a 2010 study by the University of Technology, Sydney, the introduction of plants into an office was attributed to a 37% drop in reported anxiety, a 58% drop in depression, a 44% decrease in anger/hostility, and a 38% reduction in fatigue.

In conclusion, the researchers stated, "...just one plant per workspace can provide a very large lift to staff spirits, and so promote well-being and performance."



## 2. INCREASED PRODUCTIVITY

A single potted plant can help you better tackle that to-do list. A study by Washington State University found that the presence of plants helped participants complete tasks more effectively.

In the study, researchers asked one test group complete a task in a computer room with plants, and a second test group to complete the same task, in the same room, but without foliage. The researchers found that productivity increased by 12% for the group that had worked around plants. In addition, participants in the plant-filled room reported feeling more attentive than those who completed the task without any greenery.

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### 3. CLEANER AIR

Carbon Monoxide. Building Materials. Mold. Cleaning Products. These can easily accumulate in the work building and negatively impact air quality. Thankfully, plants are the world's most efficient (and sometimes cheapest) air filters. Interior plants have been shown to increase overall air quality in closed spaces. Studies conducted by NASA have even confirmed that mere houseplants can remove volatile organic compounds (VOC's) — particles that contribute to a number of health problems such as burning eyes and respiratory issues.



### 4. BOOSTED CREATIVITY

In a 2015 study by Human Spaces, that analyzed 7,600 office workers from 16 countries, it found that employees scored 15% higher on creativity tests when they worked in offices which featured natural elements, such as indoor plants.

Attention Restoration Theory, first proposed in 1980, also suggests that looking at nature can cause the brain to shift into a different mode of processing ([theconversation.com](http://theconversation.com)). However, when natural environments aren't available, a simple plant is enough to do the trick.



### 5. MORE COLOR AND TEXTURE

All other benefits aside, aesthetically, plants add a wonderful pop of color and texture to any workplace. In the office, the bright greenery helps contrast the cold metallic of file cabinets or the dullness of concrete. Plants can be used to create a more relaxed, homey feel in the office; or conversely, to make a work area more vibrant and exciting. The way you choose to decorate and benefit from office plants is all yours!



## Design Revolution: Copying Nature

### What does velcro have in common with Japan's Bullet Train?

Both were modeled after what was already found in nature.

This design trend, called “**biomimicry**”, is picking up momentum all around the world. It’s currently practised in fields from architecture to healthcare, and if it hasn’t influenced yours yet, it might soon. This article explores the revolutionary, fascinating concept of Biomimicry, as well as how Nightingale already puts it into practice.

Biomimicry is defined as innovation inspired by the natural processes of the Earth. A clear example of this emerged in 1989. Japanese engineers couldn’t figure out how to make their record-fast train quiet enough for residential neighborhoods. Whenever the train exited a

tunnel, it created a sonic boom that could be heard from over a thousand feet away.

Luckily, the team’s lead engineer, Eiji Nakatsu, was a birdwatcher.

Nakatsu redesigned the train based on different birds. He modeled the train’s rig after the silent wings of an owl, the train’s supporting shaft after the smooth belly of a penguin, and the train’s front car after the pressure-wave-reducing beak of a kingfisher. The result? A train that was 10% faster, used 10% less electricity, and stayed under 70 db in residential areas.

This success is no anomaly. Adopting biomimicry has led to more efficient products and practises. The concept has been applied to designing new buildings, wind turbines, air ventilation systems, and antibacterial surfaces. Even large companies such as P&G, Nike, and Boeing are all getting on board with taking design ideas from nature.

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According to author and Biomimicry Institute founder, Jenine Benyus, “There’s a lot of looking at what other people have done [for design inspiration]...a lot of designers have magazines and vision boards, but that’s looking at other human technologies.” Benyus insists that, more often, we must look to nature for inspiration.

Biomimicry is being applied on larger levels too. Society’s ever-growing ‘zero-waste’ shift, also known at the infrastructure level as the ‘circular economy’, is meant to mimic the way ecosystems work. In all natural ecosystems, absolutely no waste is produced. Materials that do reach the end of their lifespan are constantly being upcycled into new, useful resources.

“Ecosystems upcycle really well. You’ve got a log on the forest floor, and those materials move up into the body of the fungus that eats it. Those materials move up into a mouse. And that mouse material moves up into a hawk,” Benyus explains, “Those ecosystem lessons are really big for us.”

