

TEN MINUTES OF QUIET TIME INCREASES PRODUCTIVITY BY 27%



KEY TAKEAWAYS

- Local social enterprise launches crowdfunding campaign to help people ‘embrace their quiet side’
- User testing of the Q Pod proves that just ten minutes of quiet time can help you to feel 28% calmer, while simultaneously increasing your focus and productivity by 27%
- Australian-made, sustainably sourced privacy pod now on sale at <https://startsomegood.com/q-pod-production>.

THE BENEFITS OF QUIET TIME

After a single, ten-minute Quiet Mind Experience the interim data from our user testing* shows that:

33%



heart rates relax
by 33%

28%



people feel 28%
calmer

32%



people feel 32%
more focussed

27%



people perform
27% better

PRESS RELEASE

Australians have long known the benefit of a quick tea break, a quiet moment of reflection, or just some time to switch off. In fact a study by Australia's own, The Quiet Company, proves that just 10 minutes of quiet time increases your productivity. To encourage more Australians to have some well deserved quiet time, The Quiet Company is today launching a crowdfunding campaign to fund production of the Q Pod.

The Q Pod is an Australian-made privacy pod that people use to work, relax or recharge as they 'embrace their quiet side'. Used anywhere the Q Pod allows users a unique space to step away from their every day tasks, take some time out and practice the art of quiet time.

The results from their user testing* have shown that after a single, ten-minute Quiet Mind Experience in the Q Pod:

- heart rates relax by 33%
- people feel 28% calmer
- people feel 32% more focussed
- people perform 27% better when asked to repeat a stringent psychometric test.

Founder and Managing Director, Gethin Fisher, says:

"I created The Quiet Company as I felt that there weren't many spaces or places designed for quiet people like myself. I'd often crave some quiet time during my work day and there weren't many public places where I felt comfortable doing that.

"The results from our user testing are super encouraging. Not only do people feel better after some quiet time in our Q Pod, they're also more focussed, efficient and accurate in their work. A compelling reason for the Q Pod to be everywhere."

In production with partner Tilt Industrial Design, the Q Pod is driven by a biometric algorithm that tailors each experience to suit your mood or body shape and is available for user testing throughout June.

To find out more or to support their crowdfunding campaign visit <https://startsomegood.com/q-pod-production>

CONTACT DETAILS

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MEDIA ASSETS

And to download our media assets, click here - <https://drive.google.com/drive/folders/1oiC2Obn7v-Uu3Fbw8FJi1YptDmVW1rDr?usp=sharing>

EDITORS NOTES

The Quiet Company Pty Ltd was formed by Gethin Fisher in June 2020, after he became unemployed during the Covid19 lockdown.

To date The Quiet Company is a self-funded social enterprise that helps people to embrace their quiet side. For some folk that means being more focussed and productive in their workday. For others it's the time to meditate and be still. And for many people, we are a spatial oasis where you can find some calm amongst the chaos.

The Q Pod is available for user testing during June at the following Sydney locations:

- Pedestrian Media Group, Surry Hills - June 1 to June 4
- WeWork Pyrmont - June 7 to June 18
- Quantum, Eveleigh - June 21 to June 25
- Wotso Manly - June 28 to July 9.

To book your Quiet Mind Experience visit

<https://www.quietcommunity.com.au/introducing-the-q-pod>

*HOW OUR USER TESTING WORKS

Users complete a short qualitative wellbeing survey, followed by SHL's technical checking test. They wear a heart rate monitor during our ten-minute guided meditation and sensory experience. They then repeat the wellbeing survey and psychometric test.

For comparison purposes, the control group for our user testing sit the same test twice but without enjoying some quiet time in between. The results for this group show that:

- people feel 8% more anxious
- people feel 3% more focussed
- people perform 13% better the second time they take the test.

We can therefore conclude that while people 'naturally' get 13% better at this challenging psychometric test, some quiet time in the Q Pod produces double the productivity and accuracy improvement, alongside the significant wellbeing benefits.

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