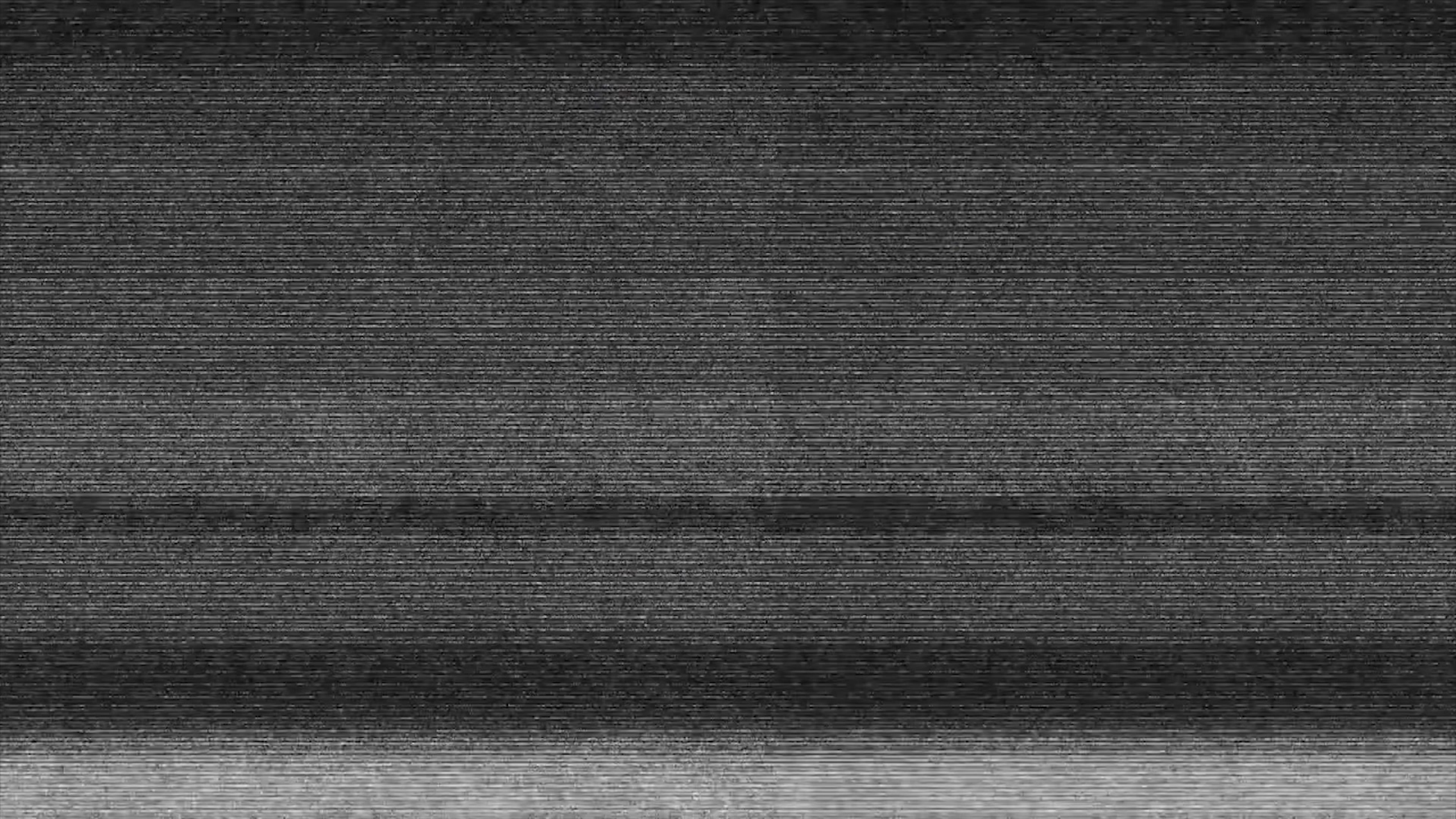
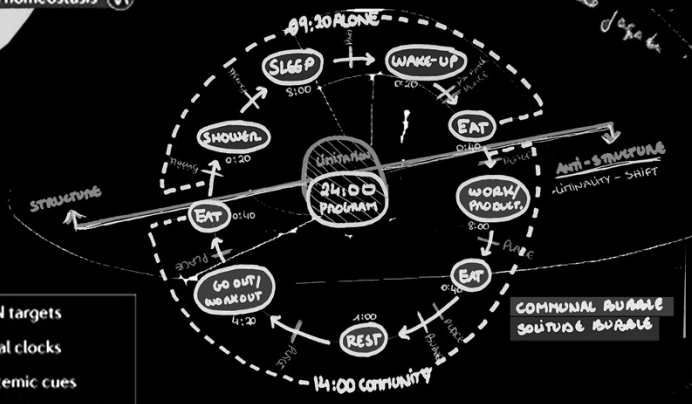
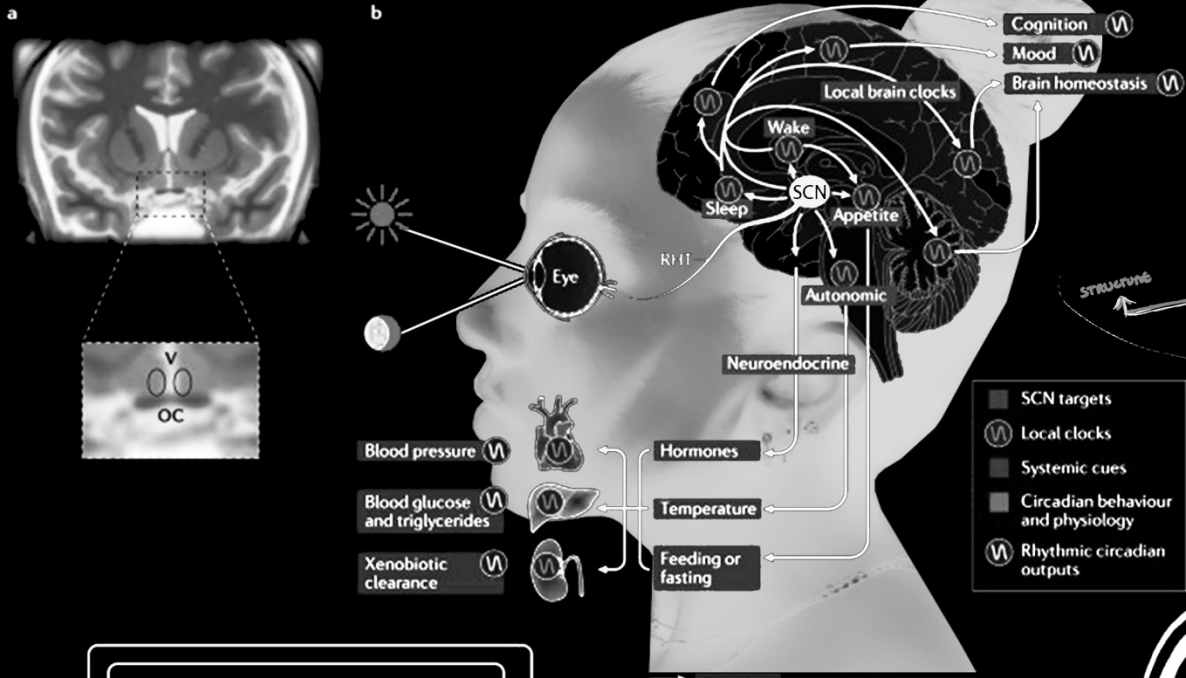
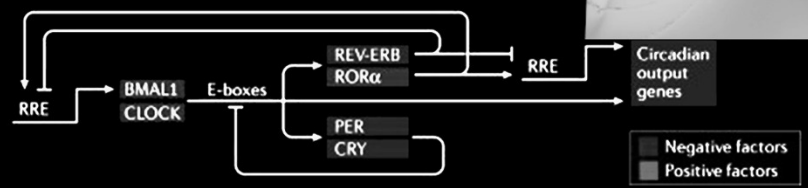
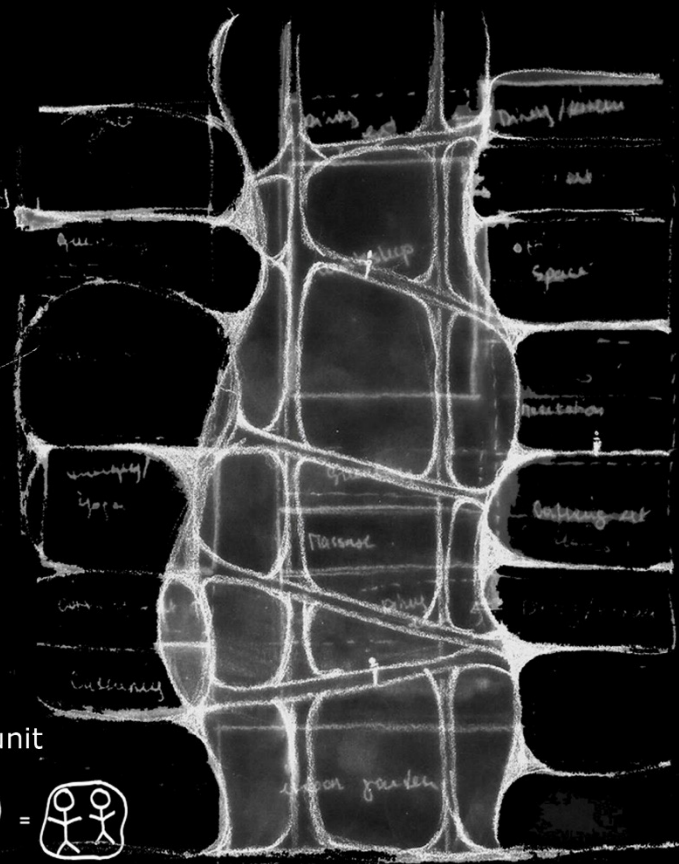


The Experimental Circadian Hotel





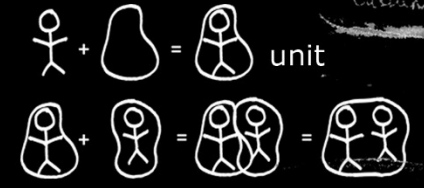
How do we spend our energy?  
Environments and situations



Generation of circadian rhythms in the suprachiasmatic nucleus.



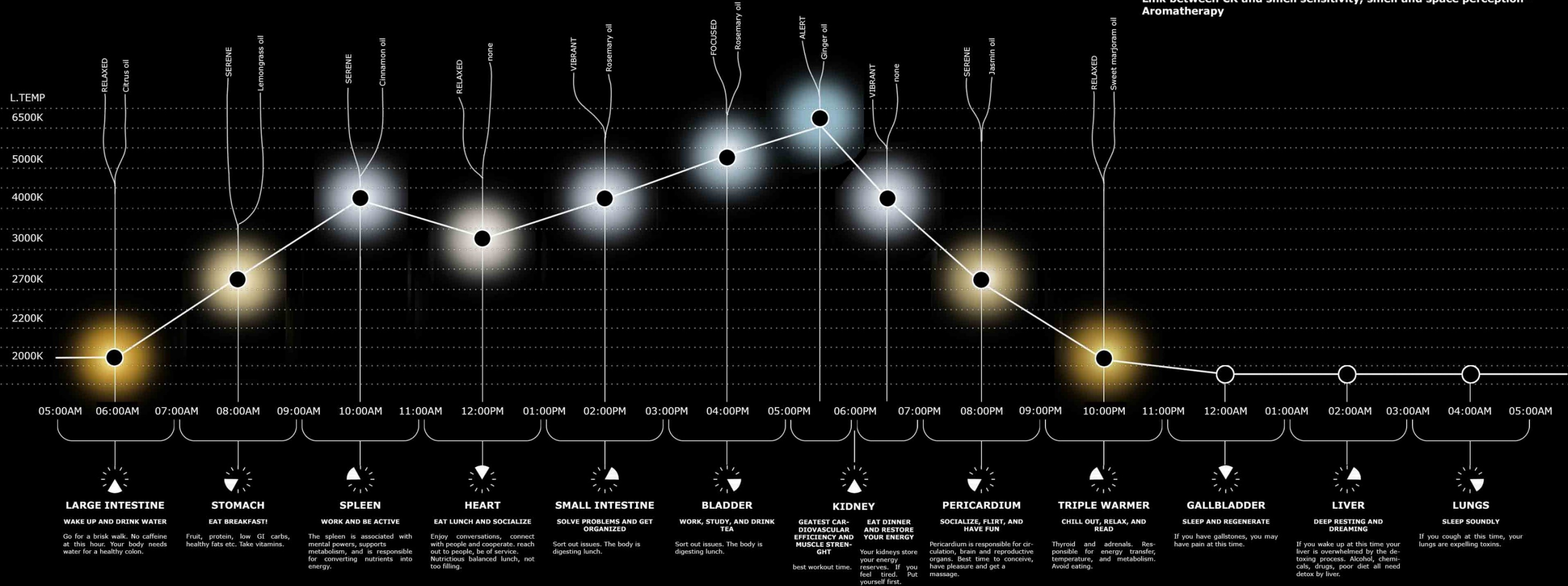
Bubble (b)



The sum of it equals the entity we live in. Time-controlled spaces

**ENERGY STIMULATED BY LIGHT, COLORS AND SMELLSCAPES**

CR and light receptors - Biological clocks, a reflection of our energy.  
 Link between CR and smell sensitivity, smell and space perception -  
 Aromatherapy



**LARGE INTESTINE**  
 WAKE UP AND DRINK WATER  
 Go for a brisk walk. No caffeine at this hour. Your body needs water for a healthy colon.

**STOMACH**  
 EAT BREAKFAST!  
 Fruit, protein, low GI carbs, healthy fats etc. Take vitamins.

**SPLEEN**  
 WORK AND BE ACTIVE  
 The spleen is associated with mental powers, supports metabolism, and is responsible for converting nutrients into energy.

**HEART**  
 EAT LUNCH AND SOCIALIZE  
 Enjoy conversations, connect with people and cooperate. reach out to people, be of service. Nutritious balanced lunch, not too filling.

**SMALL INTESTINE**  
 SOLVE PROBLEMS AND GET ORGANIZED  
 Sort out issues. The body is digesting lunch.

**BLADDER**  
 WORK, STUDY, AND DRINK TEA  
 Sort out issues. The body is digesting lunch.

**KIDNEY**  
 GEATEST CARDIOVASCULAR EFFICIENCY AND MUSCLE STRENGTH  
 Your kidneys store your energy reserves. If you feel tired. Put yourself first.

**PERICARDIUM**  
 SOCIALIZE, FLIRT, AND HAVE FUN  
 Pericardium is responsible for circulation, brain and reproductive organs. Best time to conceive, have pleasure and get a massage.

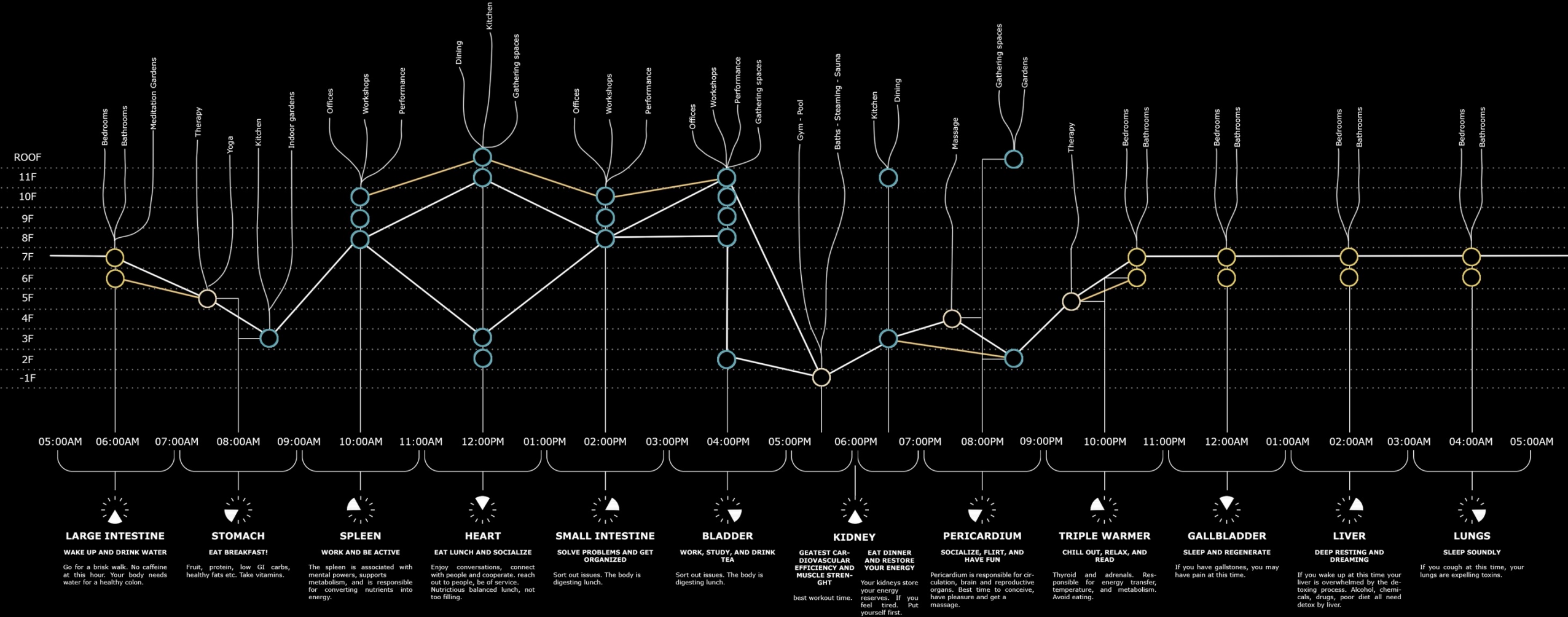
**TRIPLE WARMER**  
 CHILL OUT, RELAX, AND READ  
 Thyroid and adrenals. Responsible for energy transfer, temperature, and metabolism. Avoid eating.

**GALLBLADDER**  
 SLEEP AND REGENERATE  
 If you have gallstones, you may have pain at this time.

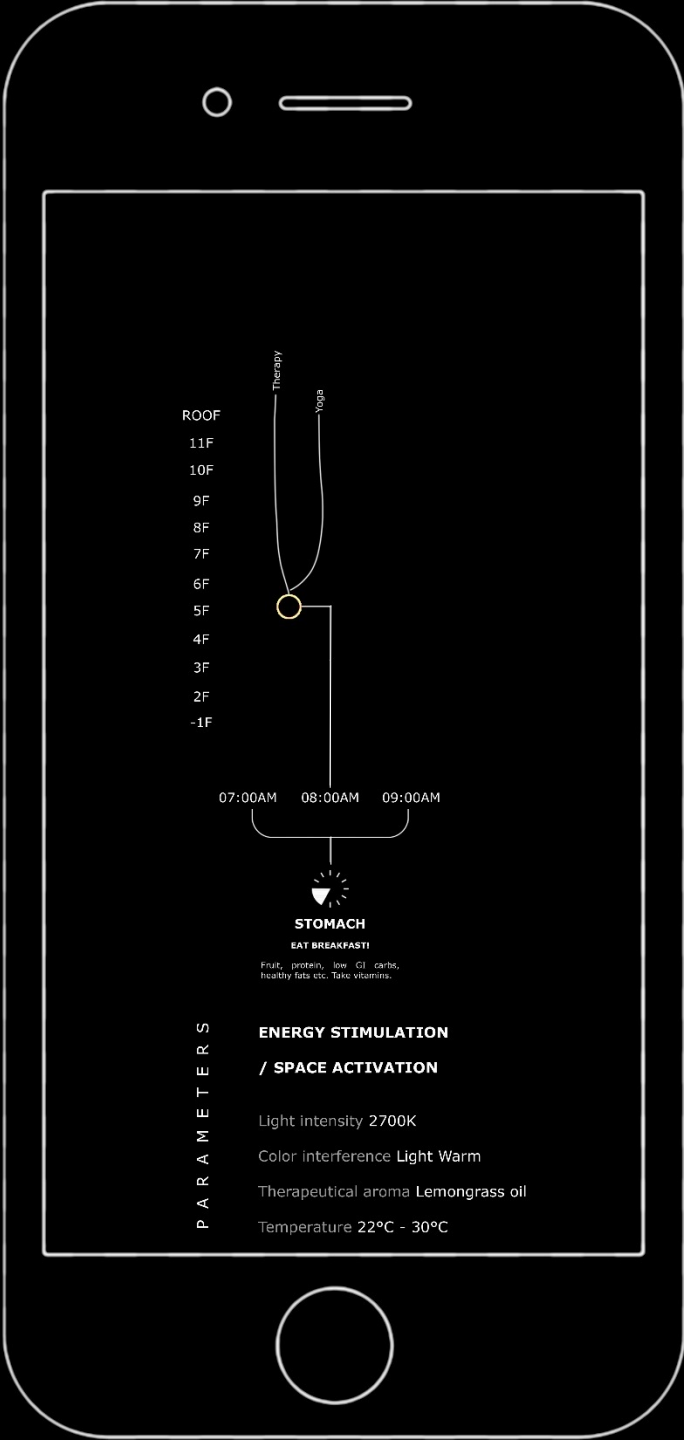
**LIVER**  
 DEEP RESTING AND DREAMING  
 If you wake up at this time your liver is overwhelmed by the detoxing process. Alcohol, chemicals, drugs, poor diet all need detox by liver.

**LUNGS**  
 SLEEP SOUNDLY  
 If you cough at this time, your lungs are expelling toxins.

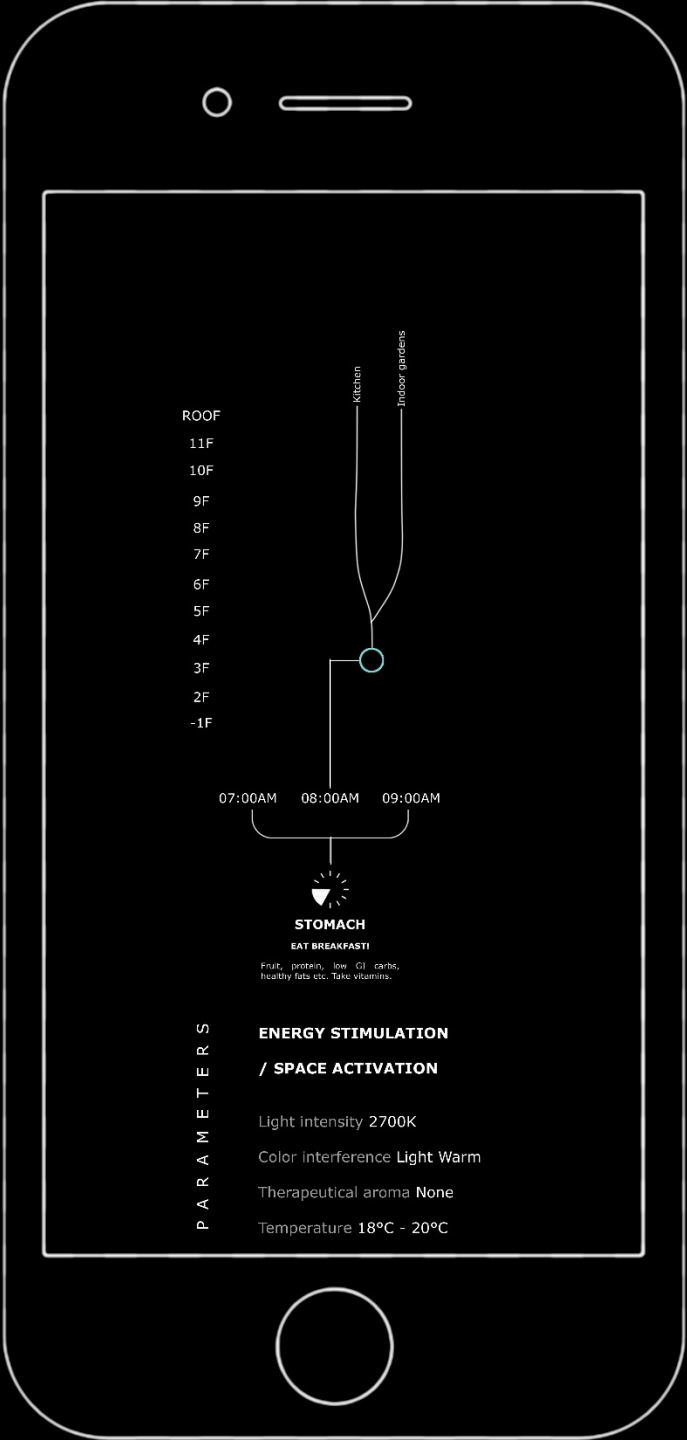
# MOST OPTIMAL CIRCADIAN RYTHM PROGRAM



**DIGITAL GUIDE WITH ROOM PARAMETERS**



**DIGITAL GUIDE WITH ROOM PARAMETERS**



ROOF  
11F  
10F  
9F  
8F  
7F  
6F  
5F  
4F  
3F  
2F  
-1F

07:00AM 08:00AM 09:00AM

**STOMACH**

EAT BREAKFAST!

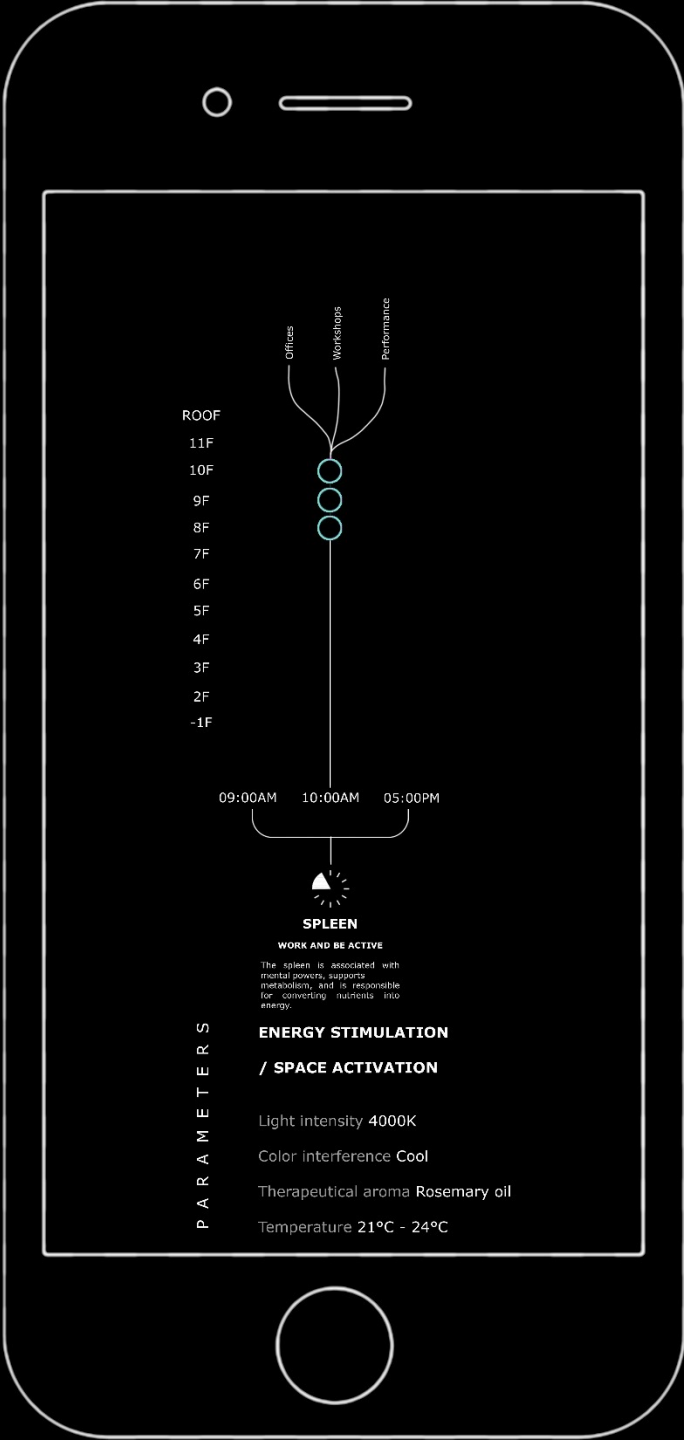
Fruit, protein, low GI carbs,  
Healthy fats etc. Take vitamins.

