

Health, Wellness, + Sustainability

Imagine you're at home, relaxing. As you take a deep breath and put your feet up, you feel the sunlight hit your neck, prompting you to pay closer attention to the environment around you—the sounds, the smells, the warmth. These are important factors for comfortable indoor living spaces. Now, imagine technology elegantly integrated into a space meant to support greater comfort, convenience, and overall quality of life. Wellness technology aims to mimic nature and improve the quality of life indoors. Humans now spend more time indoors than outdoors, contrary to most of our history. Wellness technology encompasses principles of sustainability and applies the intelligence of automation systems so that designers can plan solutions that best fit each client. Designers can then work with the client to implement simpler solutions or partner with a qualified home technology specialist for more intuitive solutions.

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