Nightingale is proudly ahead of the curve, and already practices biomimicry within its factory. Nightingale’s

“landfill sucks”, zero-waste policy means that within its manufacturing process, no waste is produced. Excess, or end-of-lifespan materials are either repurposed or reused — as is the case in ecosystems. For example, any excess foam produced from the foam cutout process, is shredded and preprocessed to be cut from again.

Nightingale also uses recycled fabric and metal in the production of its chairs. By engaging in these practices, old materials become new resources for the company.

Nightingale further ‘upcycles’ by creating chairs that can be almost fully disassembled and recycled themselves. Even our adhesives are biodegradable. By mimicking the processes seen in ecosystems, Nightingale has been able to save time, energy, and cost, all while producing better products.

Biomimicry is a revolutionary new concept, that can take our products, ideas, and processes to the next level. A lot can be learned by looking to nature — after all, it’s been around a lot longer than any industry.

## RESOURCES SAVED

Nightingale has a company-wide “landfill sucks”, zero-waste policy. This policy dictates all of our manufacturing methods. By adhering to this framework, so far we have saved:



**532,300**  
Trees



**17,143,281**  
Gallons of water



**14,472**  
m<sup>3</sup> of landfill space



**35,486,056**  
kWh of electricity

Though we are happy that our actions have benefitted the planet, we don't intend to stop here! We plan to both continue, and further increase our sustainable practices in future years.



## NIGHTINGALE HIGHLIGHTS



## Nightingale Wins Office Seating Manufacturer of the Year

Global 100 has awarded Nightingale Office Seating Manufacturer of the Year (2019). Every year, Global 100 honors one hundred companies from all seven continents that are outstanding leaders in their area of specialization. Winners are selected based upon their domestic and international work, third-party nominations, and an extensive voting process that involves Global 100 readers in 163 countries.

According to Global 100, "The Global 100 program provides a benchmark of the very best of the best industry leaders, exemplary teams, and distinguished organizations."

Nightingale's President, Edward Breen, remarked, "This is the first time Nightingale has received this recognition, and it really says a lot about where the company is now and where it's headed. This award is confirmation of our exceptional products, service, and people — especially on the world stage."

As a result of the win, Nightingale will be featured in Global 100's next worldwide publication, alongside other elite international firms.

## NIGHTINGALE HIGHLIGHTS

### DID YOU KNOW?

Nightingale offers two tone upholstery! Add an extra touch of flair to any chair by choosing two colors for its upholstery. Mix and match as you like!

Colors must be chosen from our available options, as seen on [nightingalechairs.com/my-chair-maker](https://www.nightingalechairs.com/my-chair-maker)



901 RANE



611 EMILY



3001 TRULLO



### NEW SXO HEAD REST

The SXO's headrest now comes with an additional height setting! The headrest now has a total of 5 height settings,

instead of the previous 4 — adding an extra 3 ¼ inches to the headrest's range of adjustment. This enhancement is designed to improve user experience, particularly for taller individuals. This feature also applies to the CXO, when you order the chair's original style headrest.

## NEW IN MARKETING



### ULTIMA II BROCHURE

Ultima II™ is an ergonomic task chair with a compact frame, making it useful for small or tightly-packed office areas. With adjustment options that allow for a customized fit, the Ultima II™ proves that good things really can come in small packages.



### OVERTIME BROCHURE

Double overtime, night shifts, morning hours, round the clock bustle. This heavy-duty task chair can handle it all. The Overtime has a non-stop job to do, just like you. The chair is engineered to provide enduring comfort and support for individuals up to 300 pounds.