P  
A  
R  
A  
M  
E  
T  
E  
R  
S

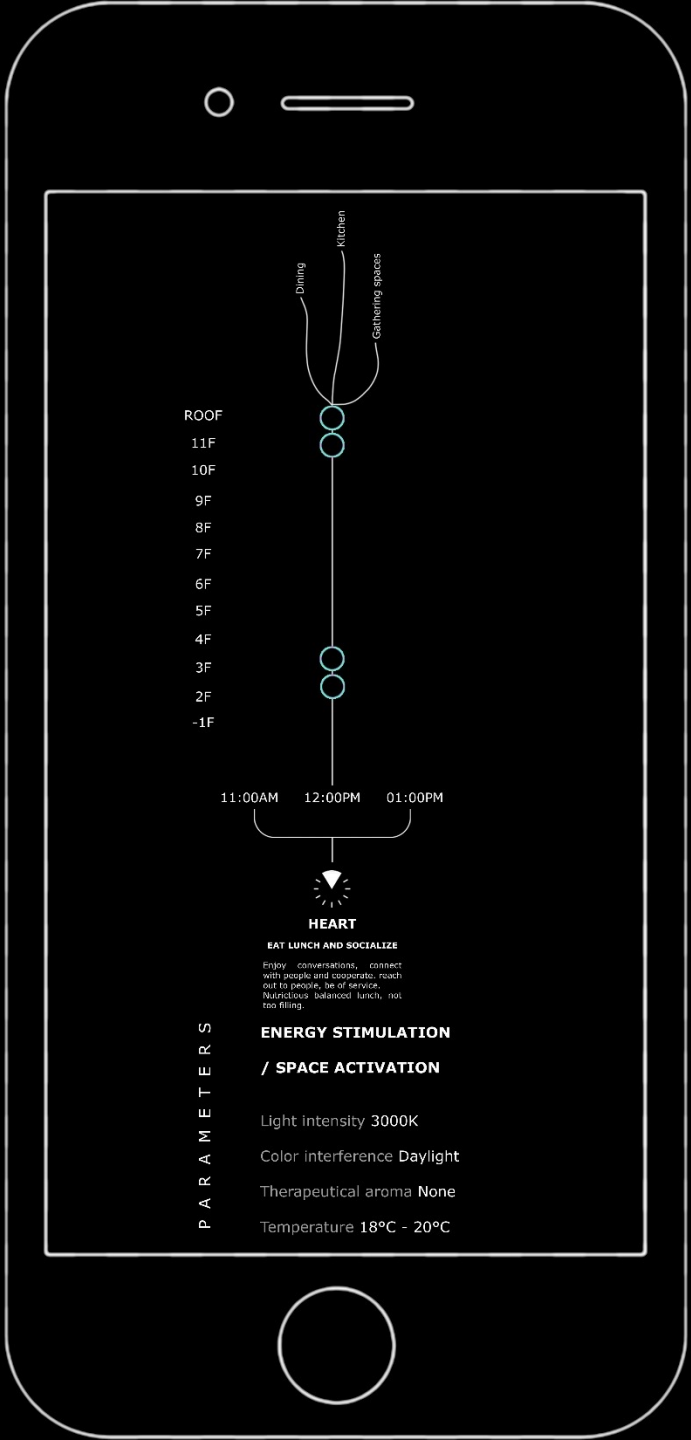
**ENERGY STIMULATION  
/ SPACE ACTIVATION**

- Light intensity 2700K
- Color interference Light Warm
- Therapeutical aroma None
- Temperature 18°C - 20°C

**DIGITAL GUIDE WITH ROOM PARAMETERS**







**DIGITAL GUIDE WITH ROOM PARAMETERS**

ROOF  
11F  
10F  
9F  
8F  
7F  
6F  
5F  
4F  
3F  
2F  
-1F

Dining  
Kitchen  
Gathering spaces

11:00AM 12:00PM 01:00PM

**HEART**

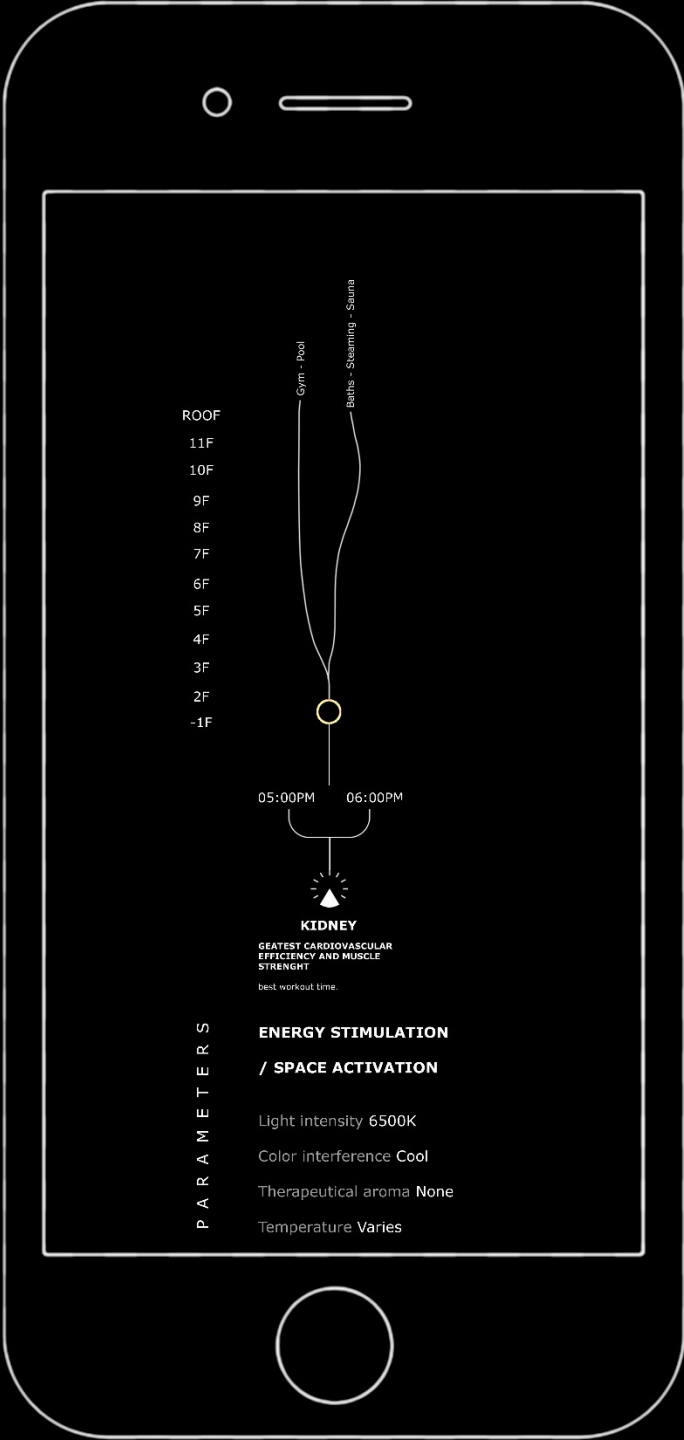
**EAT LUNCH AND SOCIALIZE**  
Enjoy conversations, connect with people and cooperate, reach out to people, be of service. Nutritious balanced lunch, not too filling.

P  
A  
R  
A  
M  
E  
T  
E  
R  
S

**ENERGY STIMULATION / SPACE ACTIVATION**

Light intensity 3000K  
Color interference Daylight  
Therapeutical aroma None  
Temperature 18°C - 20°C

**DIGITAL GUIDE WITH ROOM PARAMETERS**



ROOF  
11F  
10F  
9F  
8F  
7F  
6F  
5F  
4F  
3F  
2F  
-1F

Gym - Pool

Baths - Steaming - Sauna

05:00PM 06:00PM

**KIDNEY**

GREATEST CARDIOVASCULAR  
EFFICIENCY AND MUSCLE  
STRENGTH

best workout time.

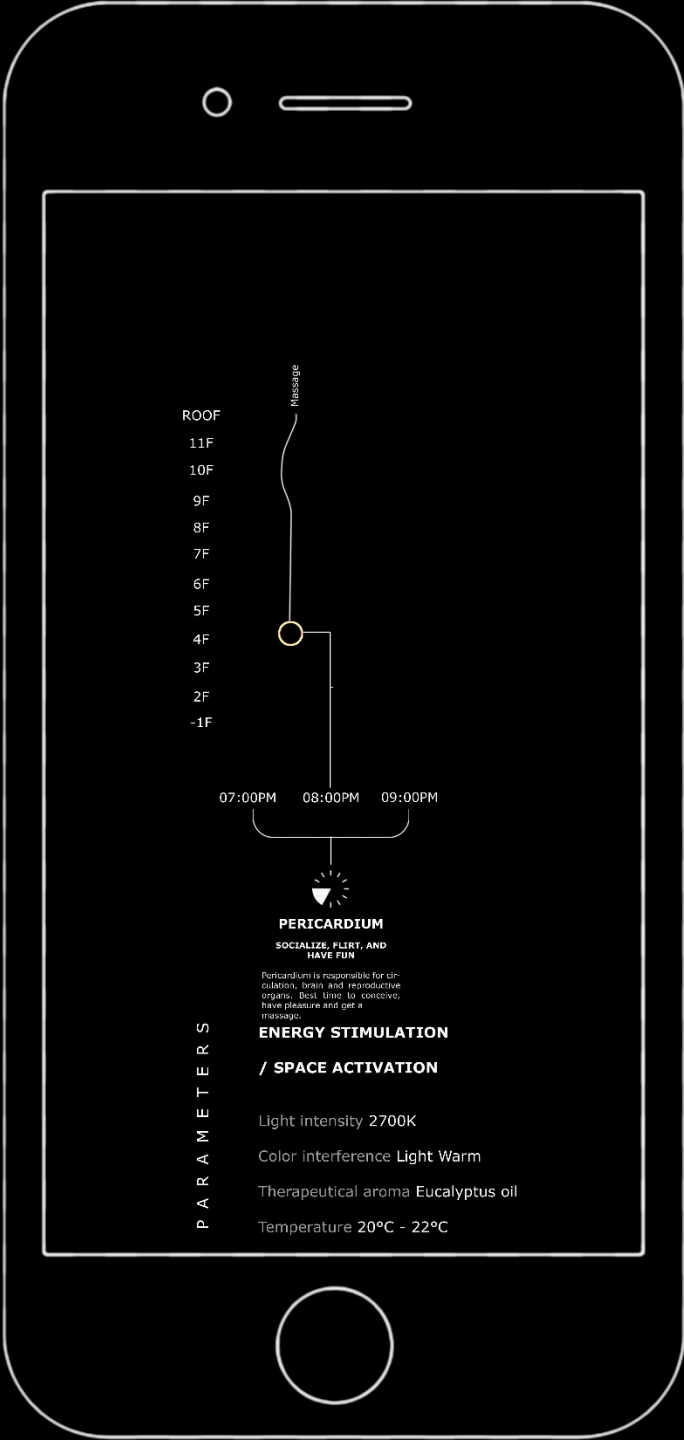
P  
A  
R  
A  
M  
E  
T  
E  
R  
S

**ENERGY STIMULATION**

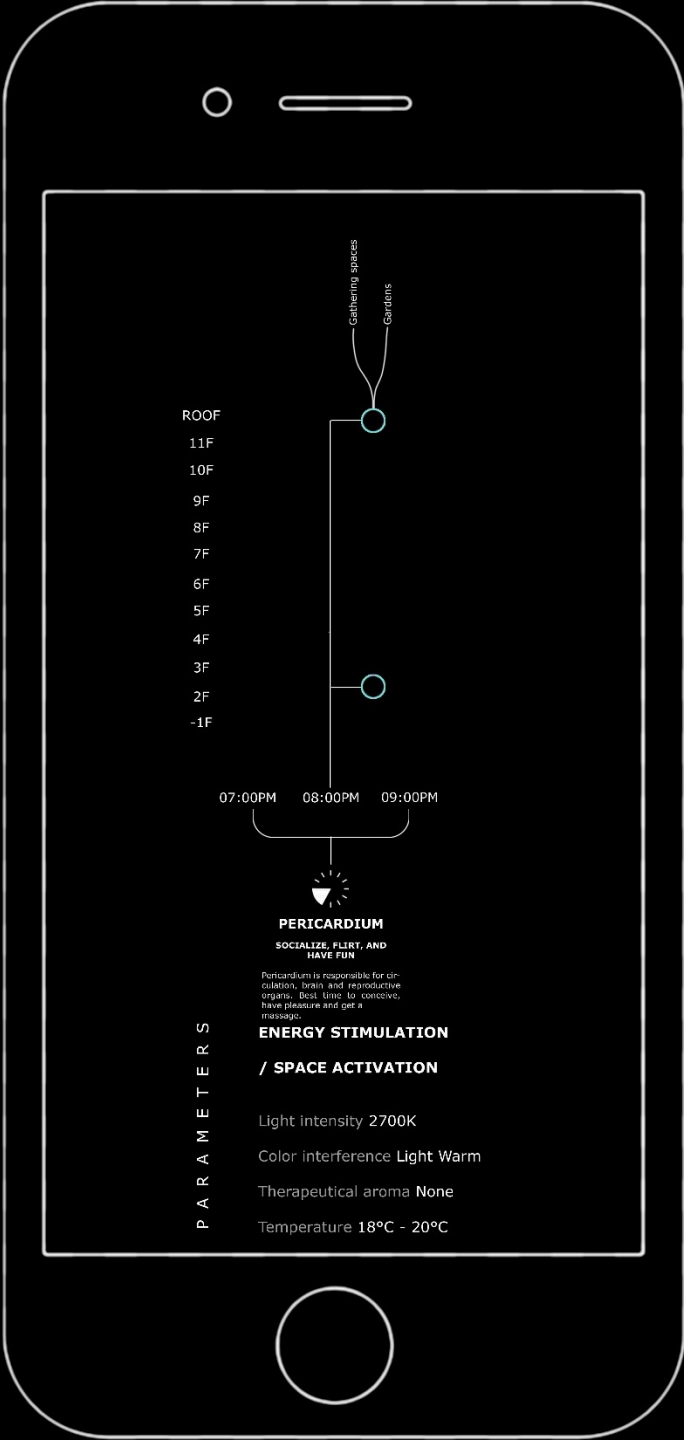
**/ SPACE ACTIVATION**

- Light intensity 6500K
- Color interference Cool
- Therapeutical aroma None
- Temperature Varies

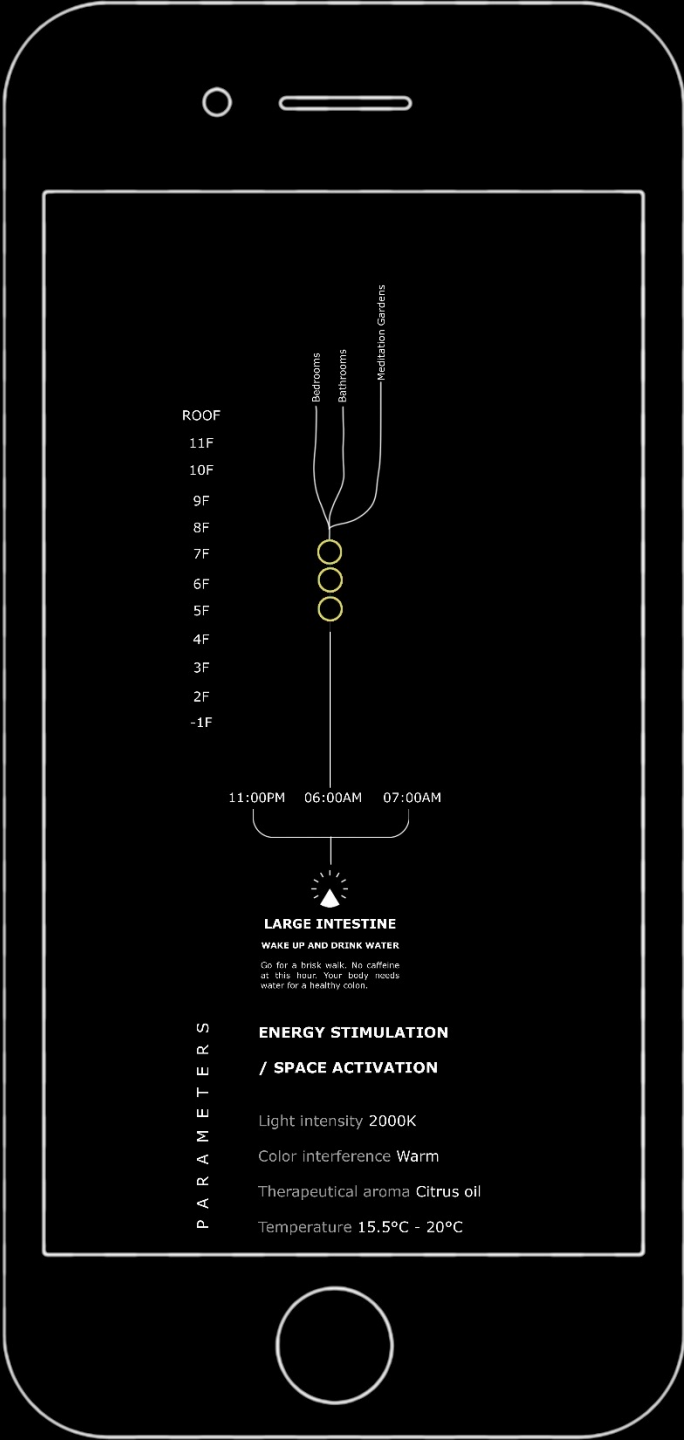
**DIGITAL GUIDE WITH ROOM PARAMETERS**

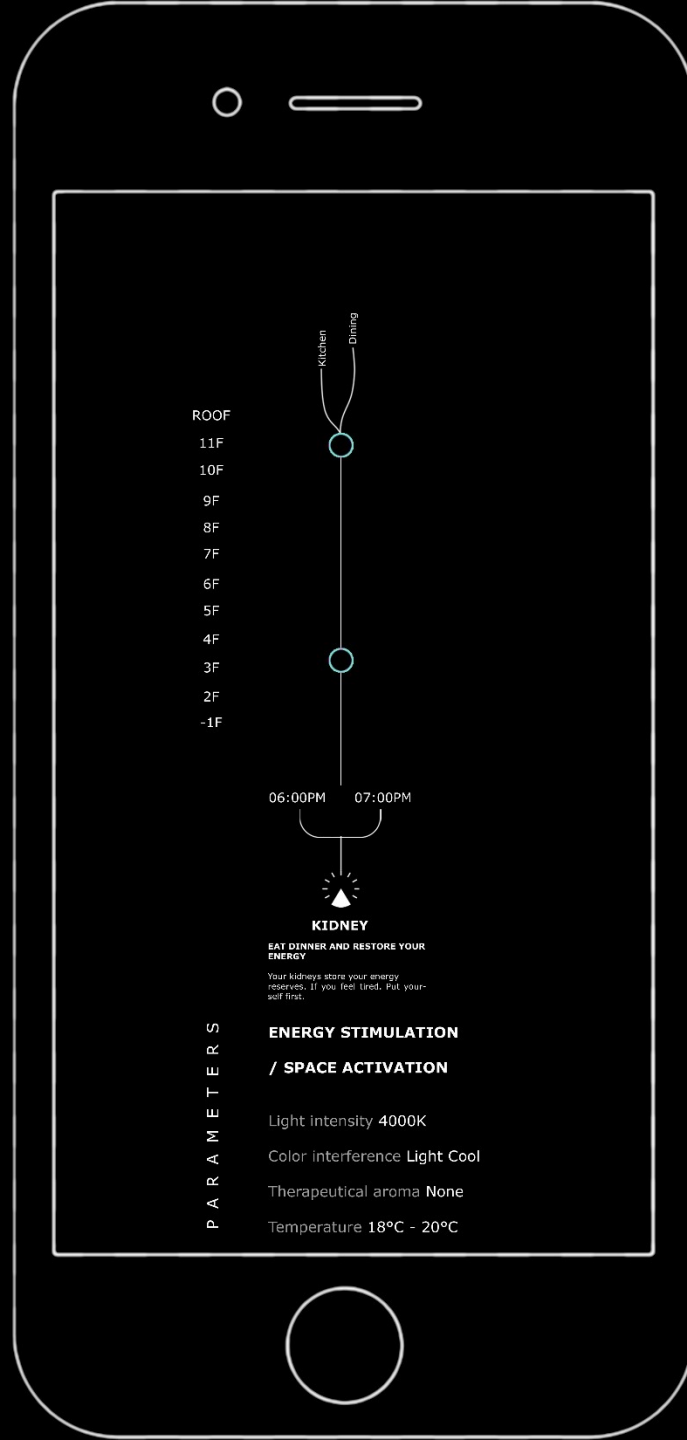


**DIGITAL GUIDE WITH ROOM PARAMETERS**



**DIGITAL GUIDE WITH ROOM PARAMETERS**





## DIGITAL GUIDE WITH ROOM PARAMETERS

ROOF  
11F  
10F  
9F  
8F  
7F  
6F  
5F  
4F  
3F  
2F  
-1F

06:00PM 07:00PM

### KIDNEY

EAT DINNER AND RESTORE YOUR ENERGY

Your kidneys share your energy reserves. If you feel tired, Put yourself first.

P  
A  
R  
A  
M  
E  
T  
E  
R  
S

### ENERGY STIMULATION

#### / SPACE ACTIVATION

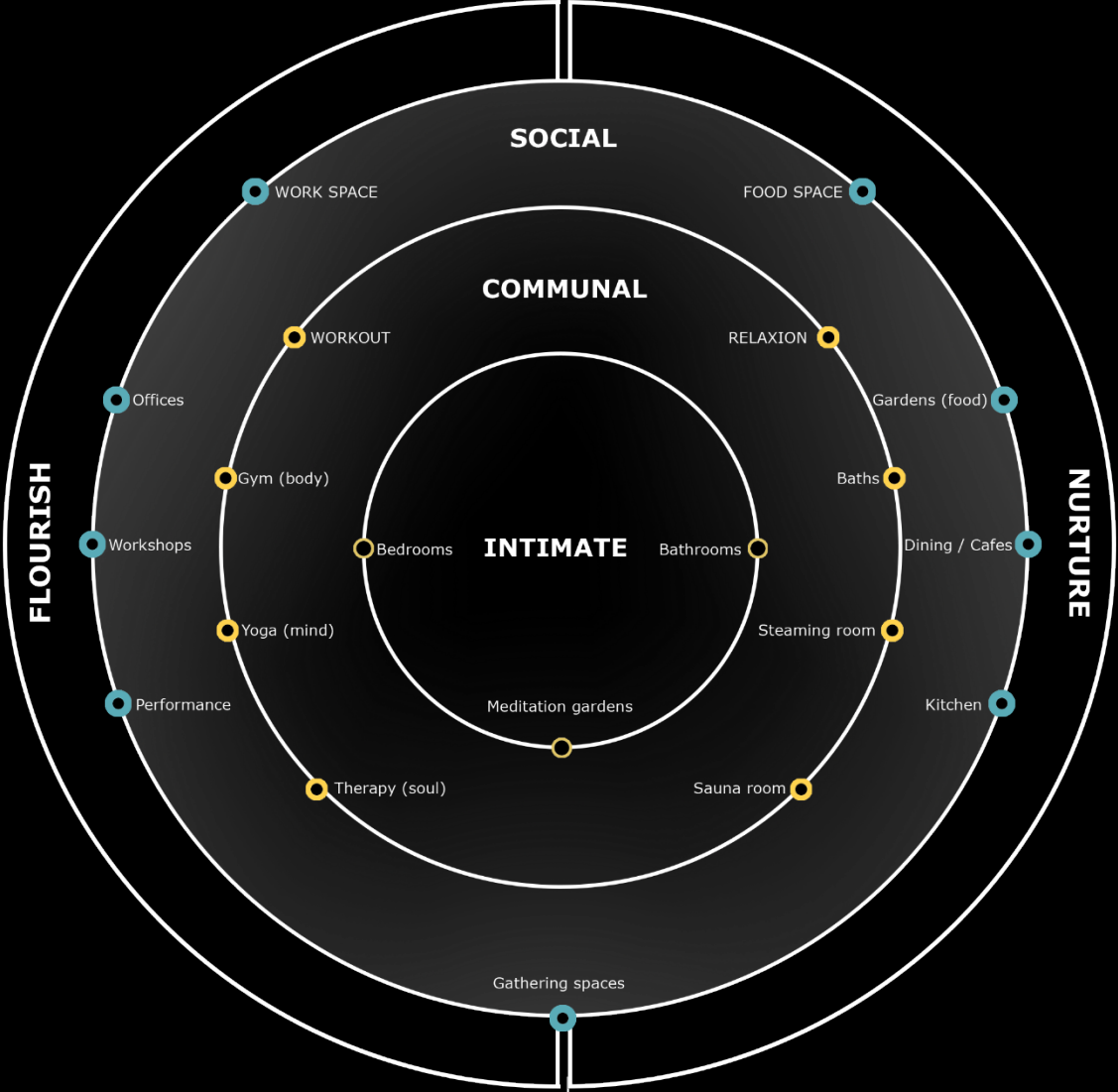
Light intensity 4000K

Color interference Light Cool

Therapeutical aroma None

Temperature 18°C - 20°C

DESIGN DEVELOPMENT STRATEGY



SOCIAL

COMMUNAL

INTIMATE

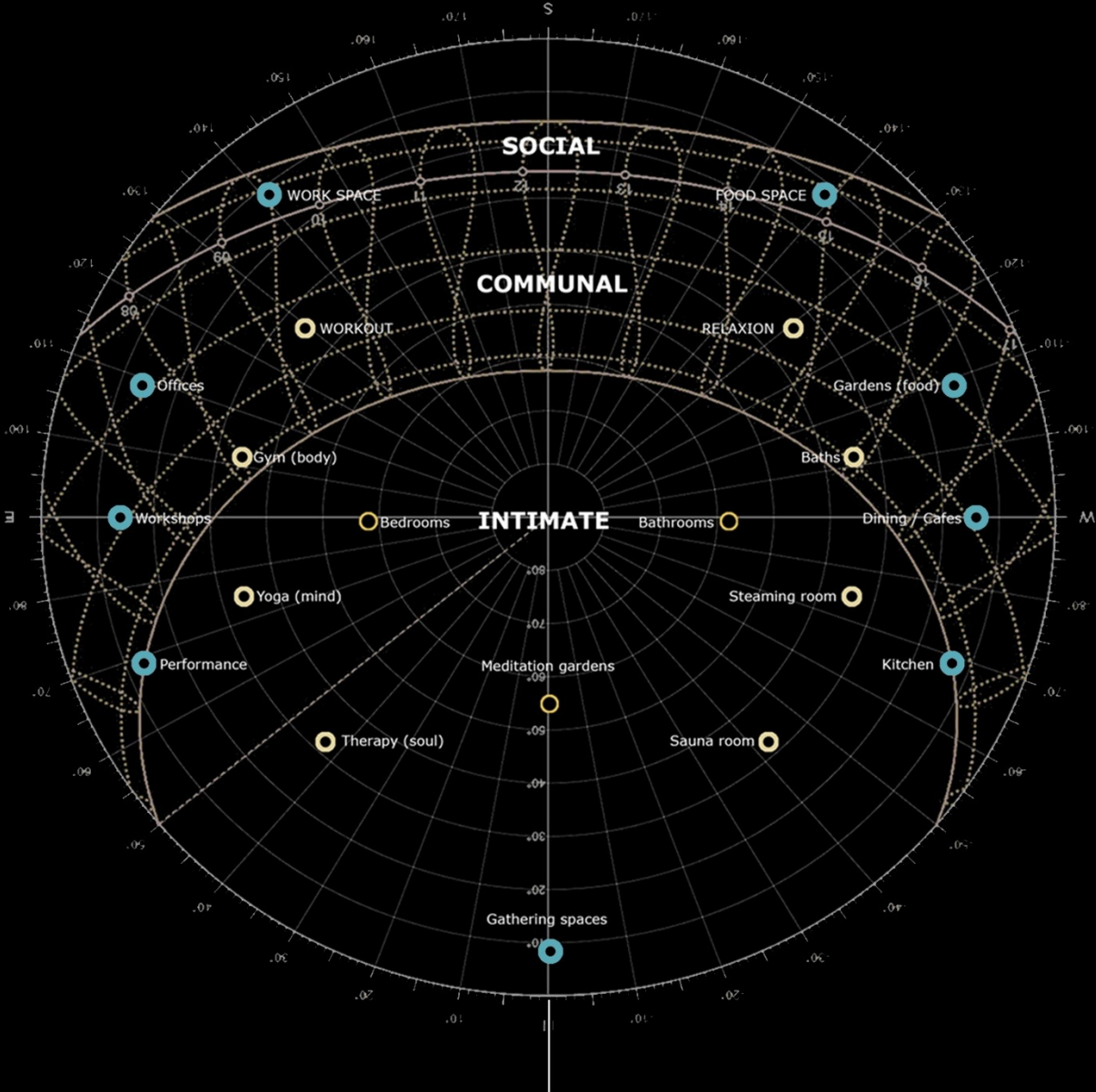
FLOURISH

NURTURE

SPACES

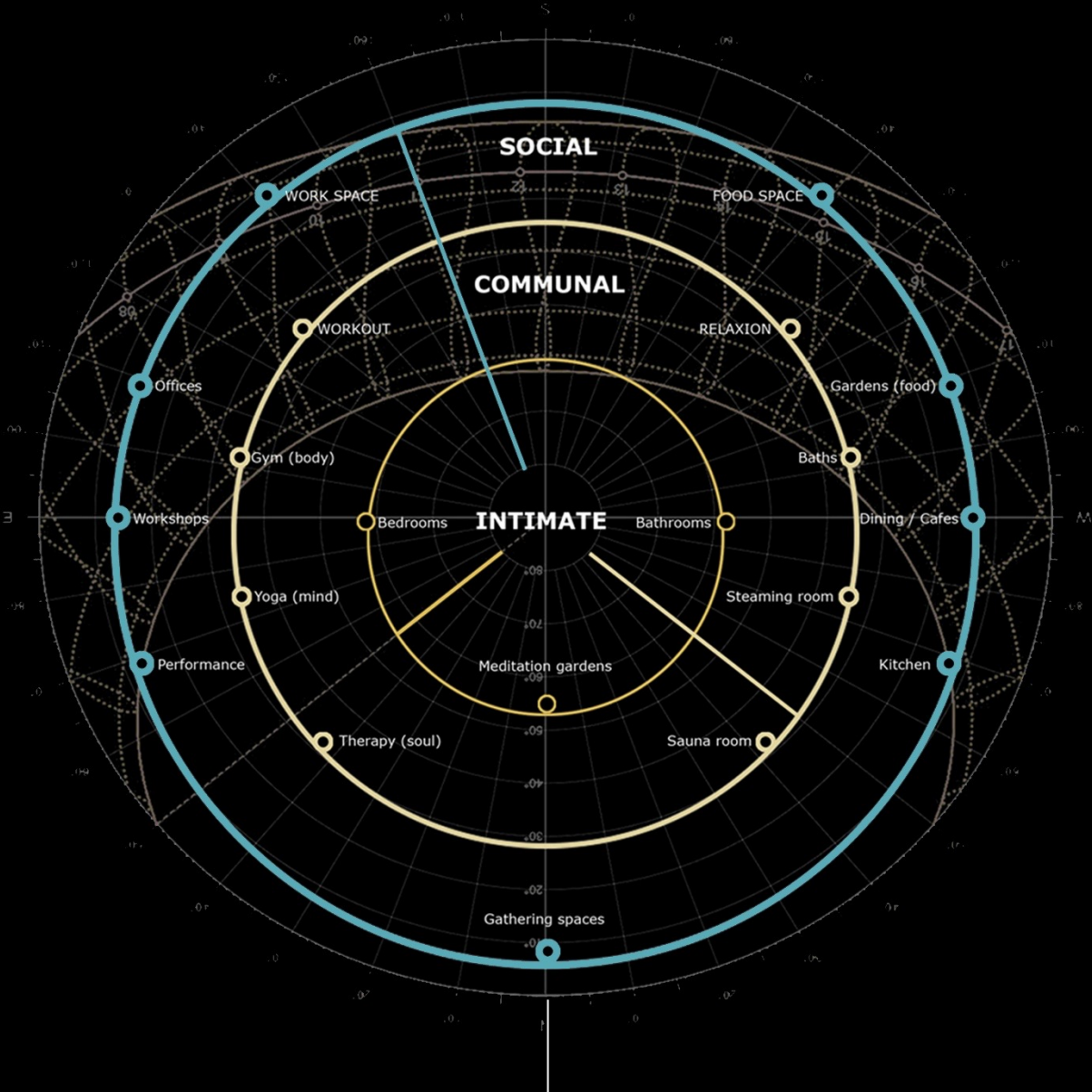
TO NURTURE AND FLOURISH,  
FROM INTIMATE, TO  
COMMUNAL, AND SOCIAL.

**DESIGN DEVELOPMENT STRATEGY**



**SUNPATH**  
FROM THE SPACES WHO  
NEED THE MOST, AND THE  
LESS DIRECT SUNLIGHT.

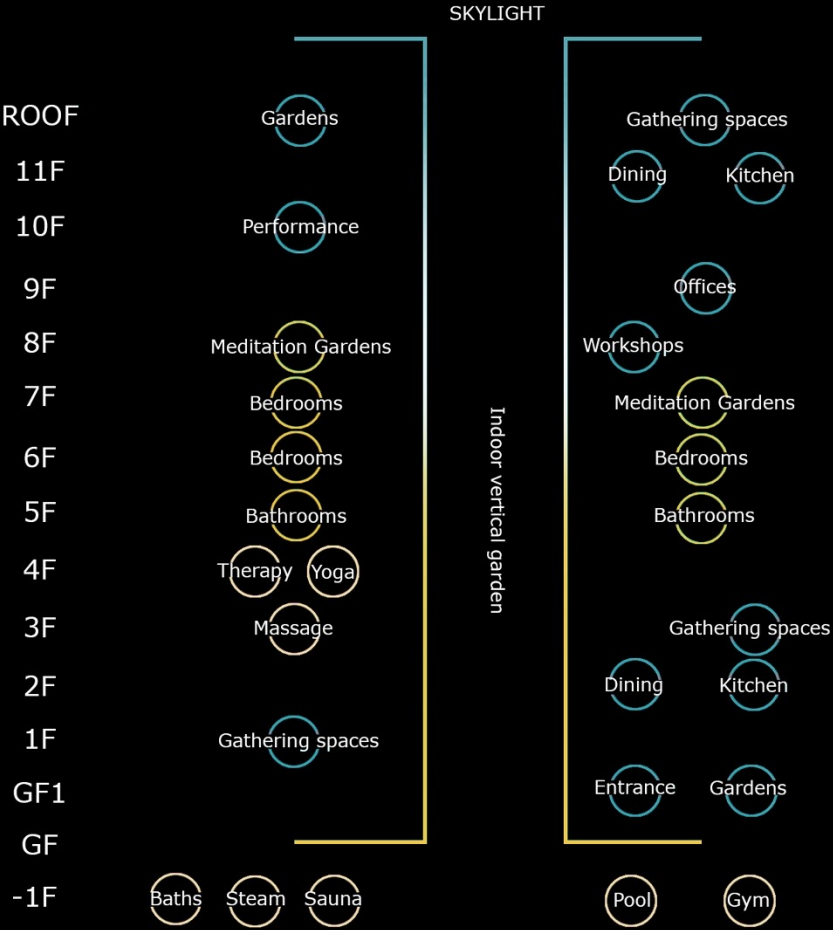




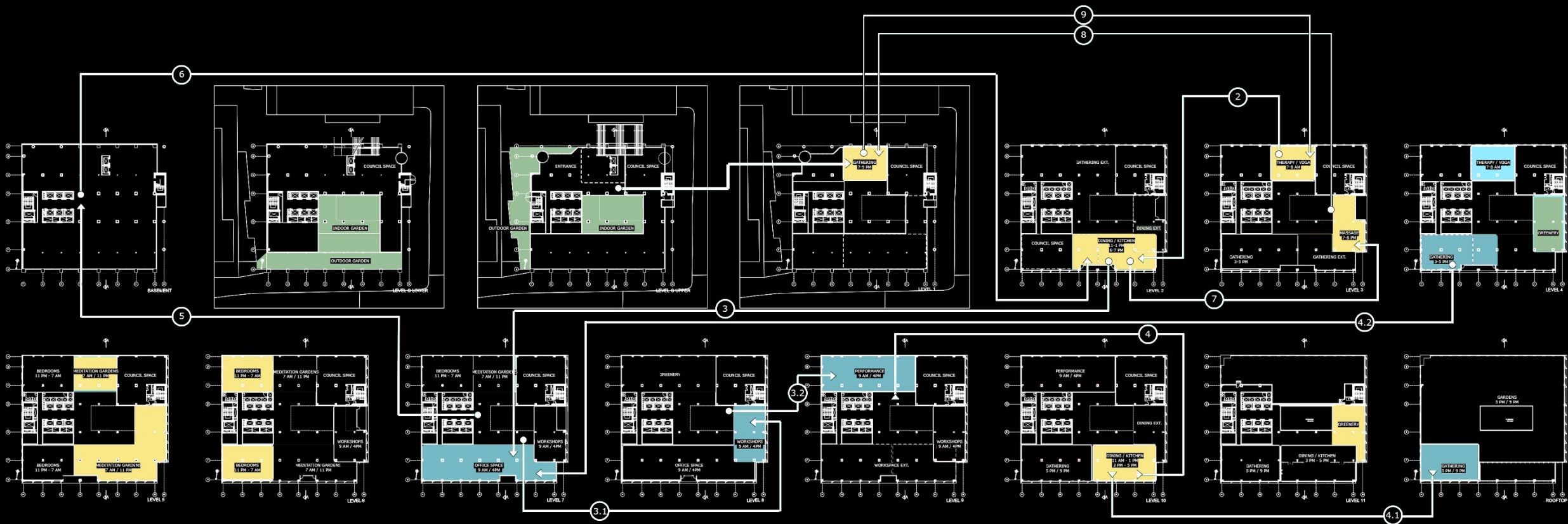
**FLOORS**  
HOW TO CONNECT THE SPACES THROUGHOUT THE ENTIRE BUILDING.

**SPACE DIVISION DIAGRAM**

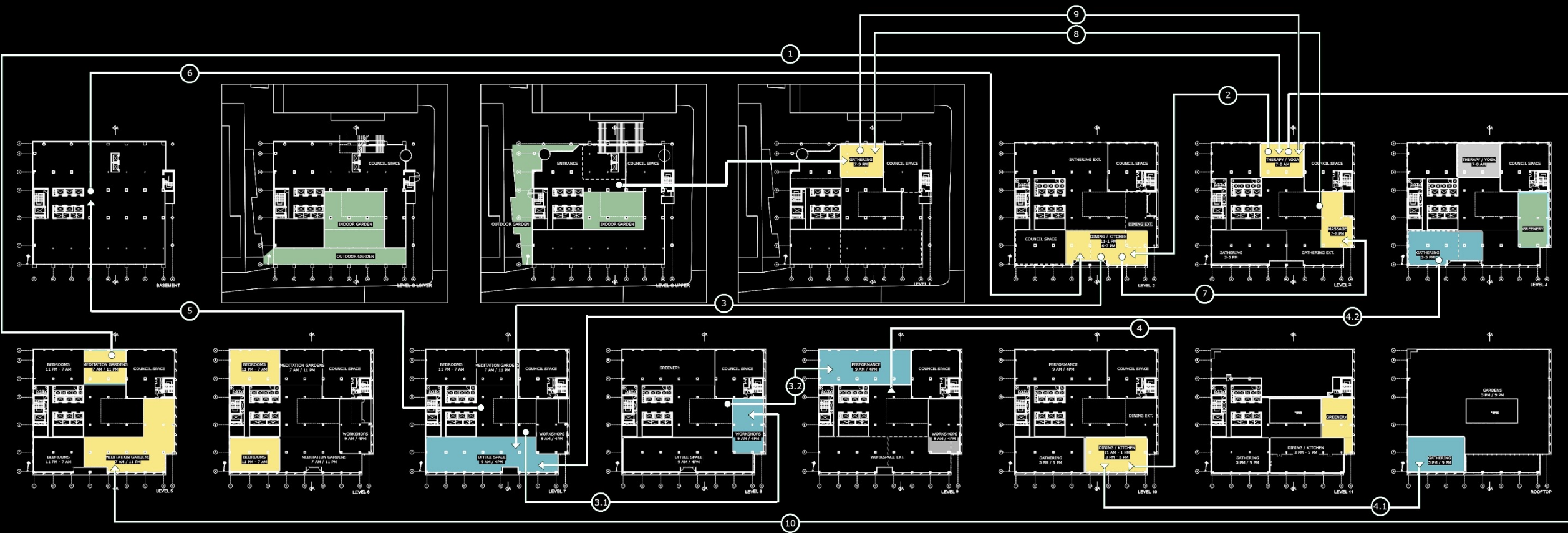
Activated spaces divided by the Circadian curtain wall - this wall frames the Indoor garden and skylight - Indoor garden with ramps leading us to the rooms.



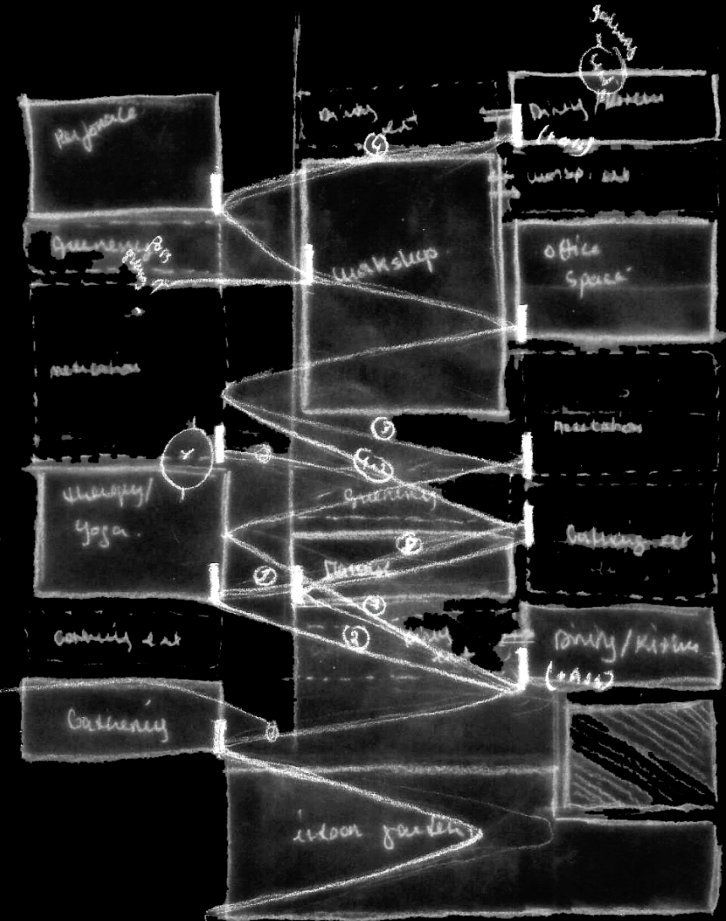
# RAMPS GUIDING THE JOURNEY



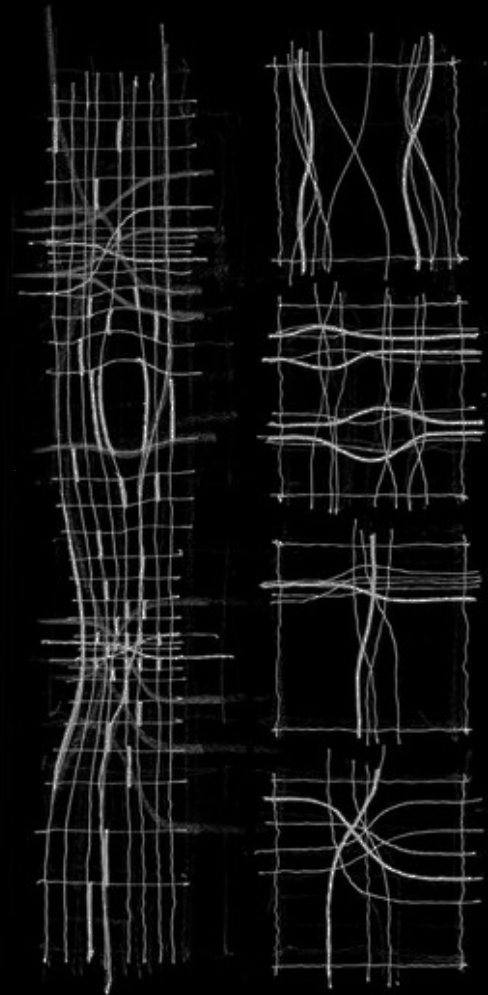
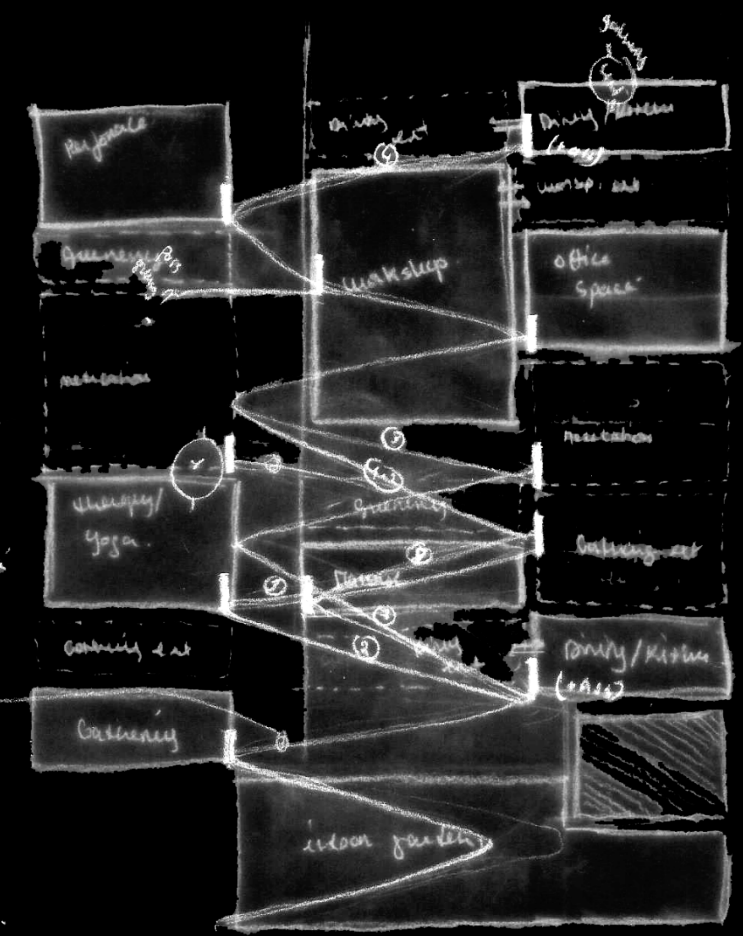
# RAMPS GUIDING THE JOURNEY



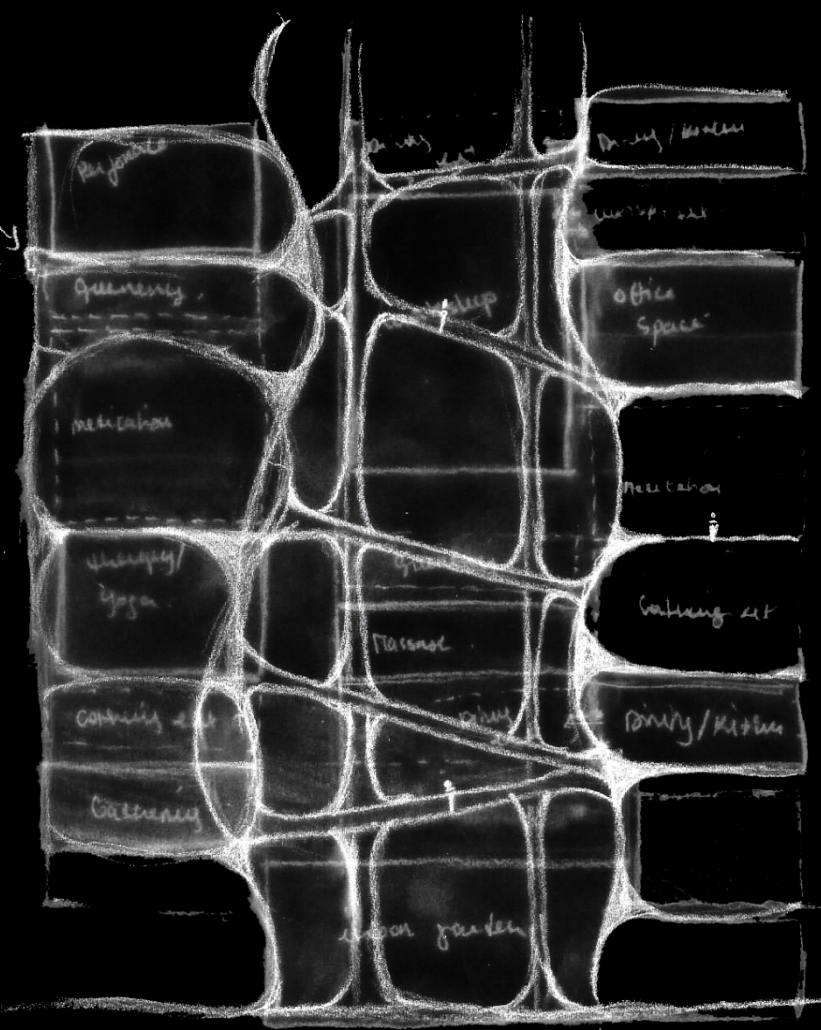
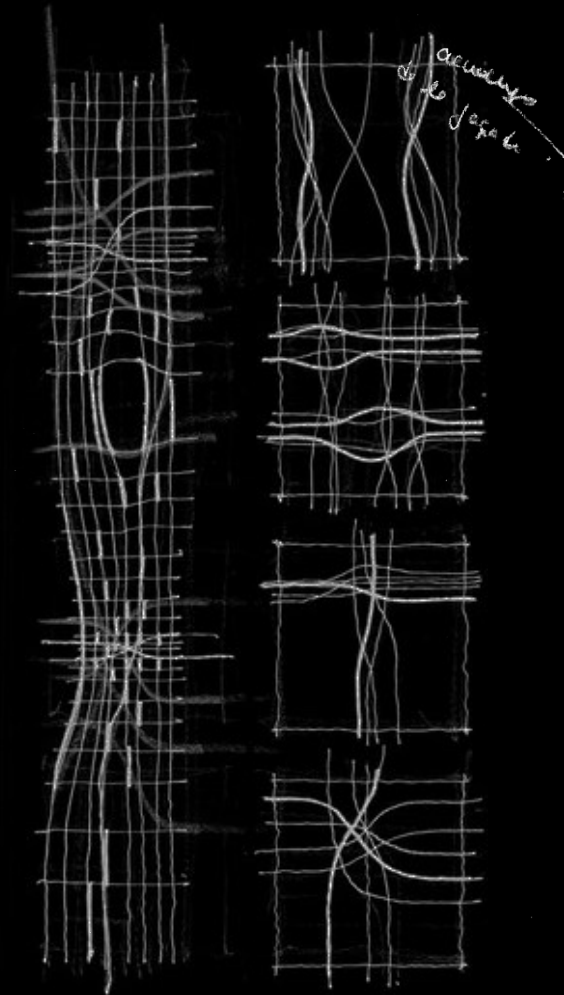
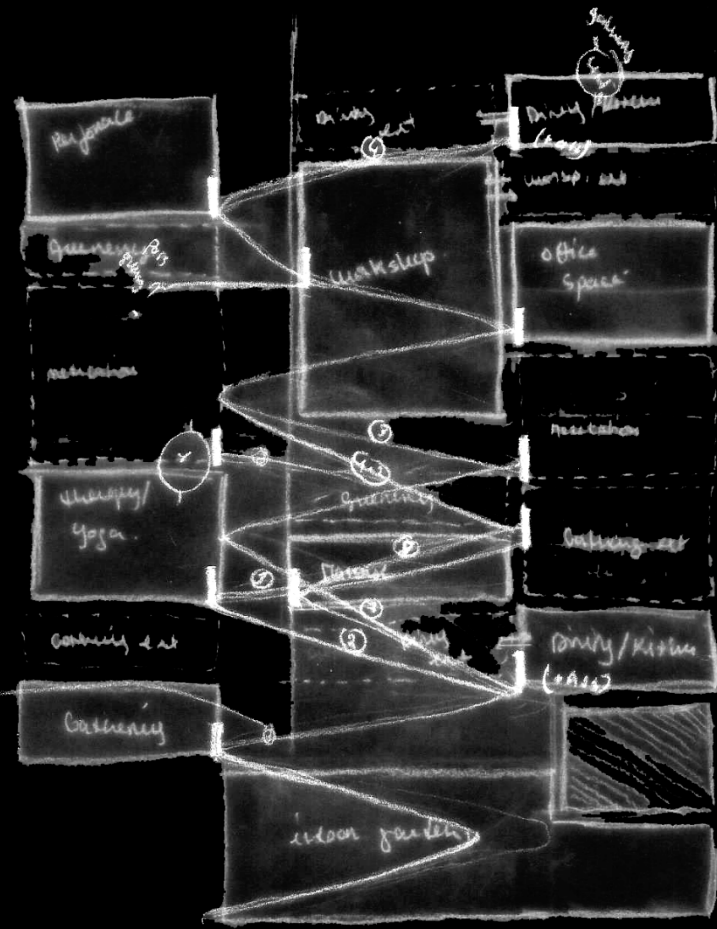
1. pas de Ramp.  
 4.1 pas de Ramp.  
 4.2 gabarit 2.  
 + pour passer être  
 relatif fonction  
 de service ?  
 Un des spots  
 rampes.  
 pas de passer  
 avec que  
 11 minutes à l'heure ?