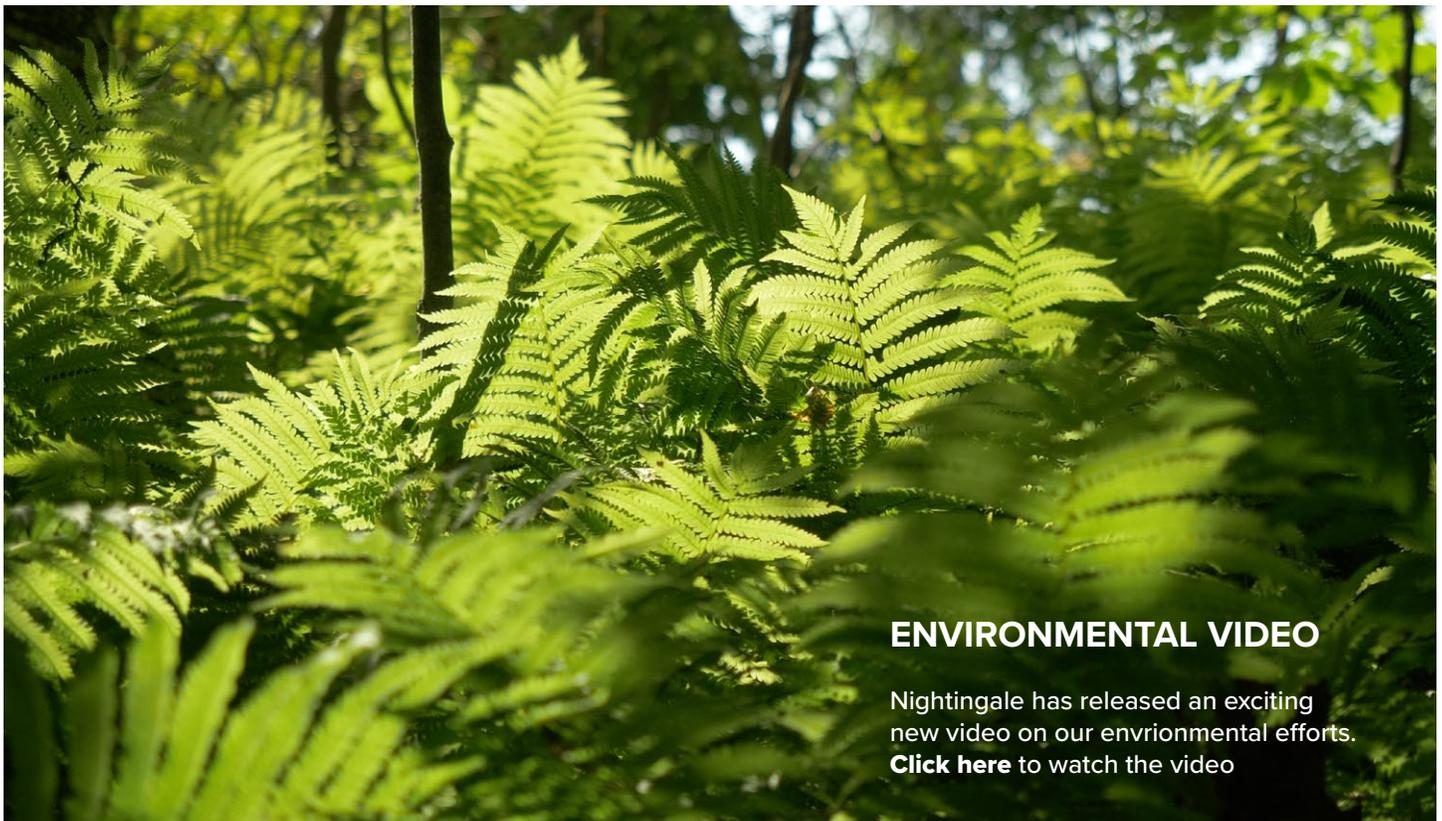
### SHERMAN HD BROCHURE

A chair you can count on, the Sherman HD was designed for high-activity, 24-hour work environments. It is built with premium quality, reinforced steel to withstand whatever the day throws at you.



### ERGO-LEARN BROCHURE

An office classic gets a modern update with the Ergo-Learn. No-fuss design and multi-adjustable features make it a smart chair with big comfort. Tailor the height, tilt, ergonomic support pad, and arms to perfectly match your body's needs and proportions.



### ENVIRONMENTAL VIDEO

Nightingale has released an exciting new video on our environmental efforts. [Click here](#) to watch the video

## ABOUT US

Founded in 1928, Nightingale is a leading office seating manufacturing company with a growing global presence. Premium quality products are hand-assembled in our cutting-edge facility. Our commitment to comfort, quality, and innovation has driven our vision to be a global industry leader.

 **Nightingale**

 **BEST  
MANAGED  
COMPANIES**



STEPHANIE 1410 & 1401

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