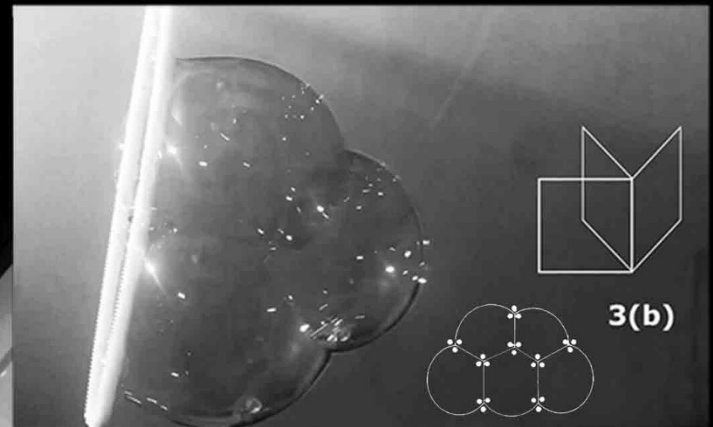
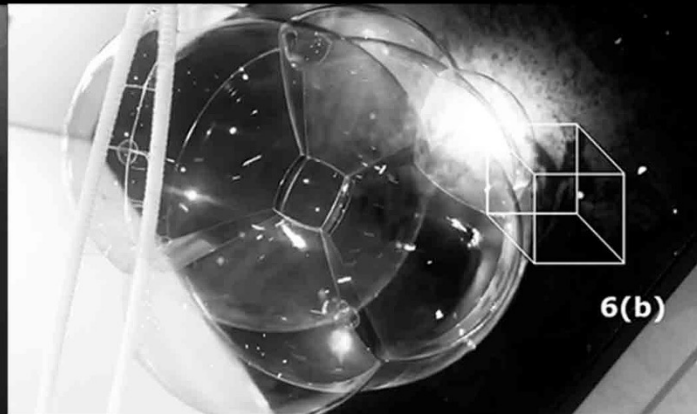
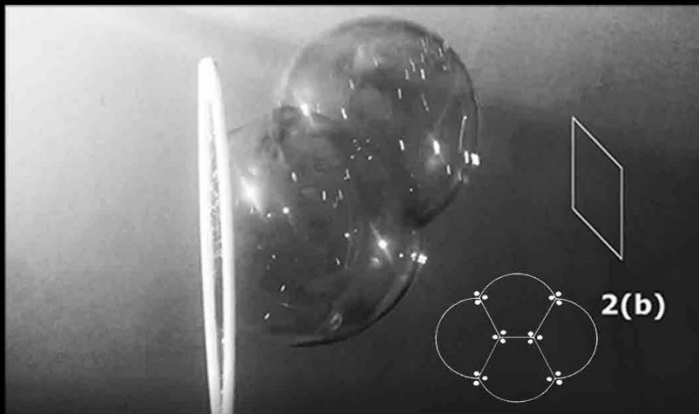
1. pas de Ramp.  
 4.1 pas de Ramp.  
 4.2 gabrielle 2.  
 + Ryan peut être  
 n'importe où  
 de service ?  
 Un des spots  
 rampes.  
 j'ai le pas  
 avec qui  
 vraiment l'œuvre ?



1. pas de Ramp.  
 4.1 pas de Ramp.  
 4.2 gabung 2.  
 + bisa pakai lift  
 nahik fungsi o  
 dia service n?  
 Ulu de Spiral  
 Rampas  
 jadi pas  
 case ga  
 10 menit 10 menit



Spiral Ramp -  
 10 menit 10 menit  
 10 menit 10 menit  
 10 menit 10 menit

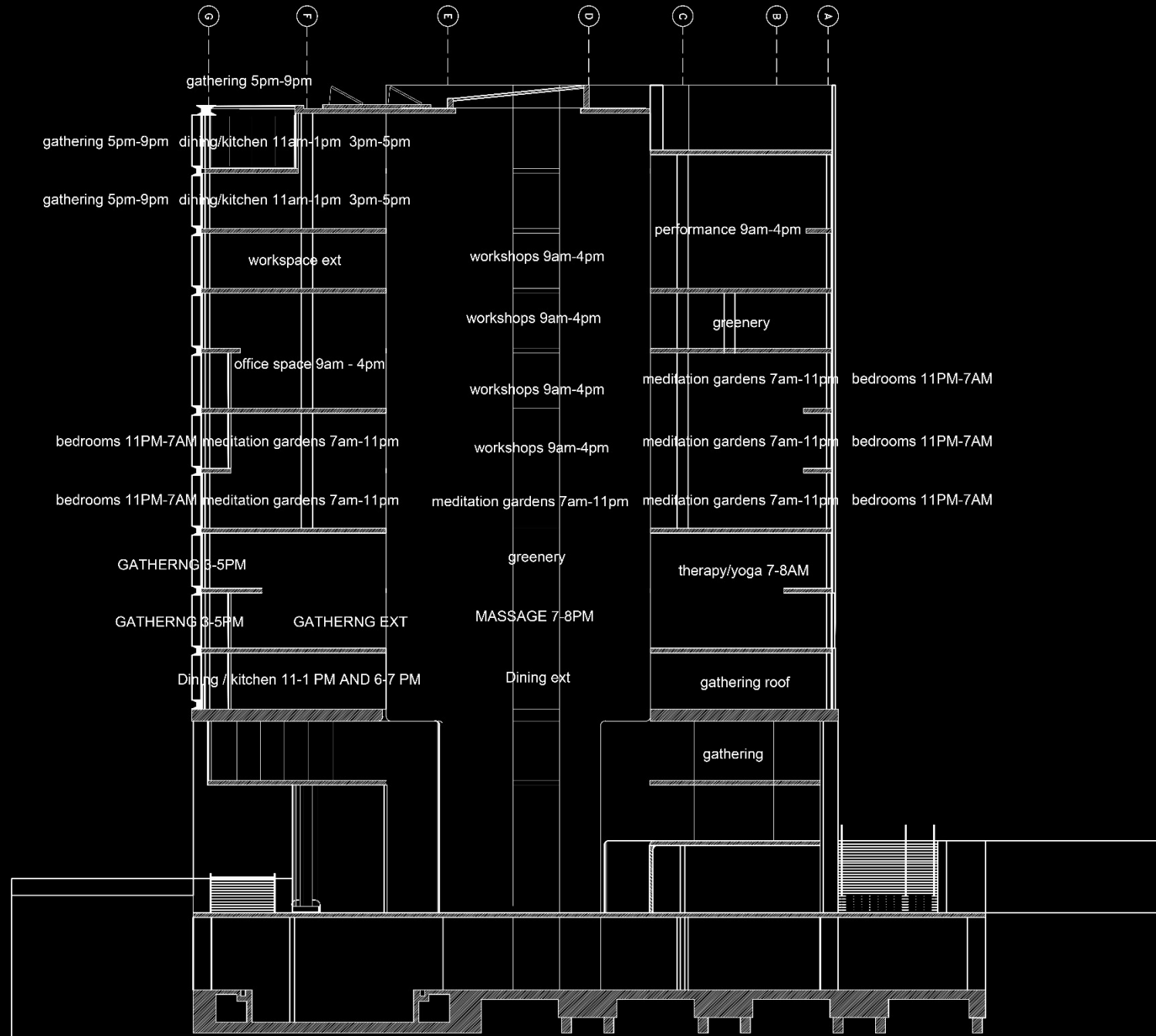


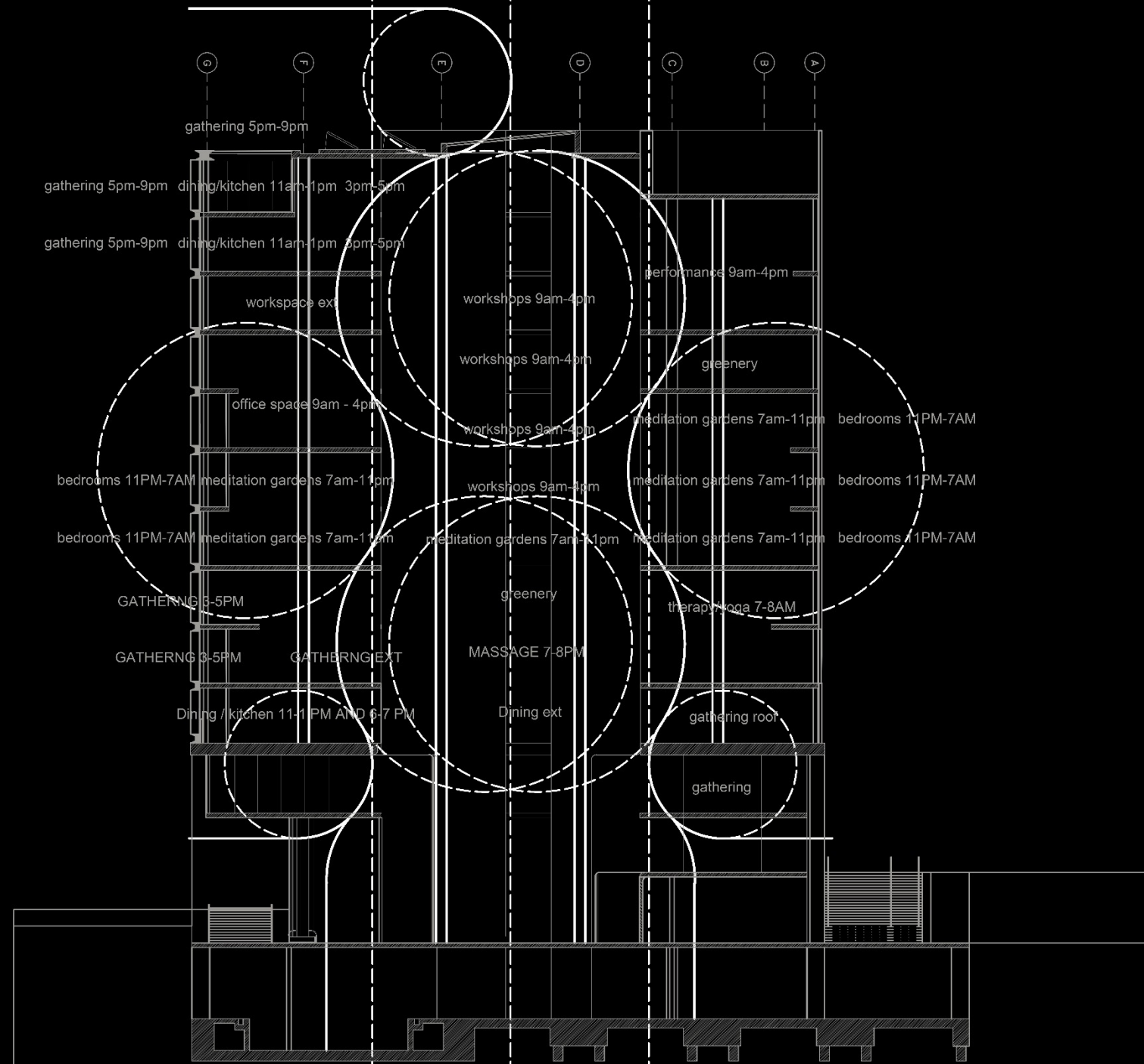
Clusters of bubbles in the plane

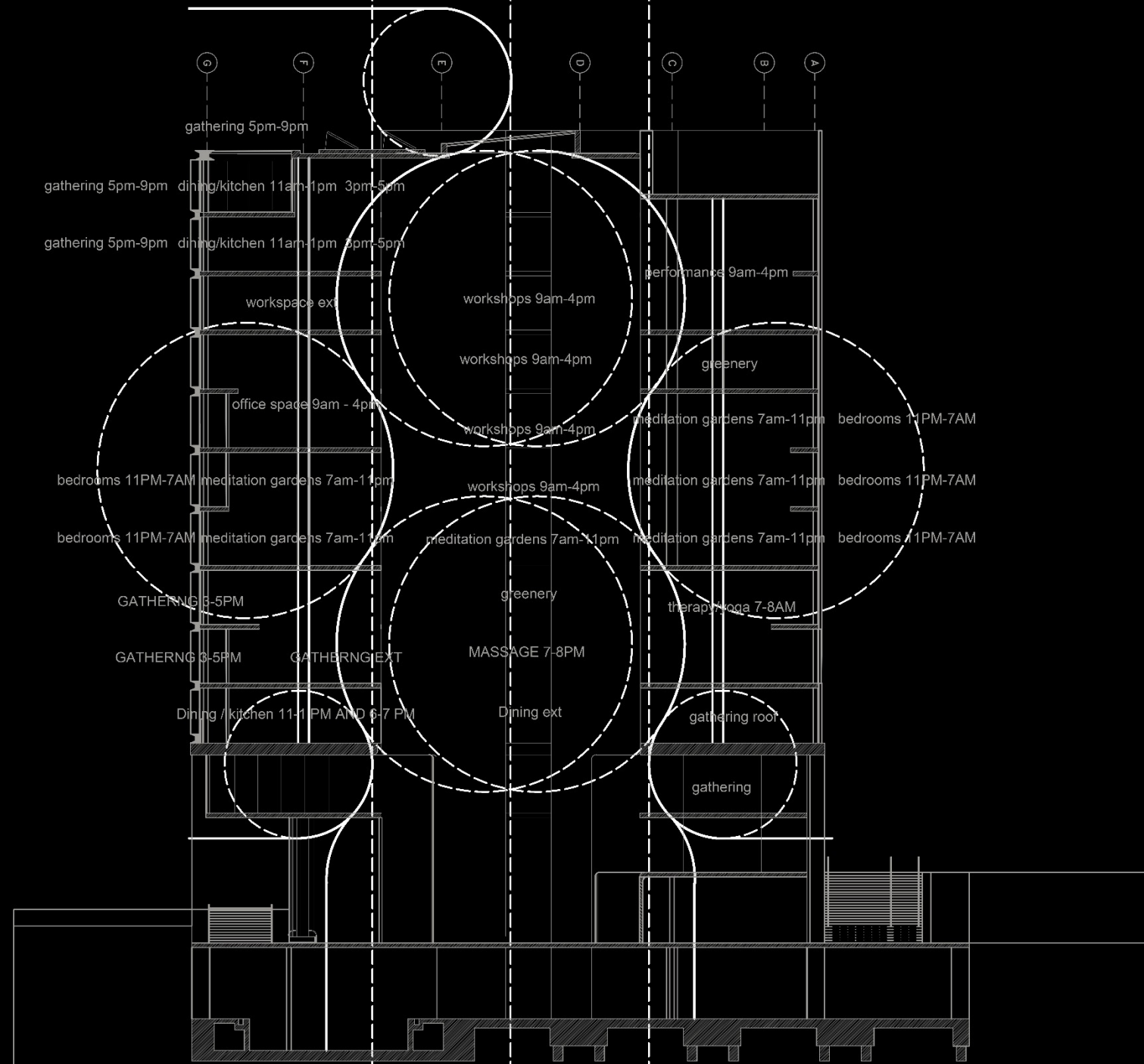
Minimal surface principle

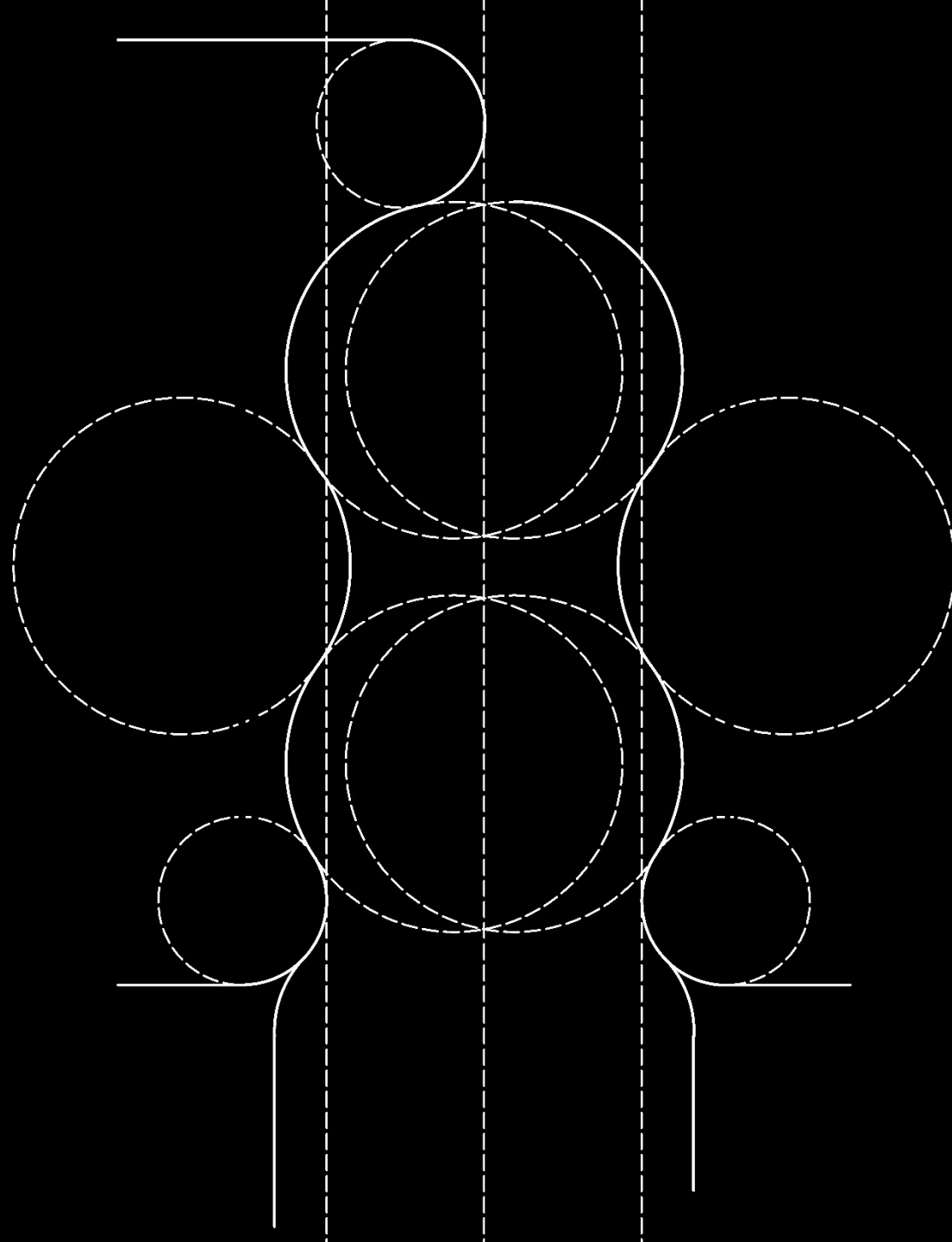
Hexagonal tilings in nature / Honeycomb Theorem

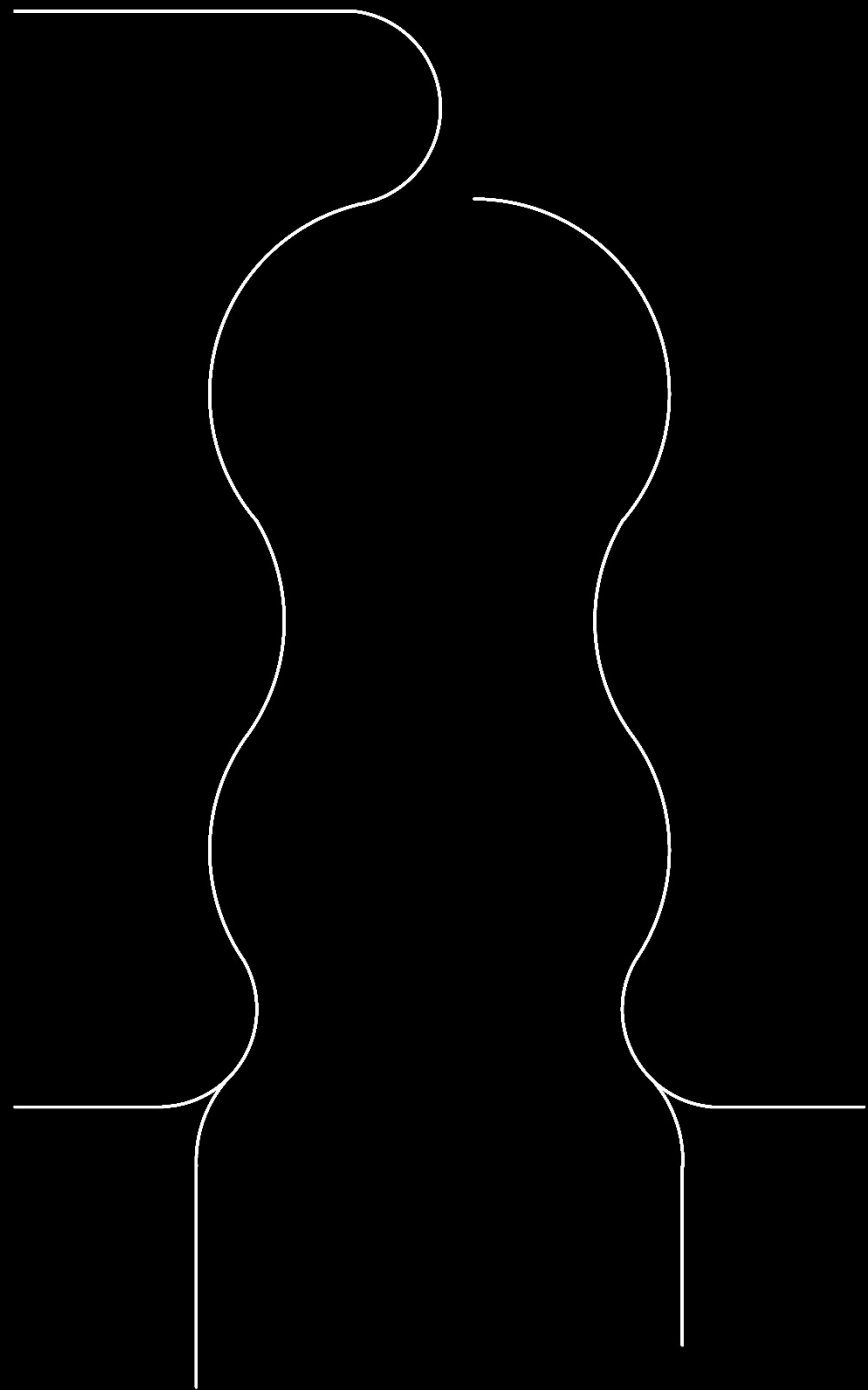




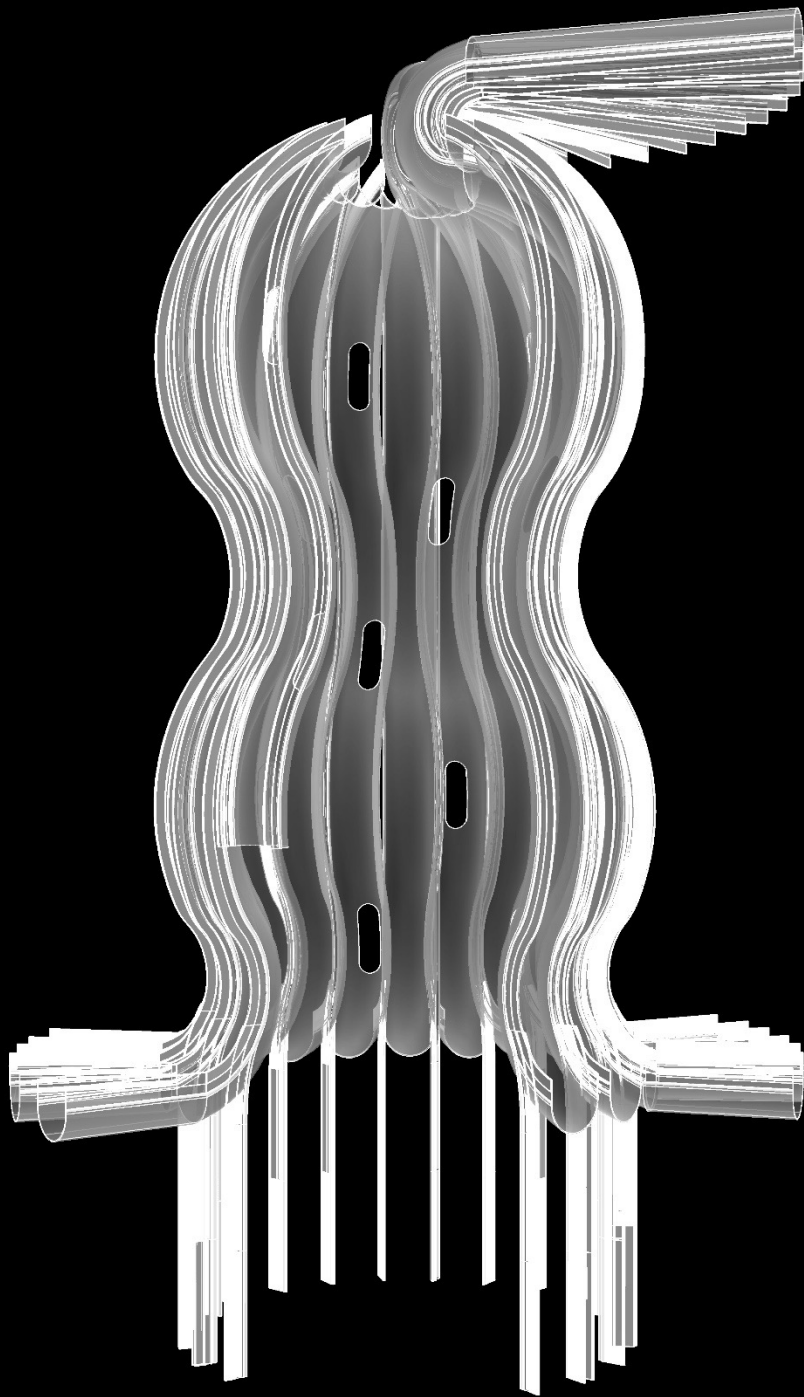


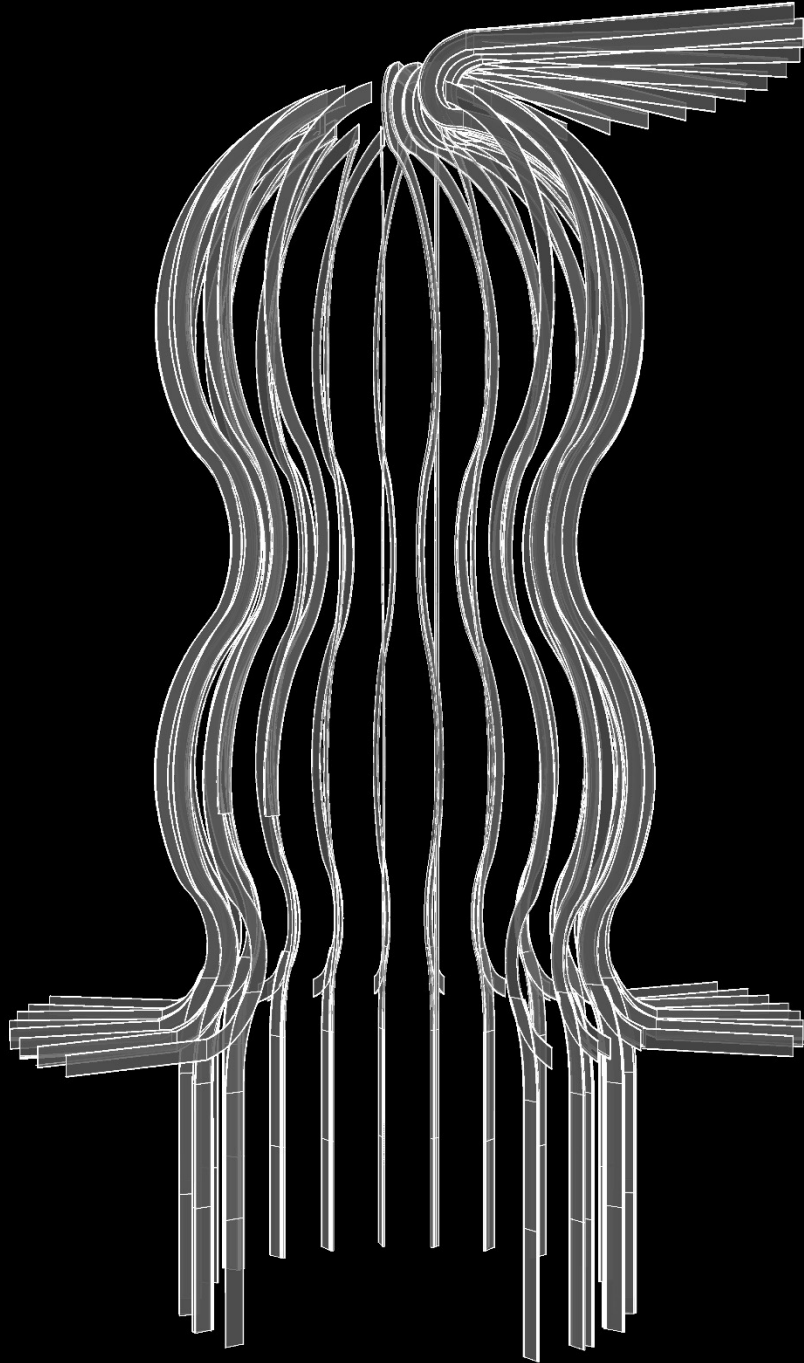






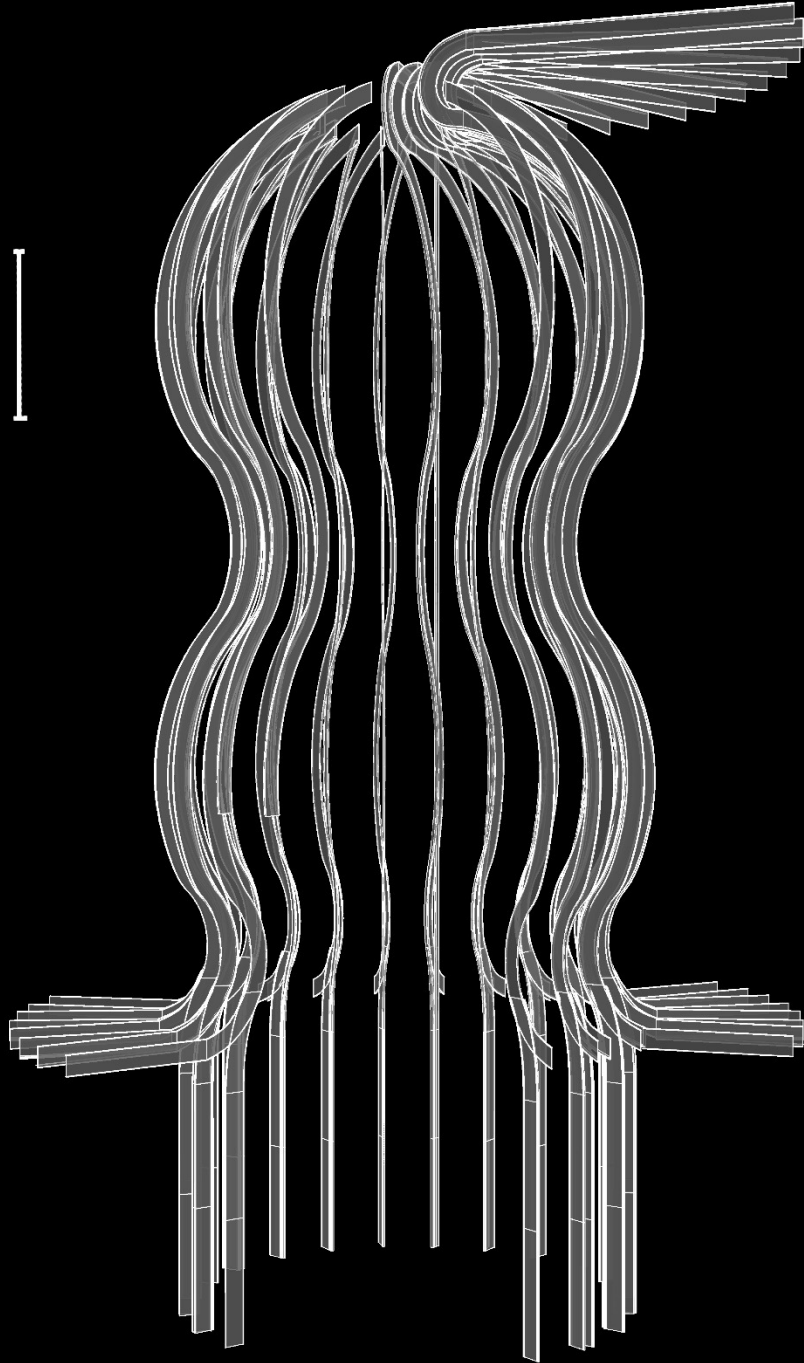






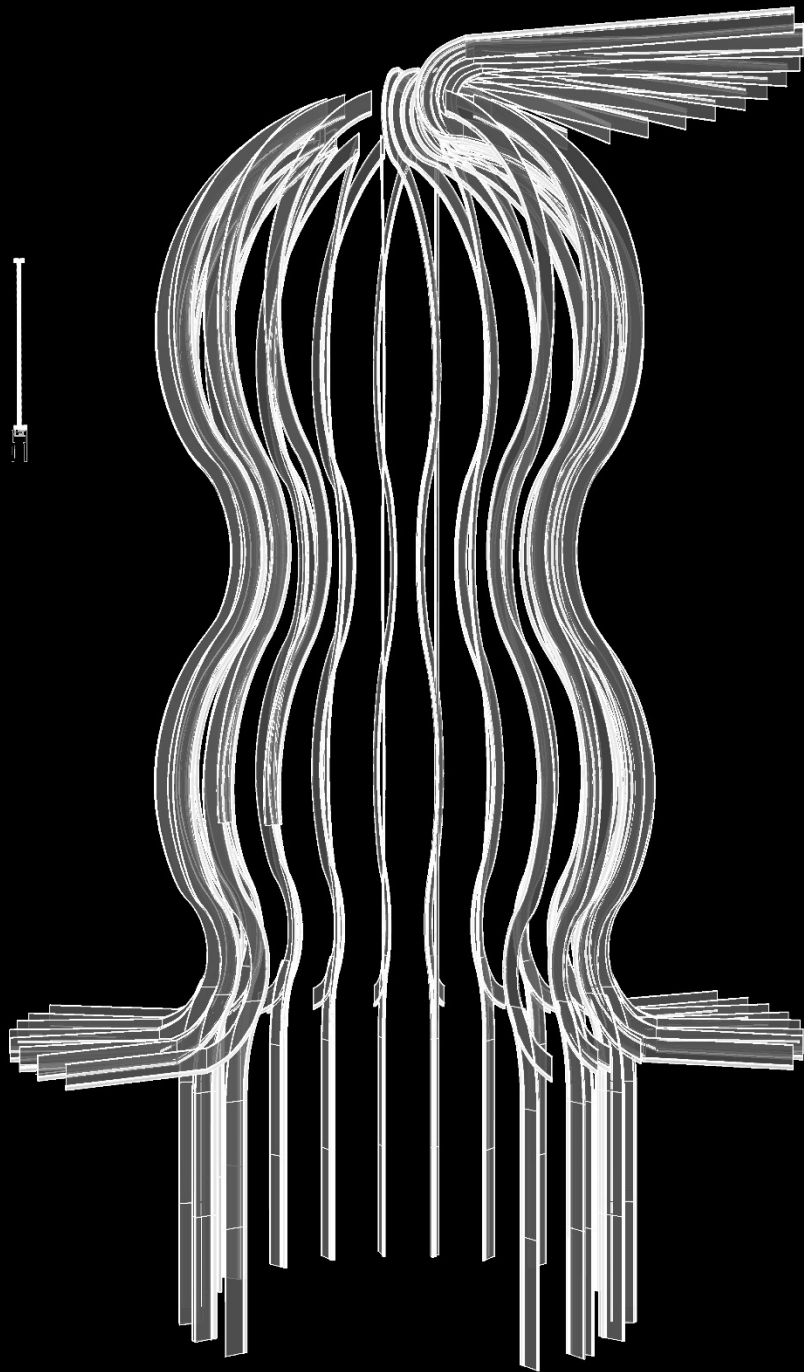
DESIGNING THE CIRCADIAN CURTAIN





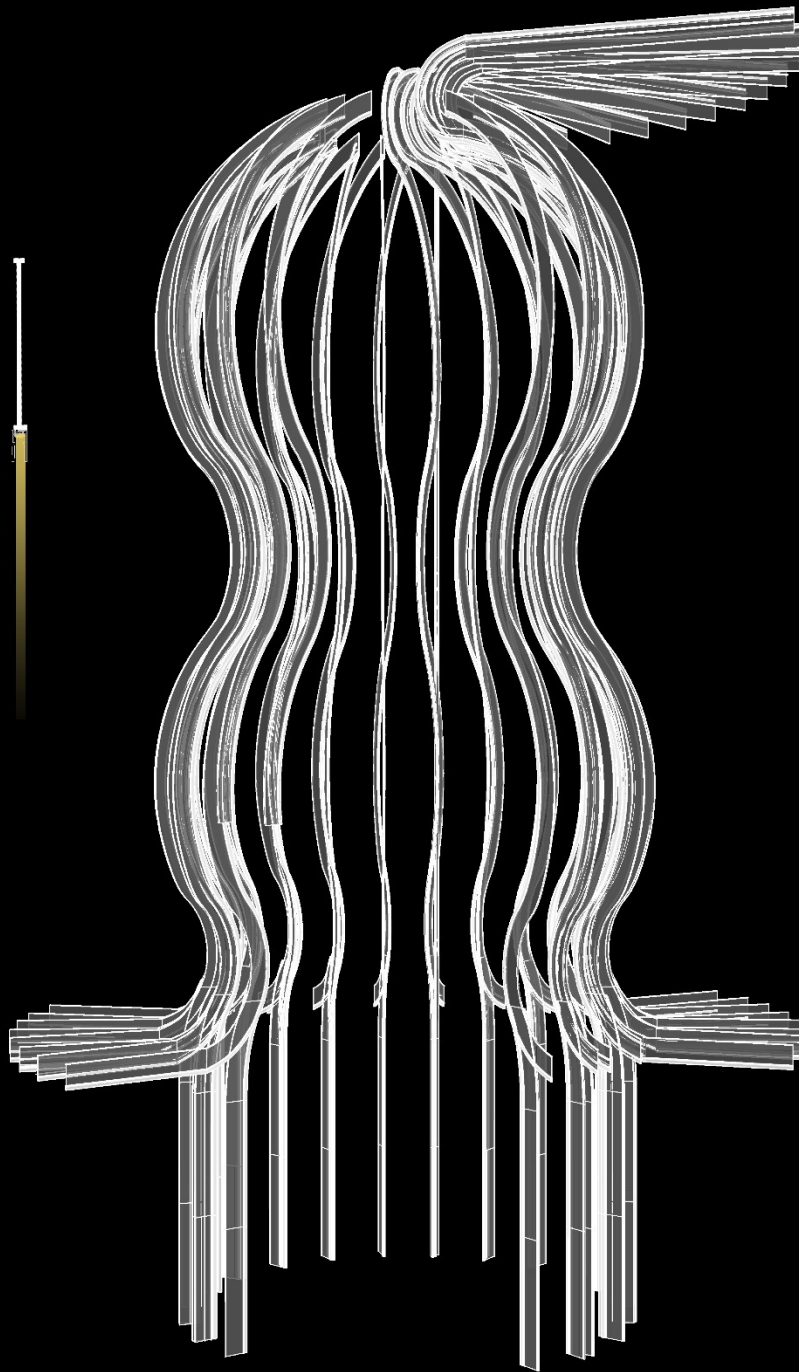
**DESIGNING THE CIRCADIAN CURTAIN**

**Structual - metallic steel structure all the way through.**



## DESIGNING THE CIRCADIAN CURTAIN

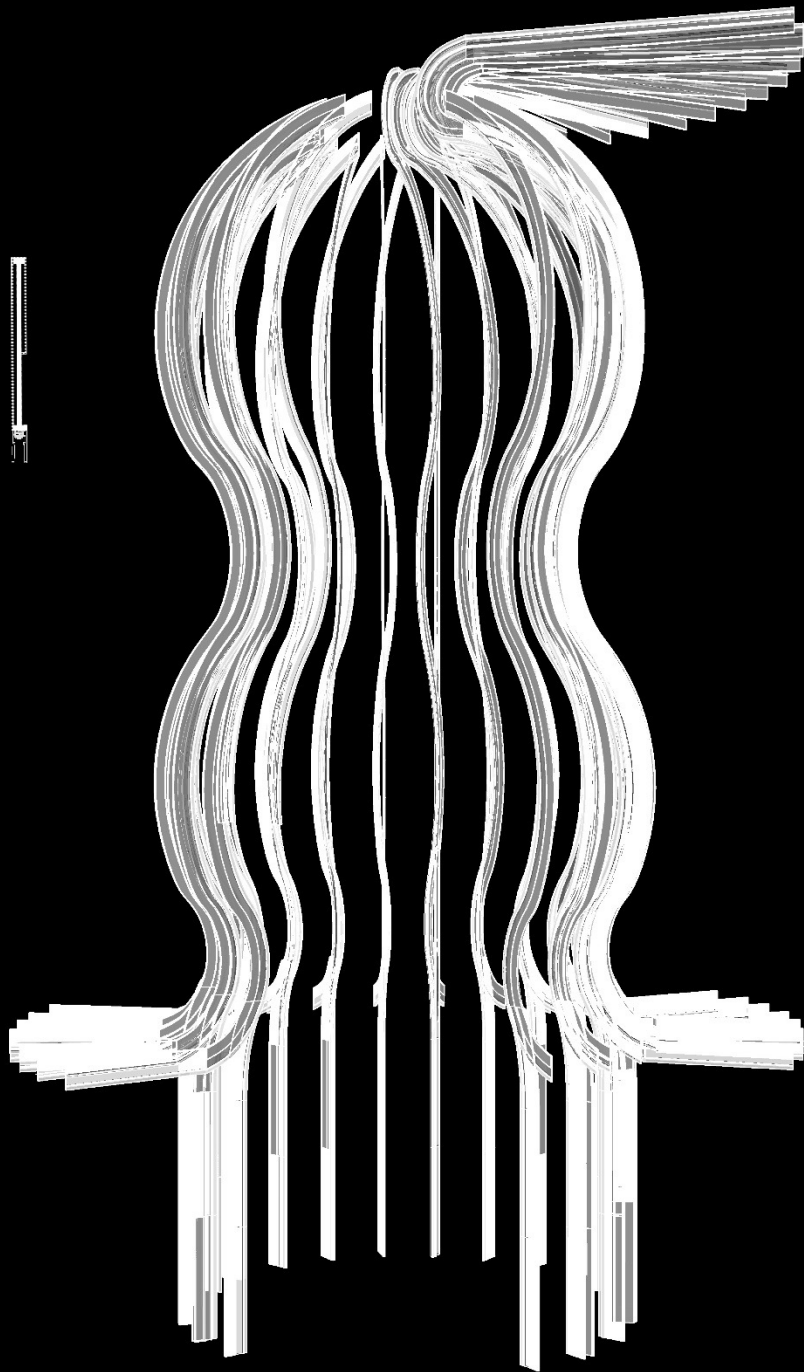
Structural - metallic steel structure all the way through.



## DESIGNING THE CIRCADIAN CURTAIN

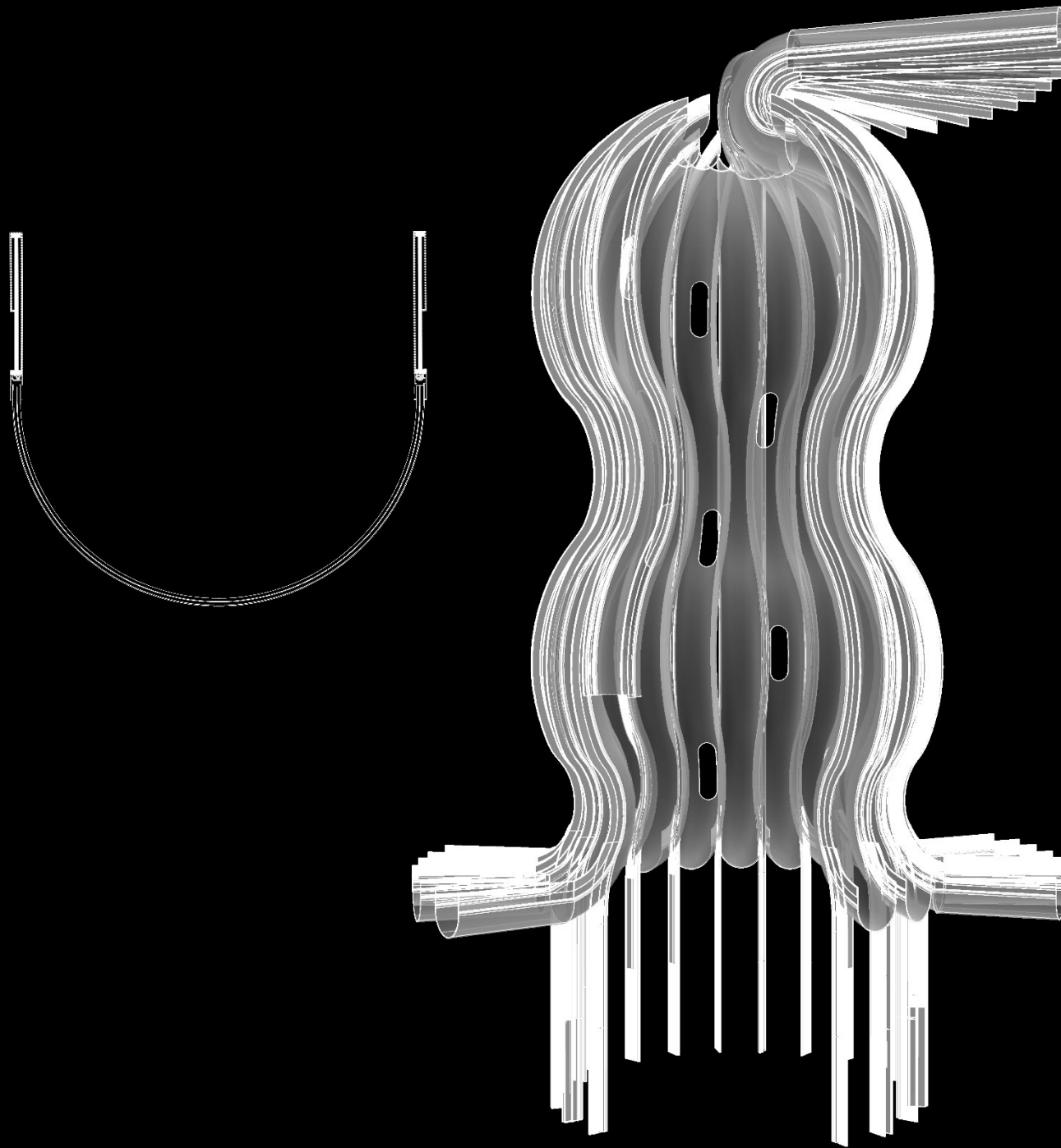
**Structual - metallic steel structure all the way through.**  
**Time indicator - controlled lighting system and visiobright film.**





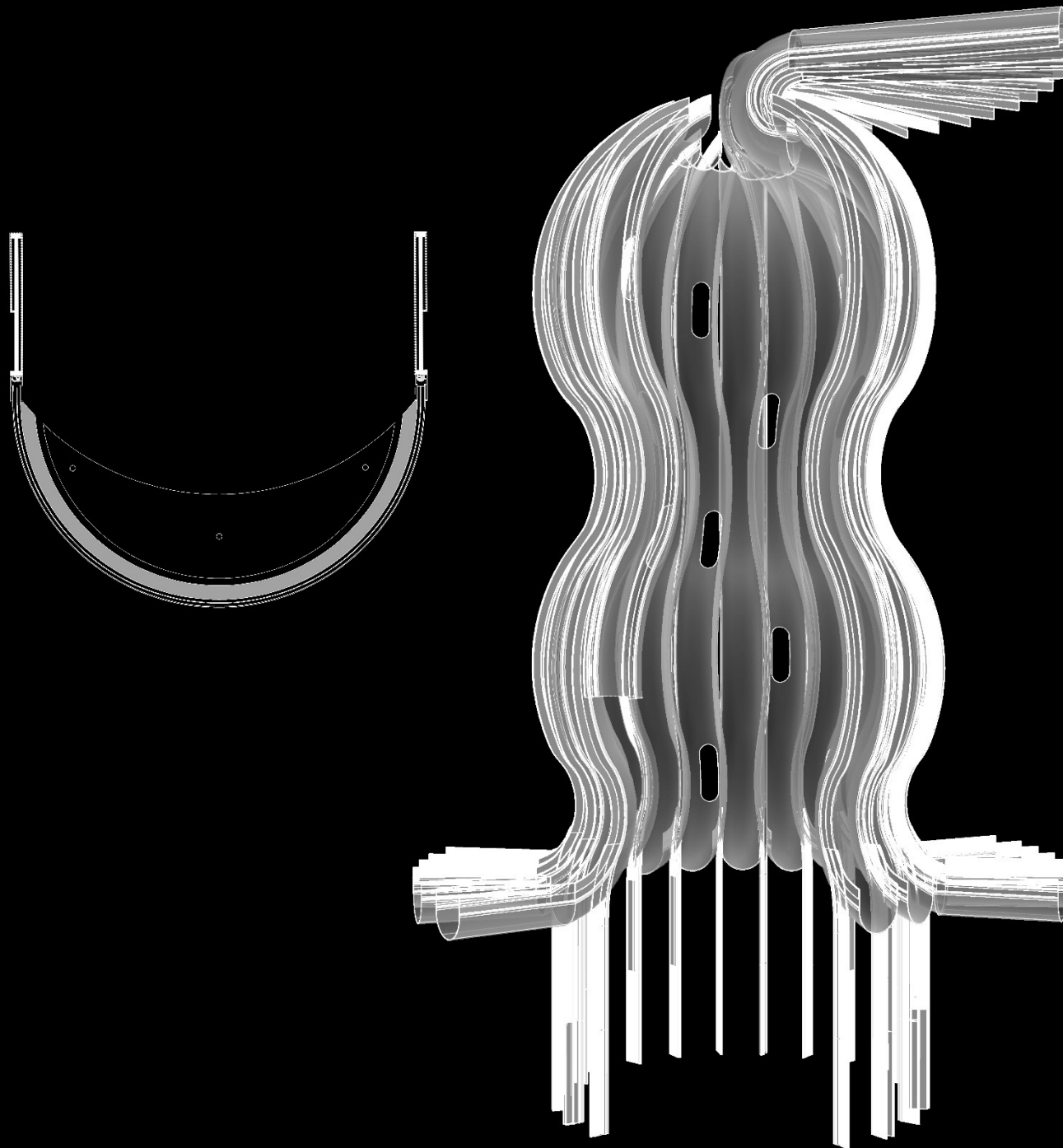
## DESIGNING THE CIRCADIAN CURTAIN

**Structual - metallic steel structure all the way through.**  
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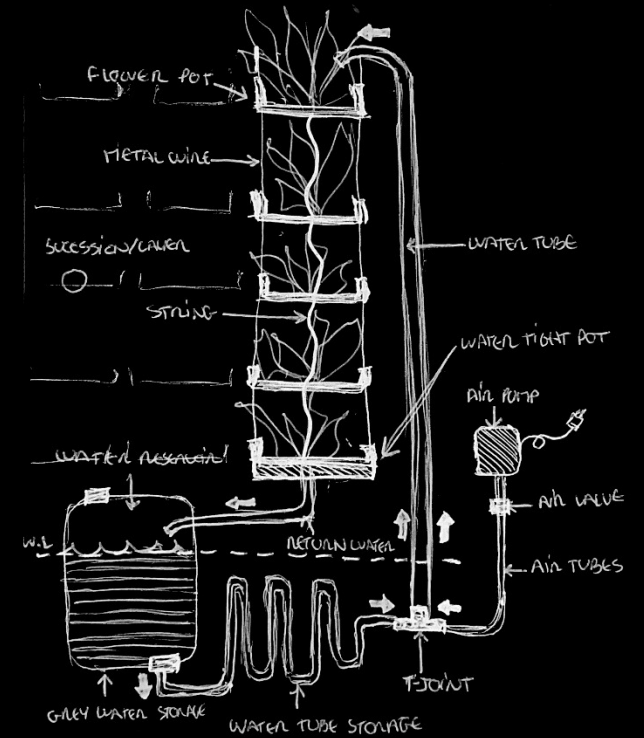
## DESIGNING THE CIRCADIAN CURTAIN

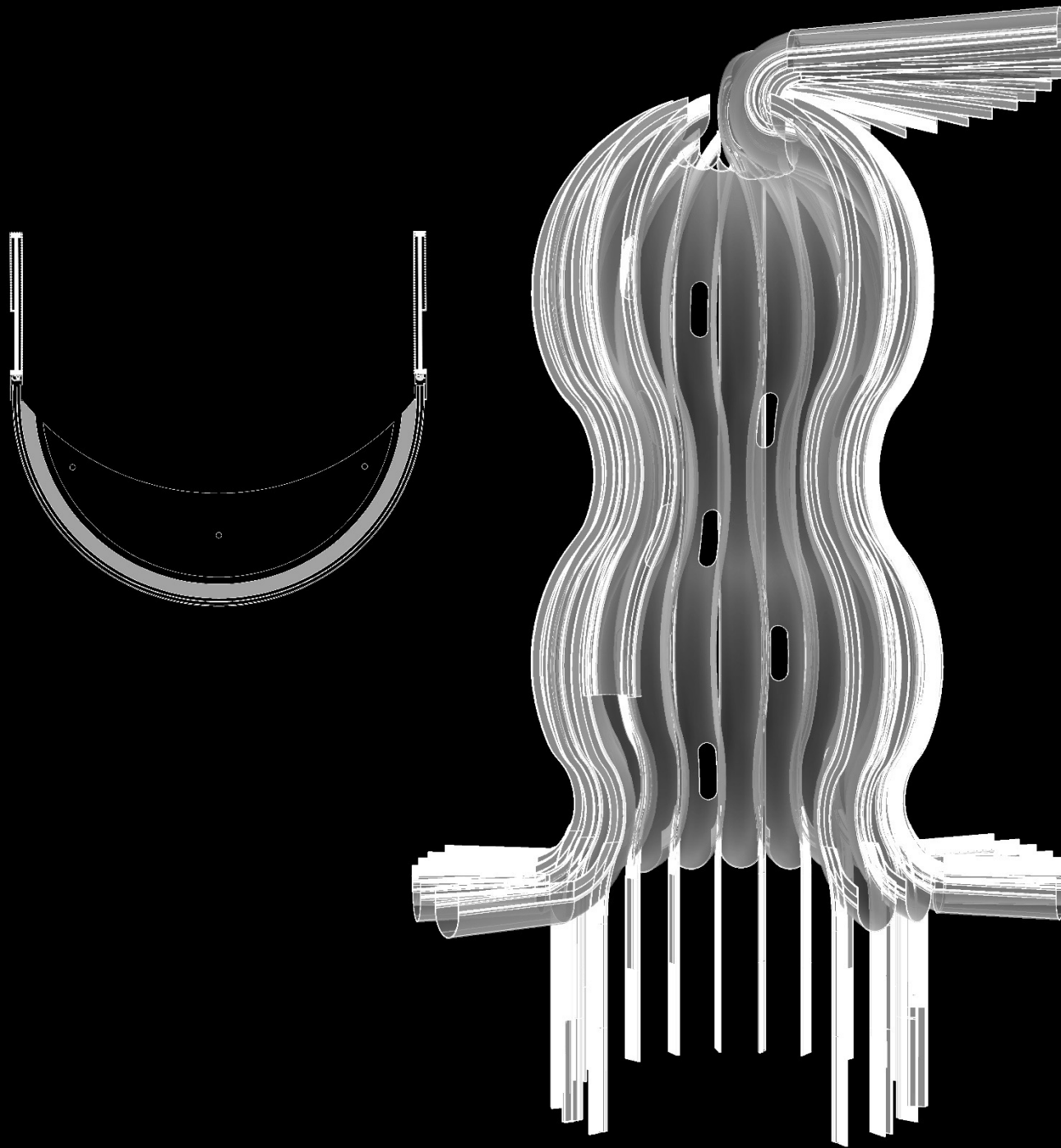
**Structual** - metallic steel structure all the way through.  
**Time indicator** - controlled lighting system and visiobright film.  
**Space divider** - it's structure forms niches and defines the spaces.



## DESIGNING THE CIRCADIAN CURTAIN

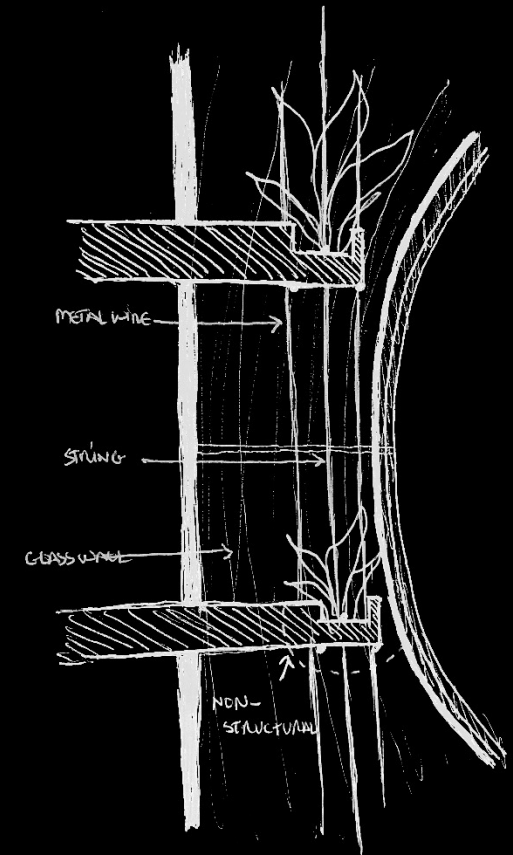
**Structural** - metallic steel structure all the way through.  
**Time indicator** - controlled lighting system and visibright film.  
**Space divider** - it's structure forms niches and defines the spaces.  
**Aroma therapeutic** - contains a hydroponics system controlled by UV lights and reused grey waters.





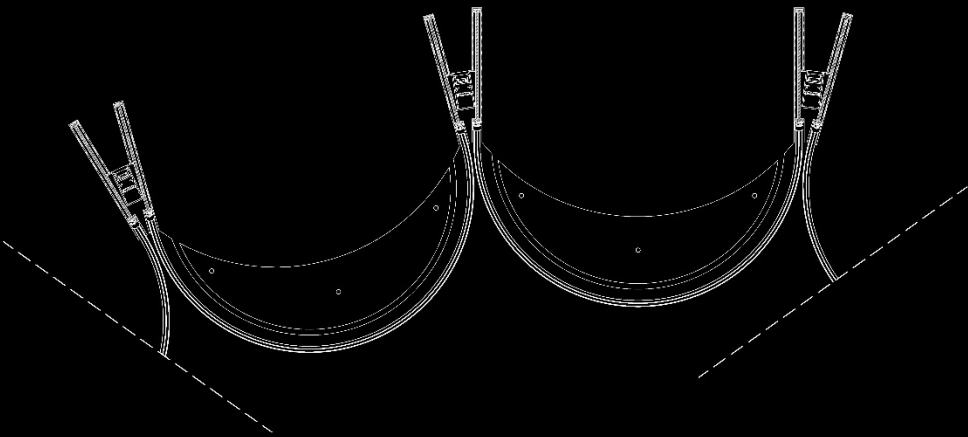
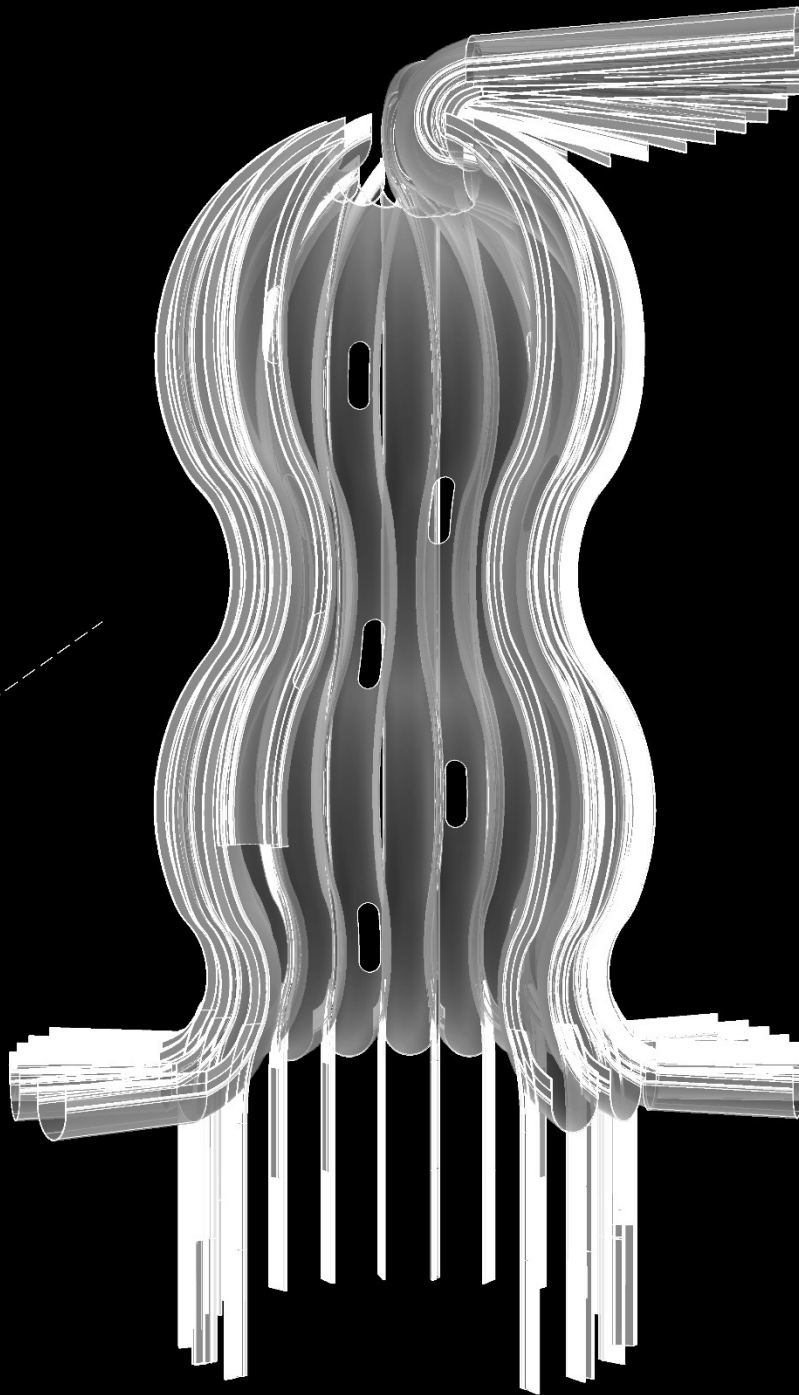
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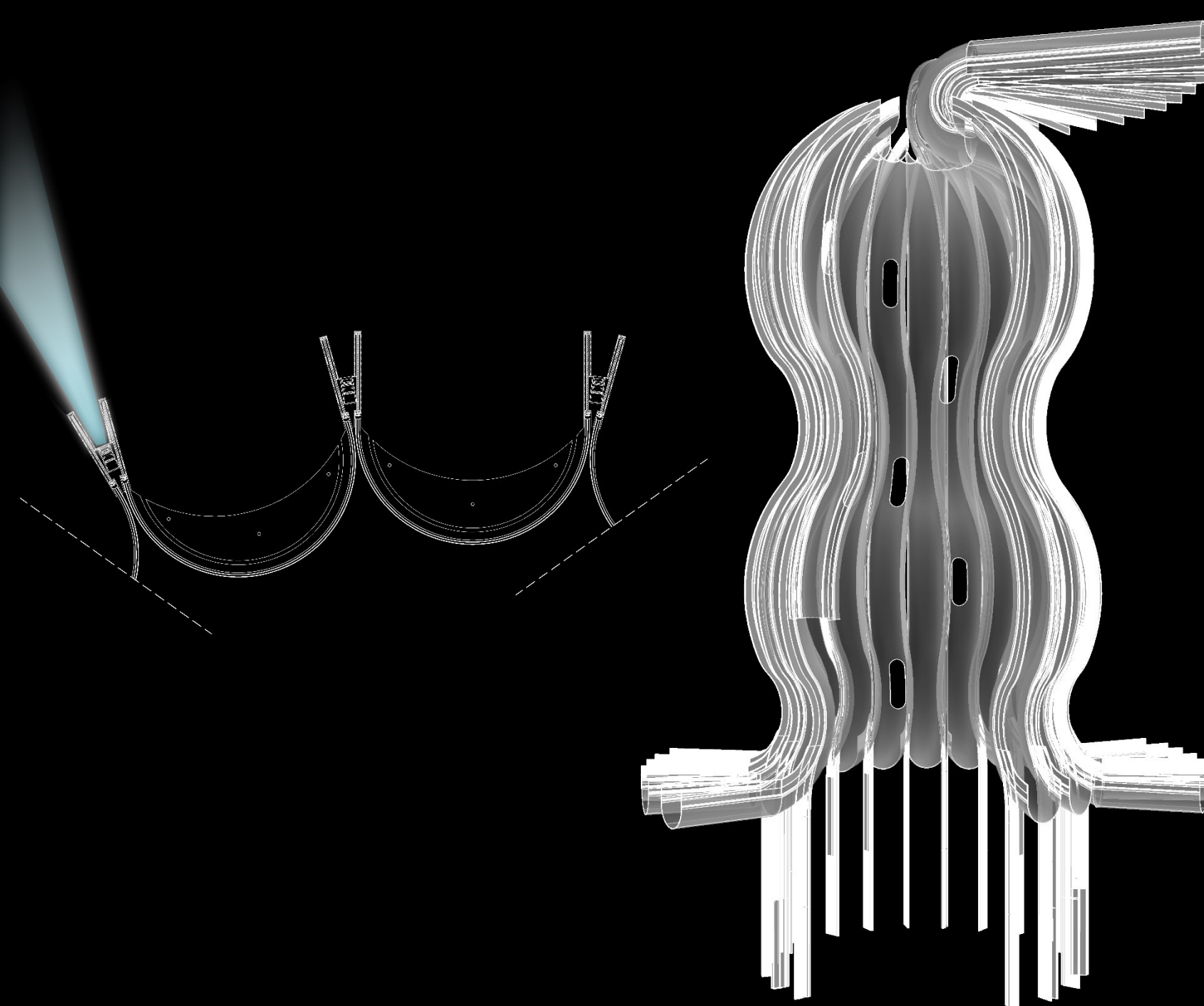


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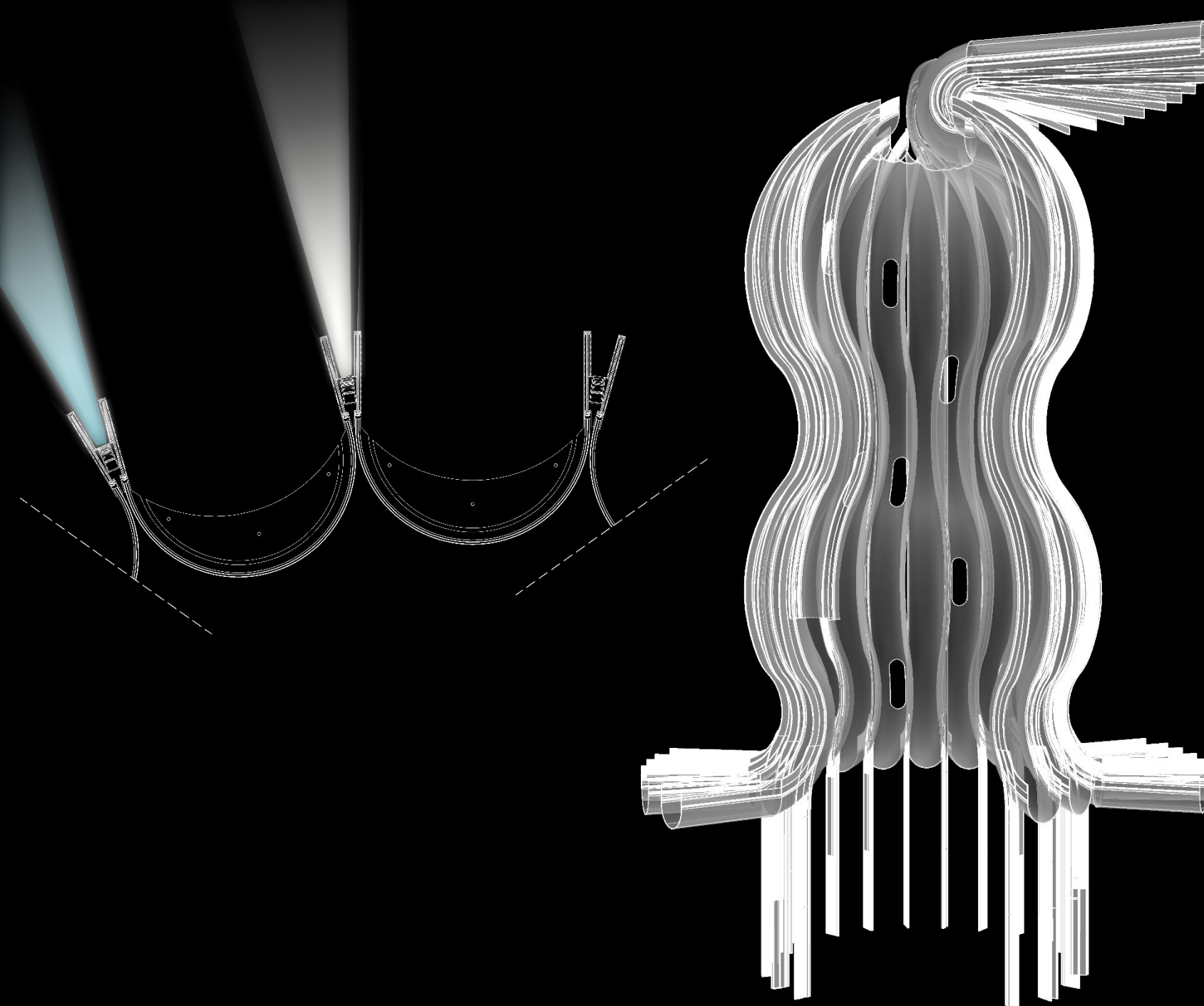






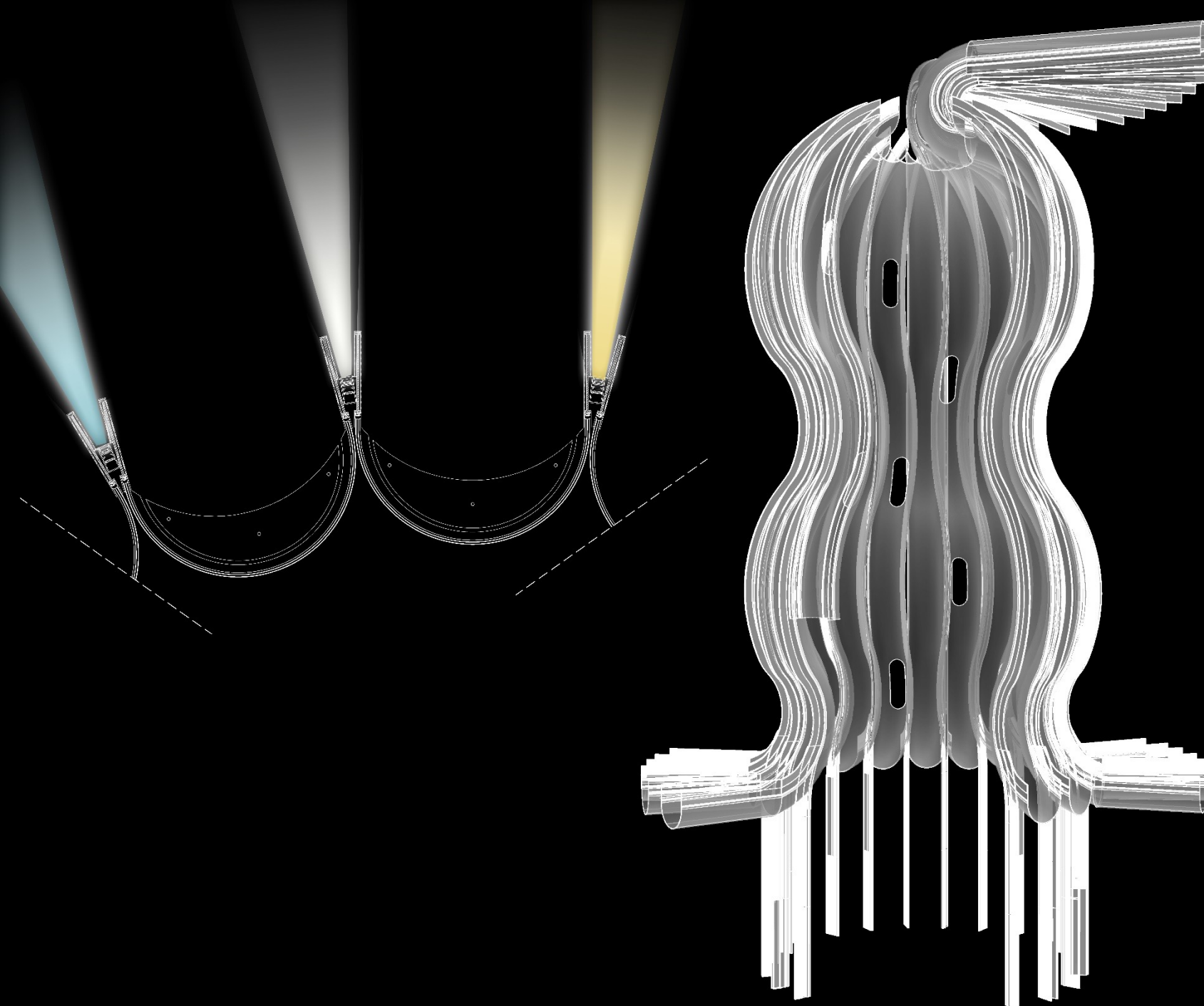
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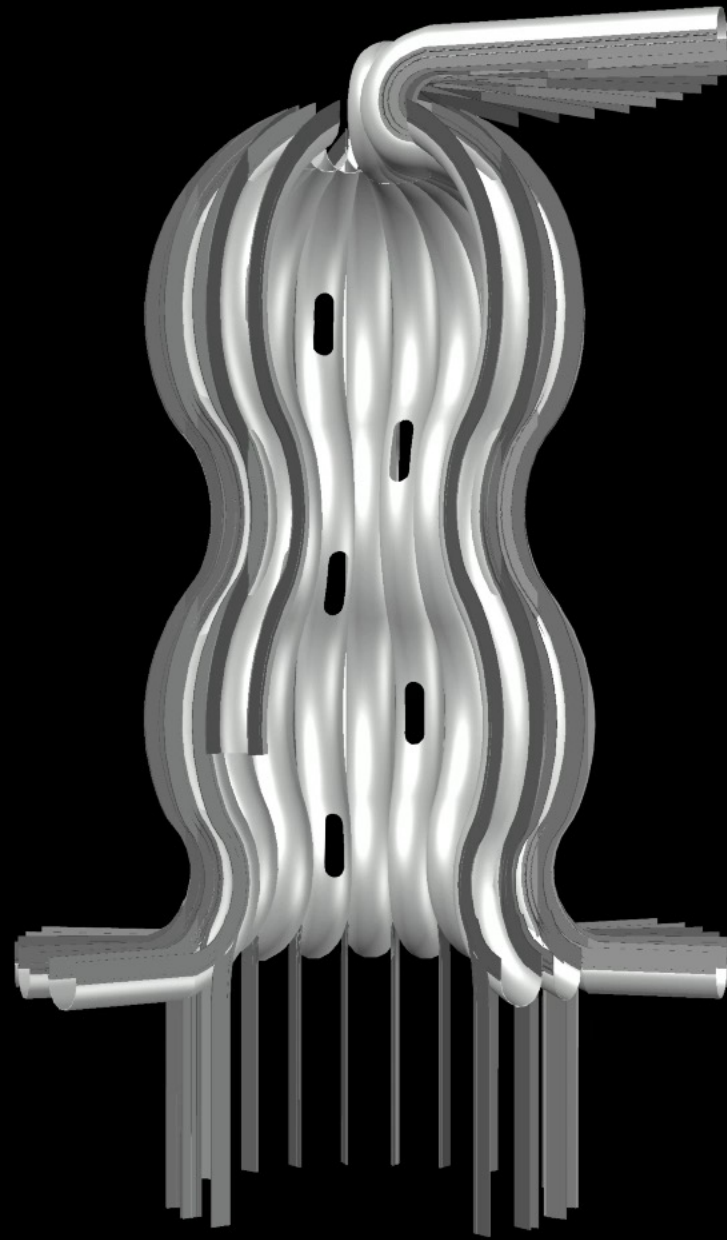
#### DESIGNING THE CIRCADIAN CURTAIN

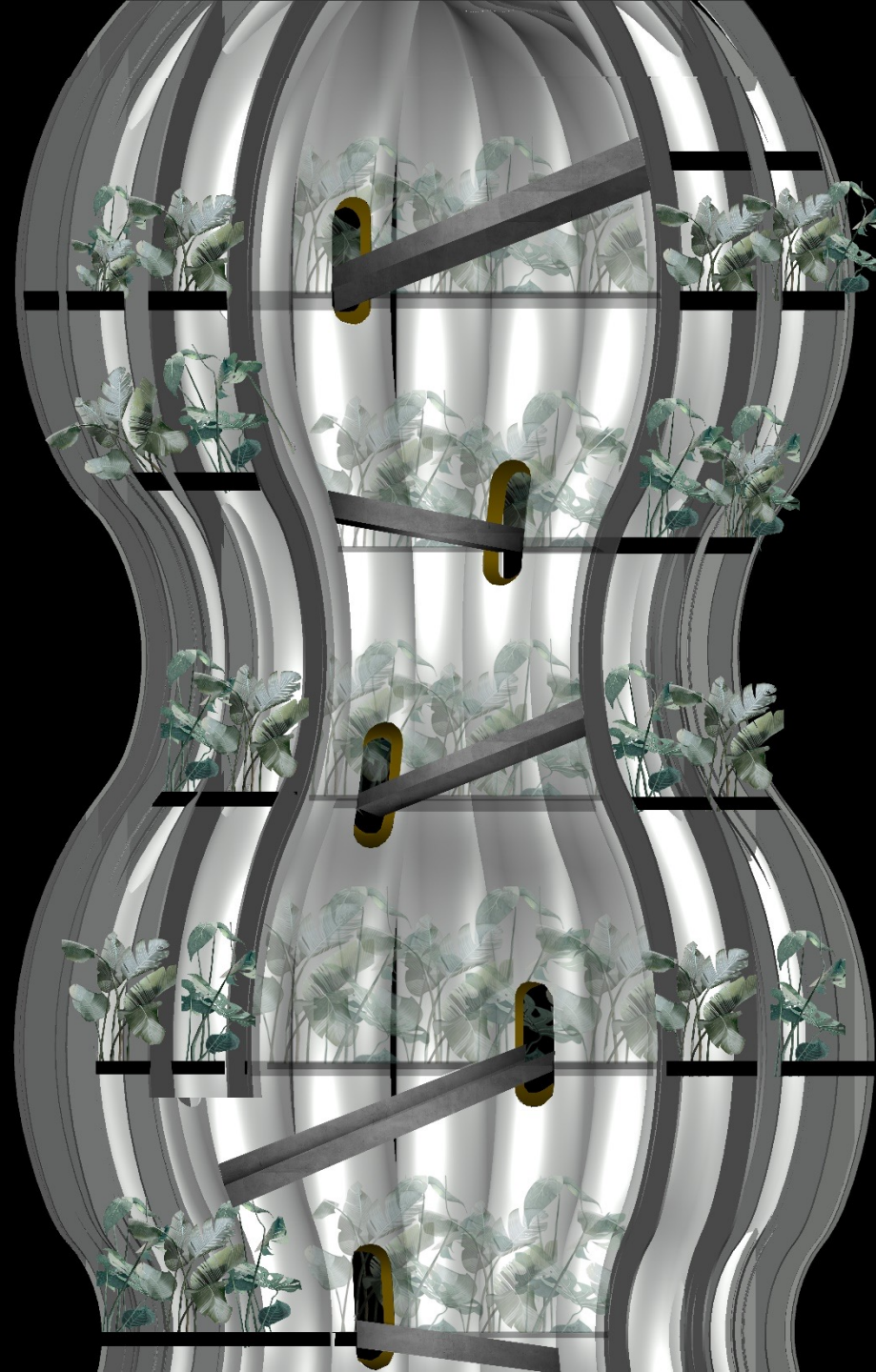
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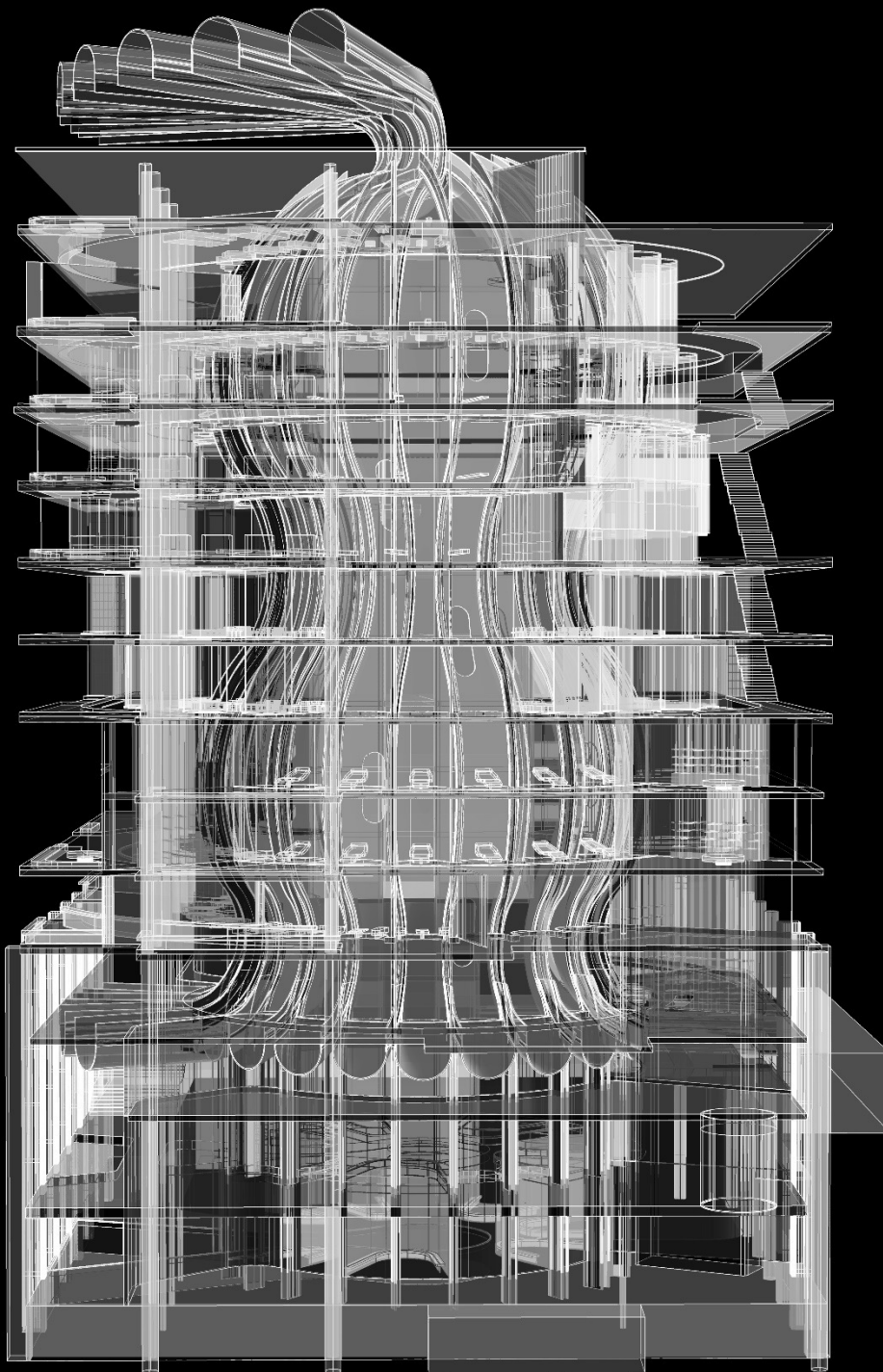




## DESIGNING THE CIRCADIAN CURTAIN

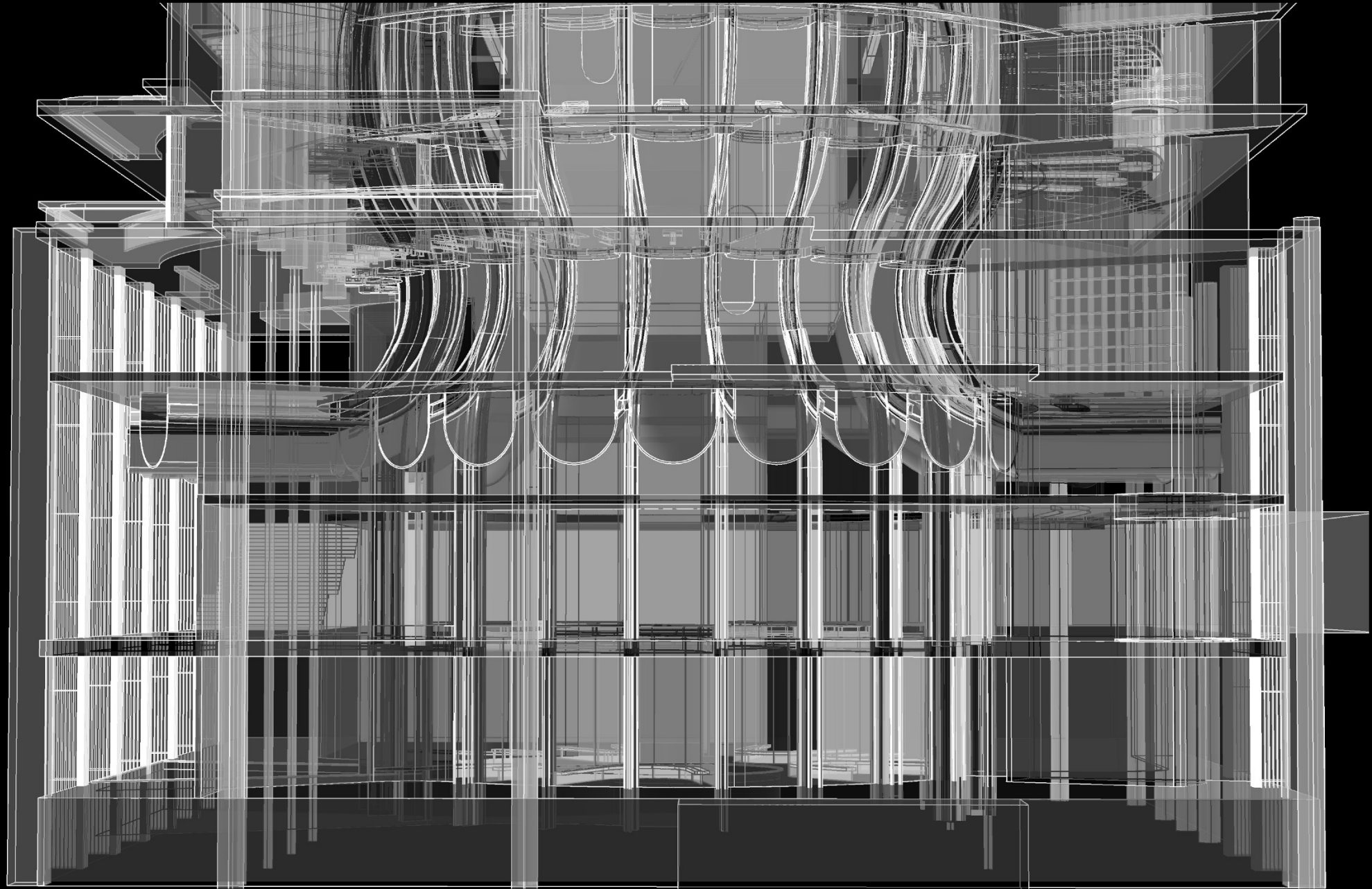
Ramps connecting the activated spaces through the circadian curtain. Hydroponics and lighting systems visible inside/out.



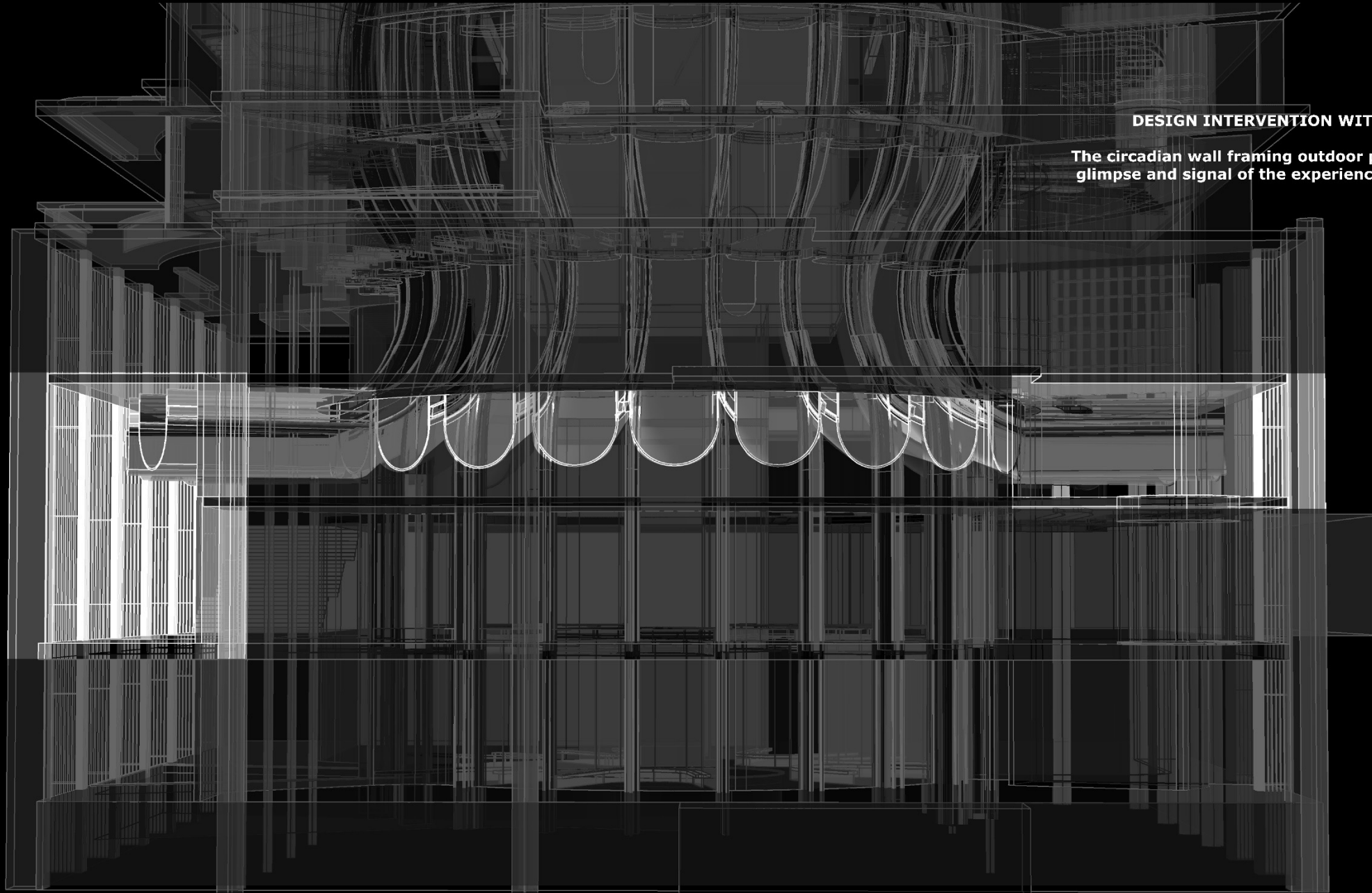


**DESIGN INTERVENTION WITH THE EXISTING SITE**

**Link between the circadian wall and the existing building, how it interact with the interior and grasps the facade.**

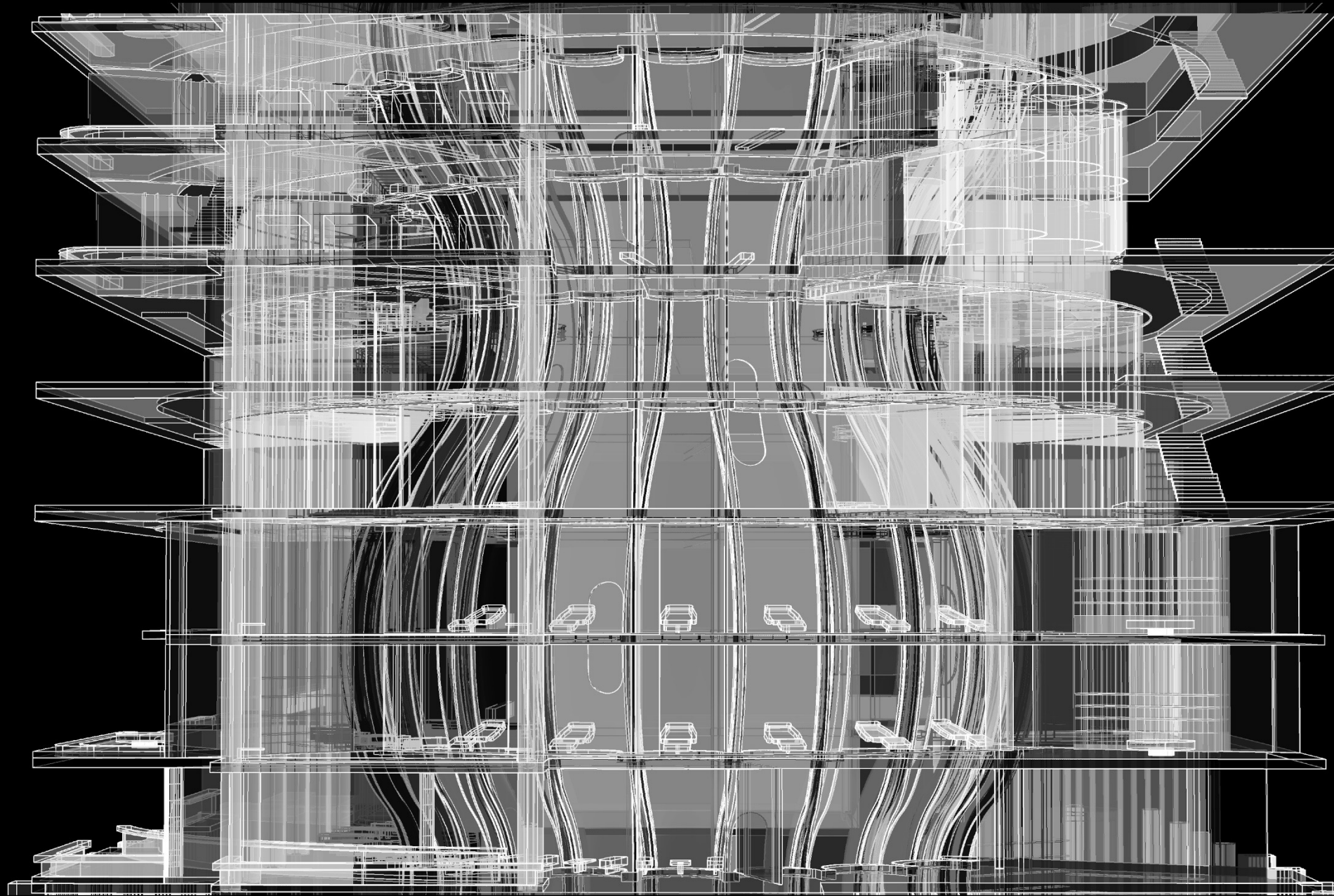


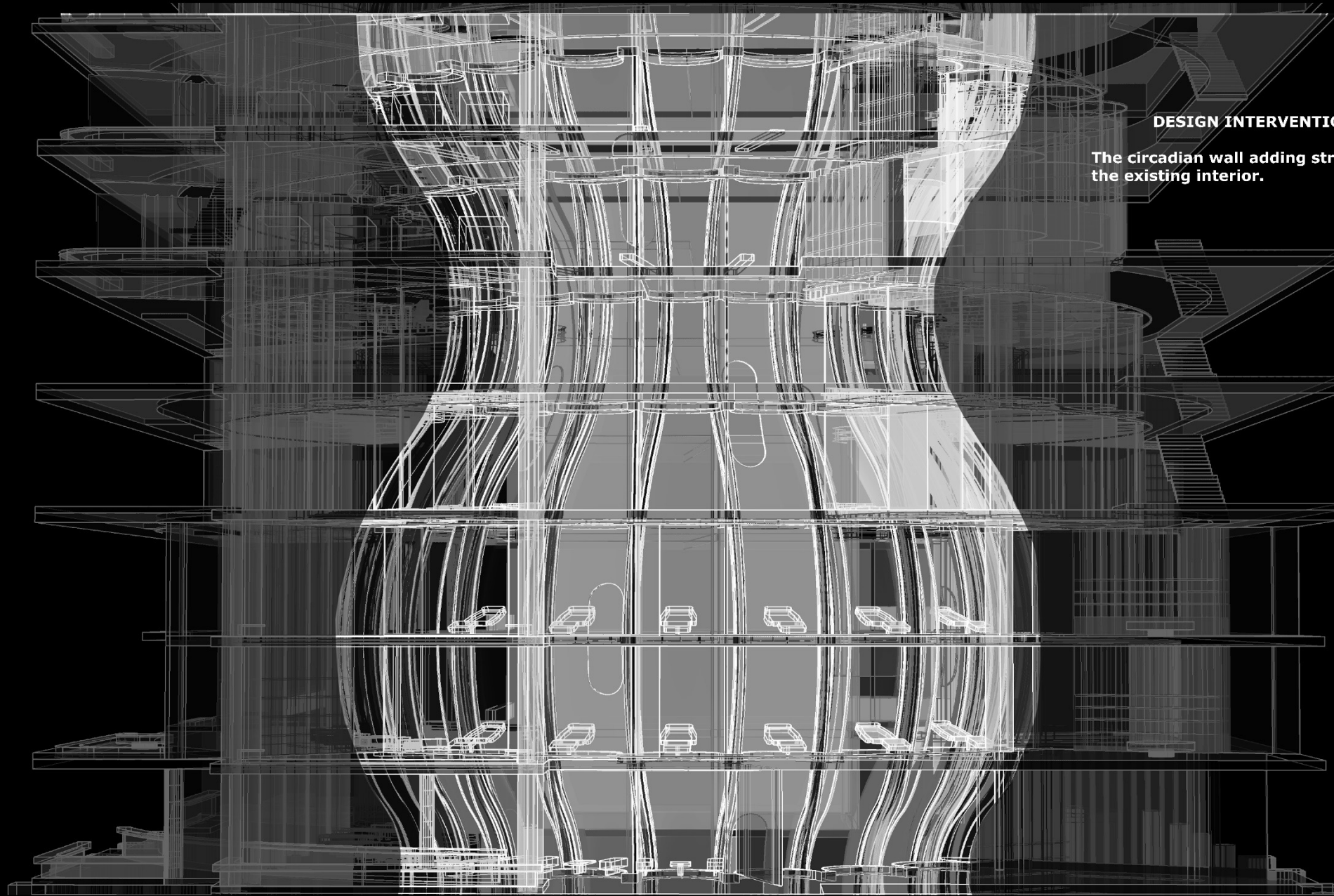




**DESIGN INTERVENTION WITH THE EXISTING SITE**

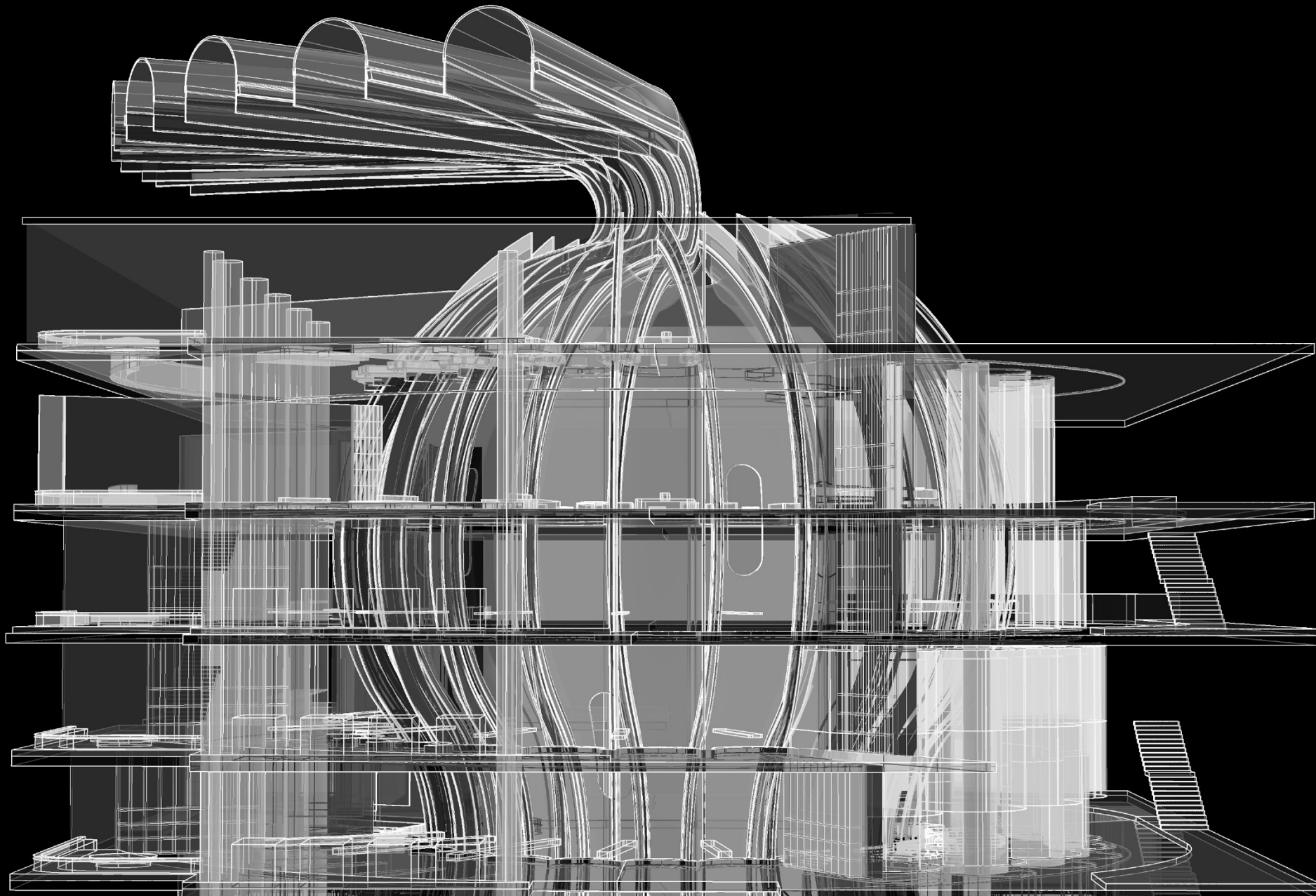
**The circadian wall framing outdoor passages provoking a glimpse and signal of the experience.**

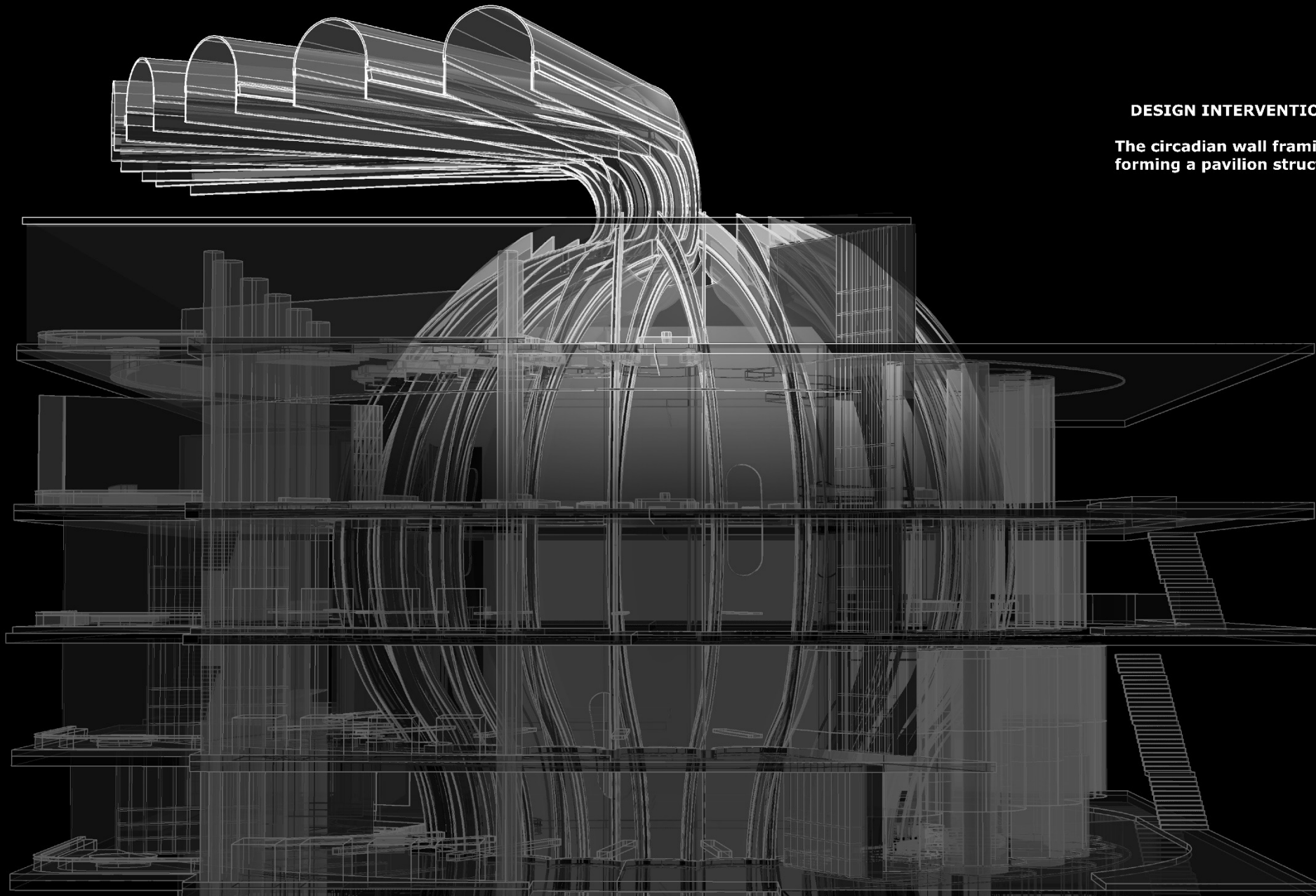




**DESIGN INTERVENTION WITH THE EXISTING SITE**

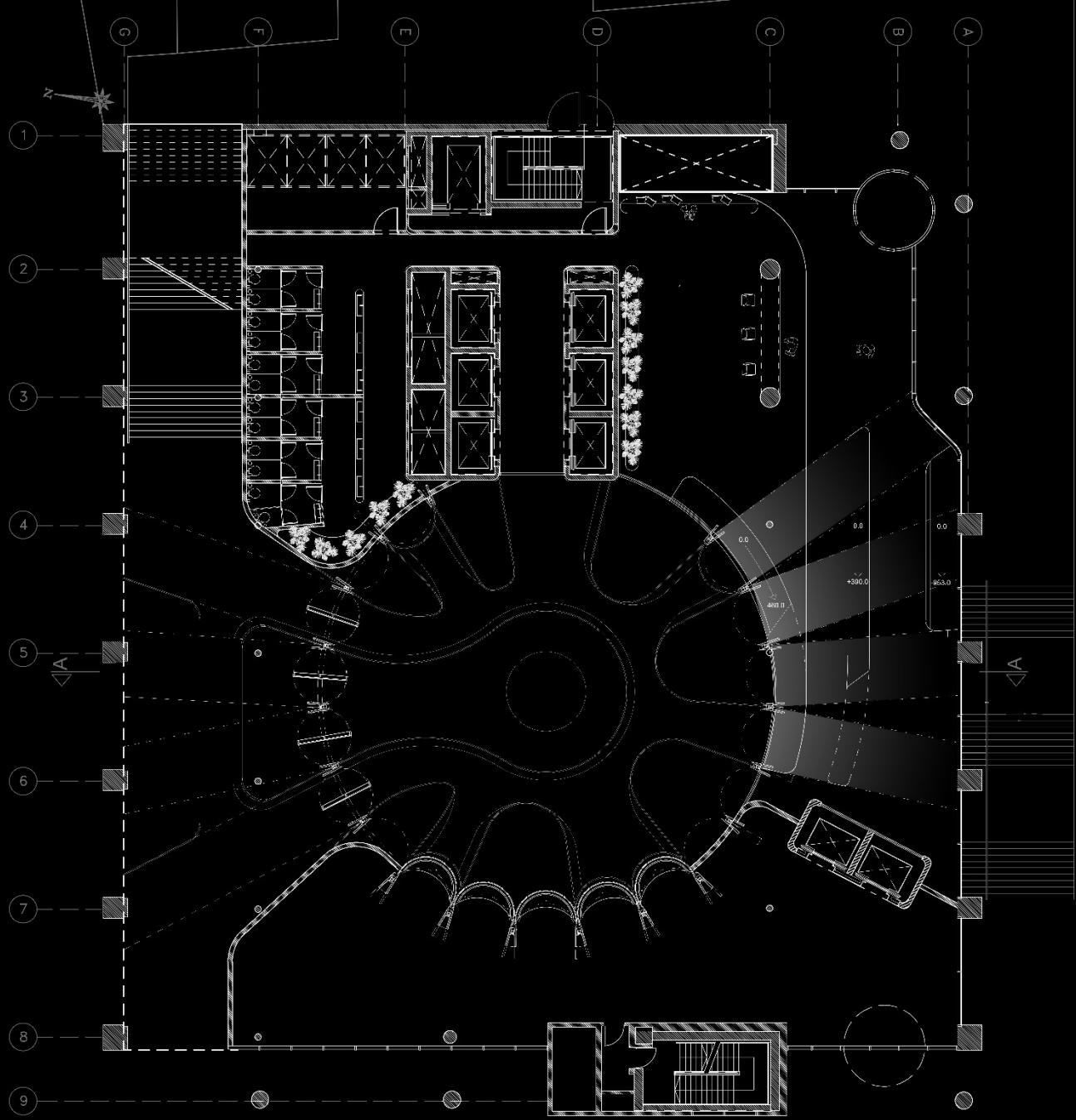
The circadian wall adding structural and functional core to the existing interior.



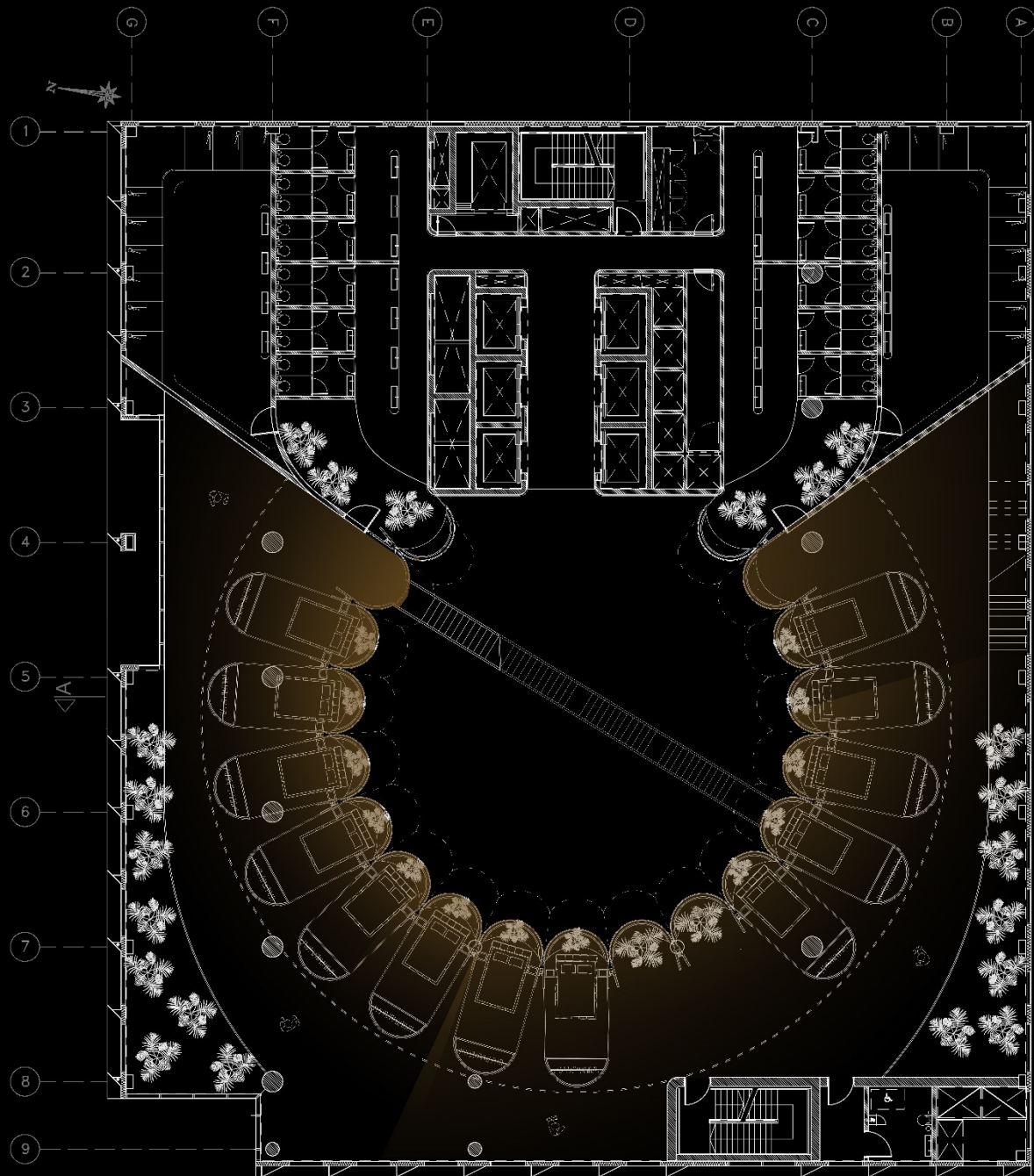


**DESIGN INTERVENTION WITH THE EXISTING SITE**

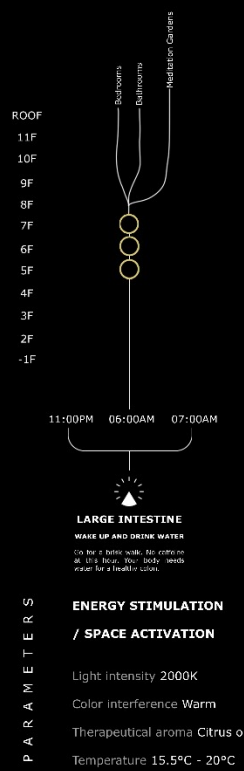
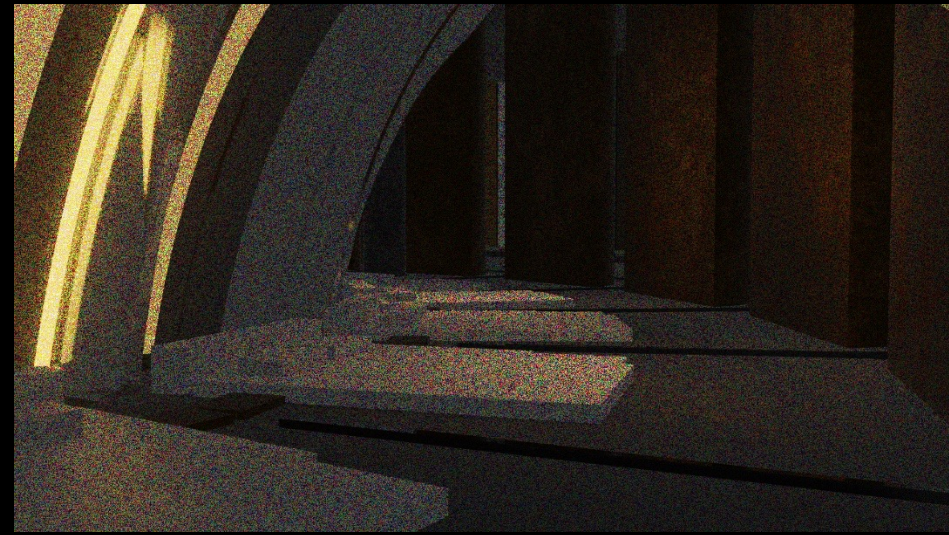
**The circadian wall framing the existing skylight and forming a pavilion structure for the rooftop area.**

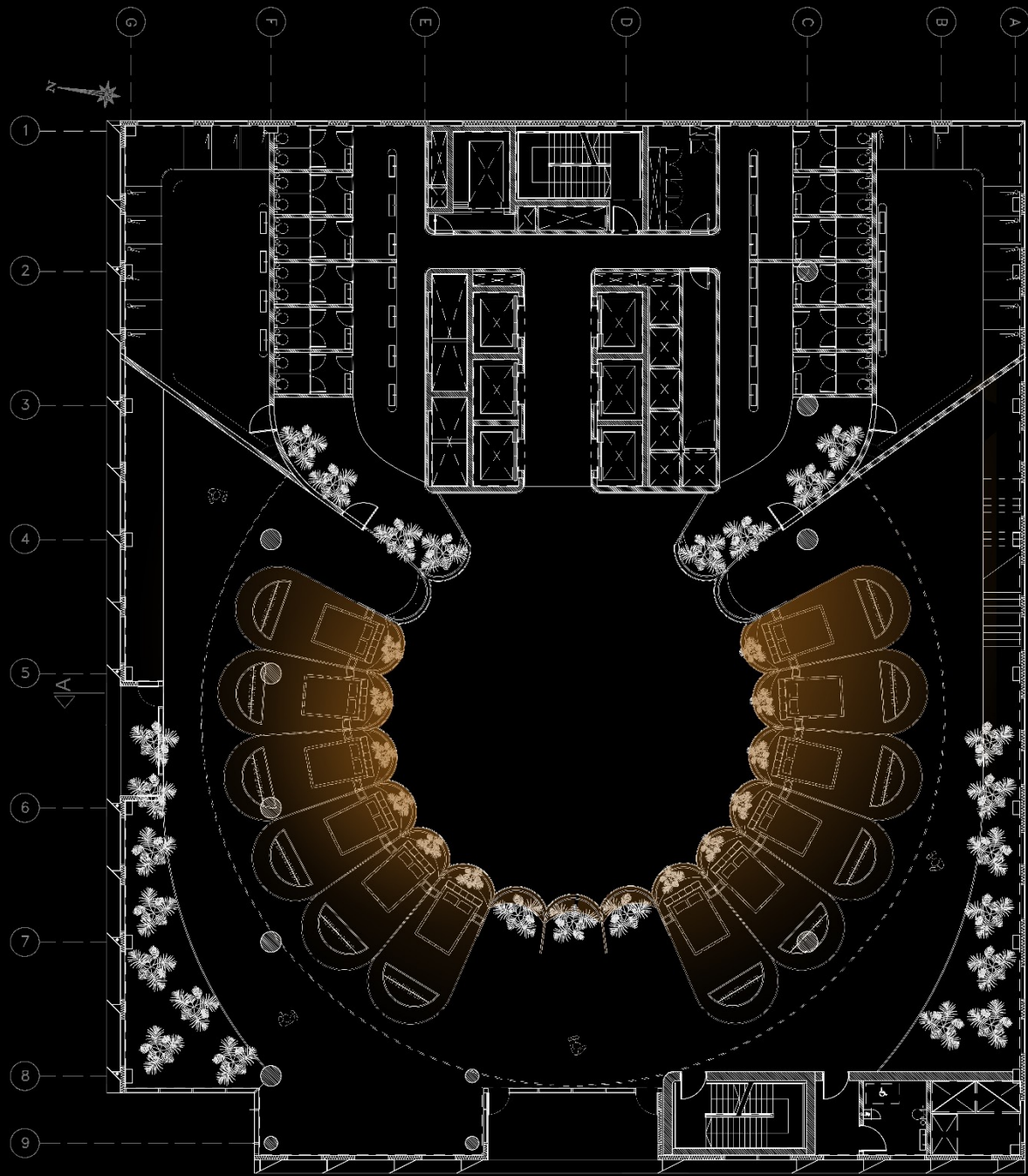


LEVEL G UPPER

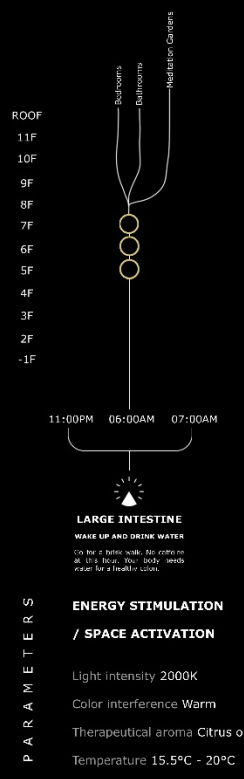
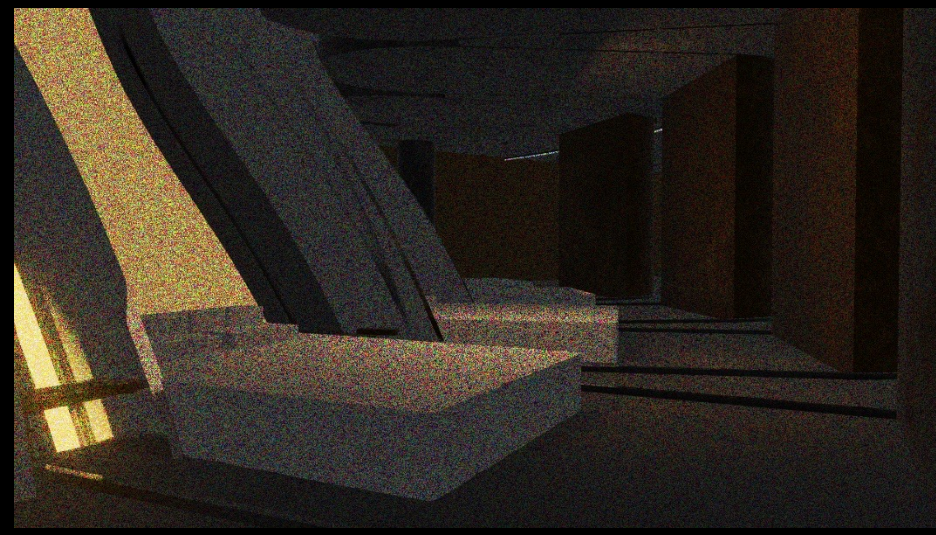


LEVEL 5





LEVEL 6



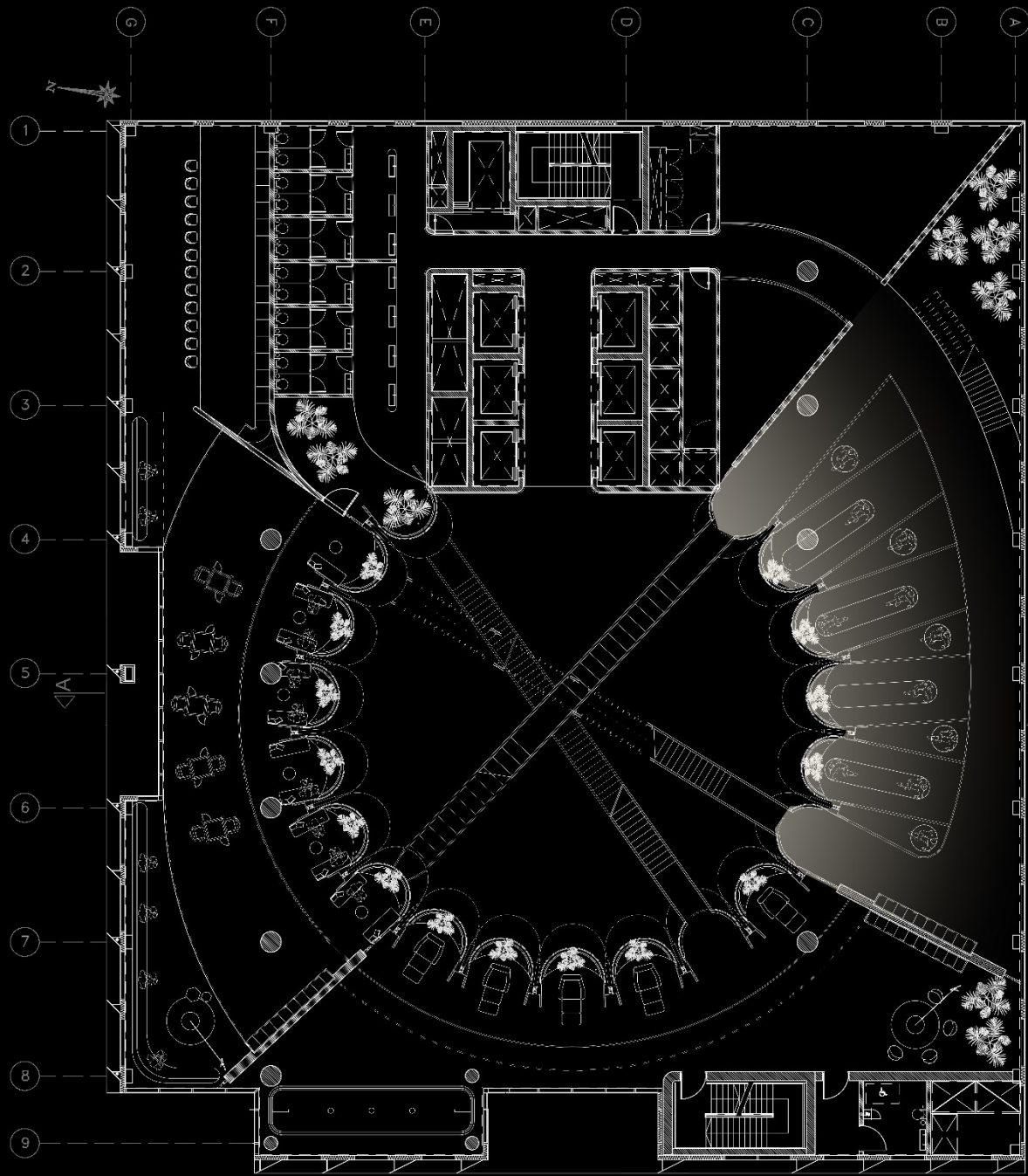
**LARGE INTESTINE**  
 WAKE UP AND DRINK WATER  
 On the 4th floor walk, stop coffee on 8th floor. Your body needs water for a healthier colon.

**ENERGY STIMULATION / SPACE ACTIVATION**

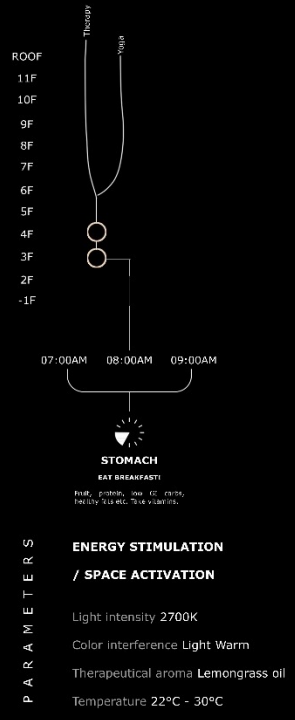
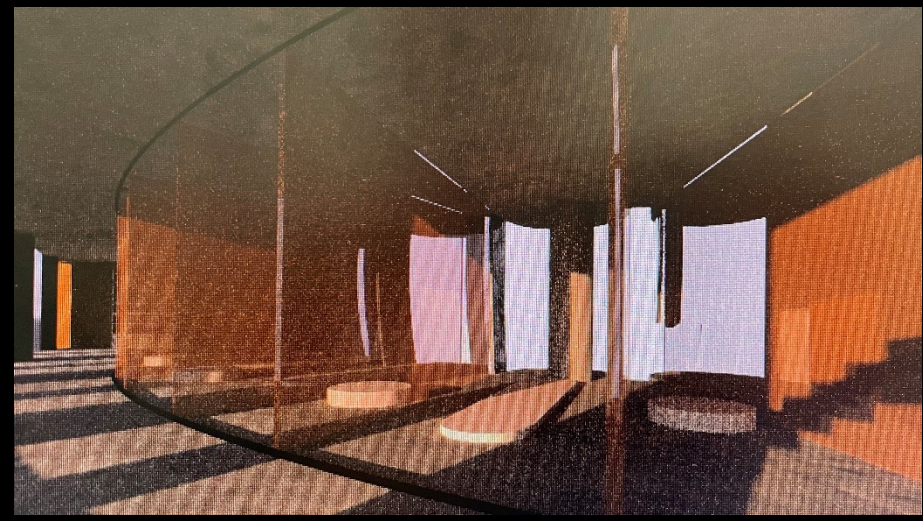
- Light intensity 2000K
- Color interference Warm
- Therapeutical aroma Citrus oil
- Temperature 15.5°C - 20°C

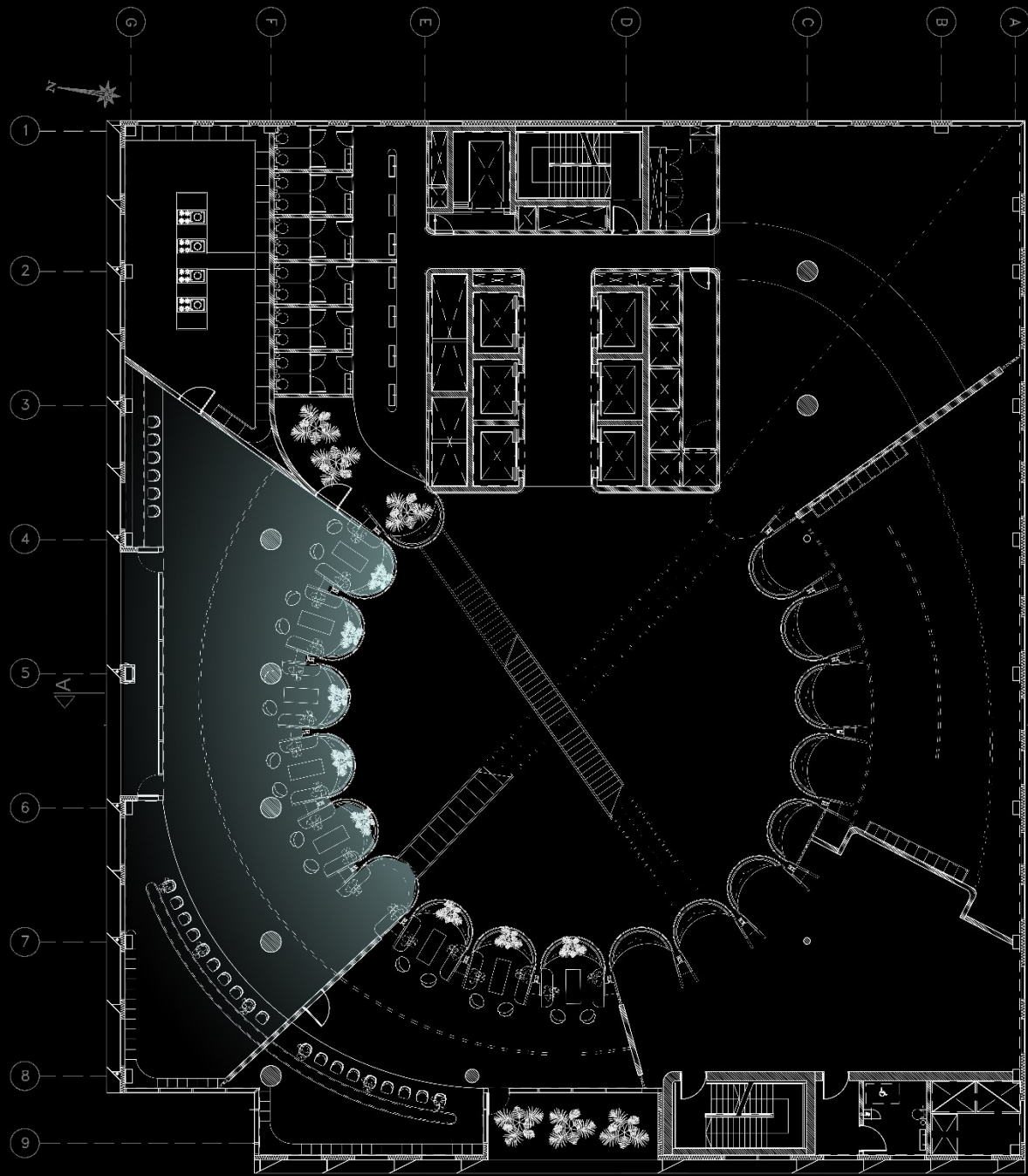
PARAMETERS



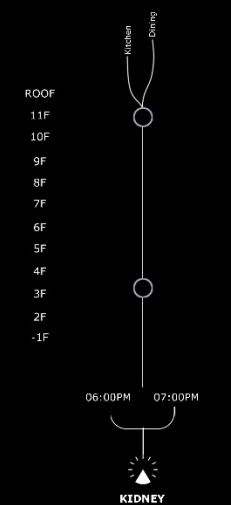
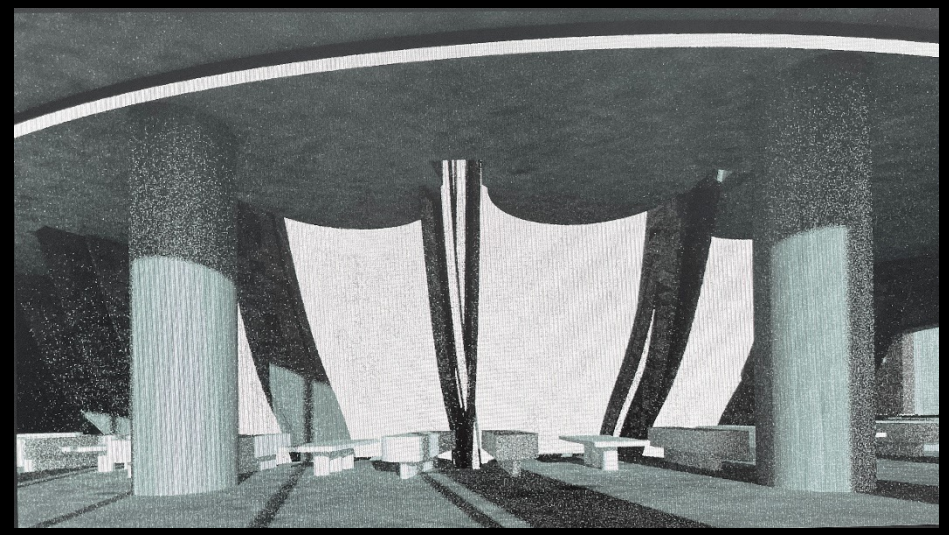


LEVEL 3



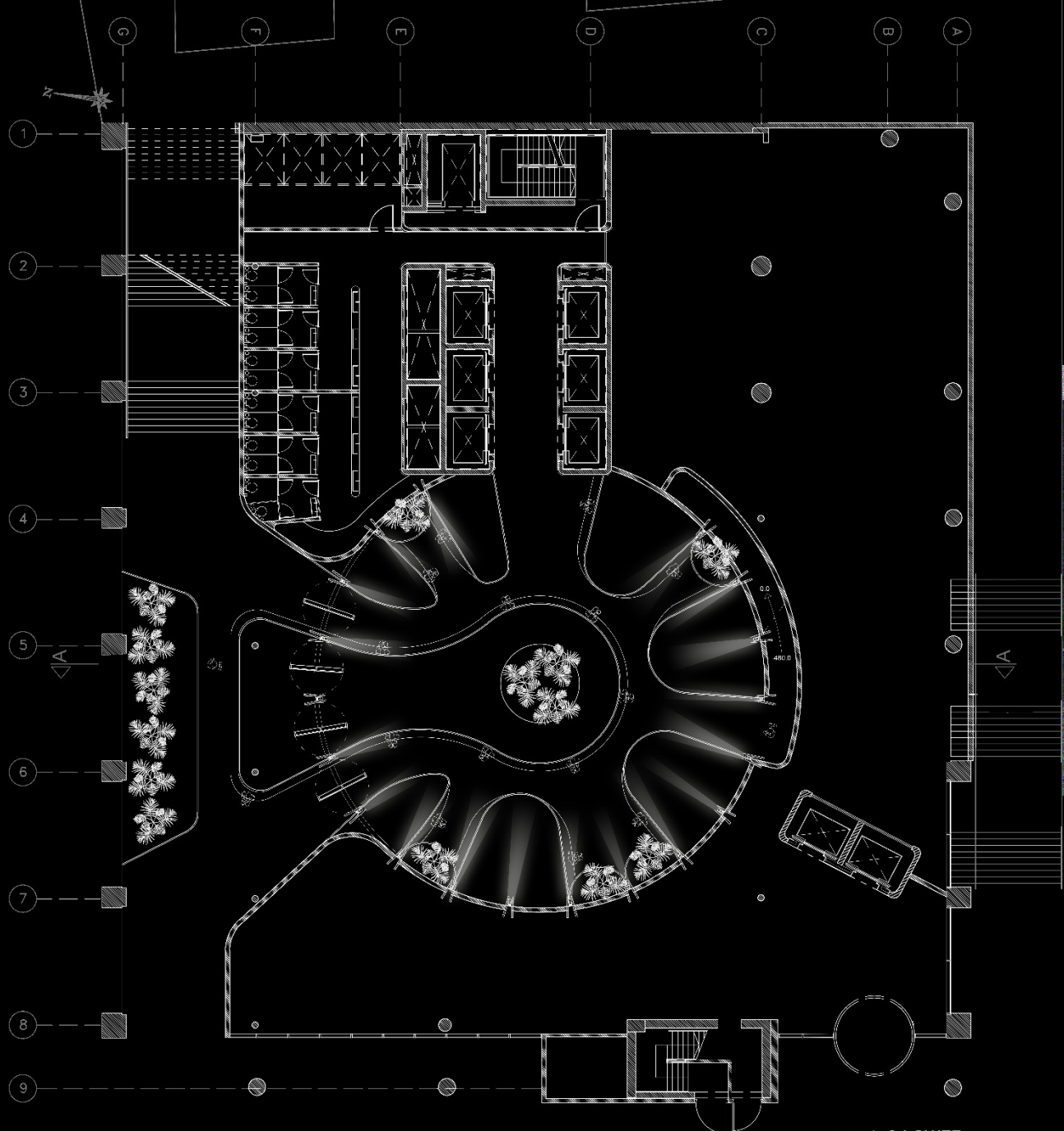


LEVEL 2

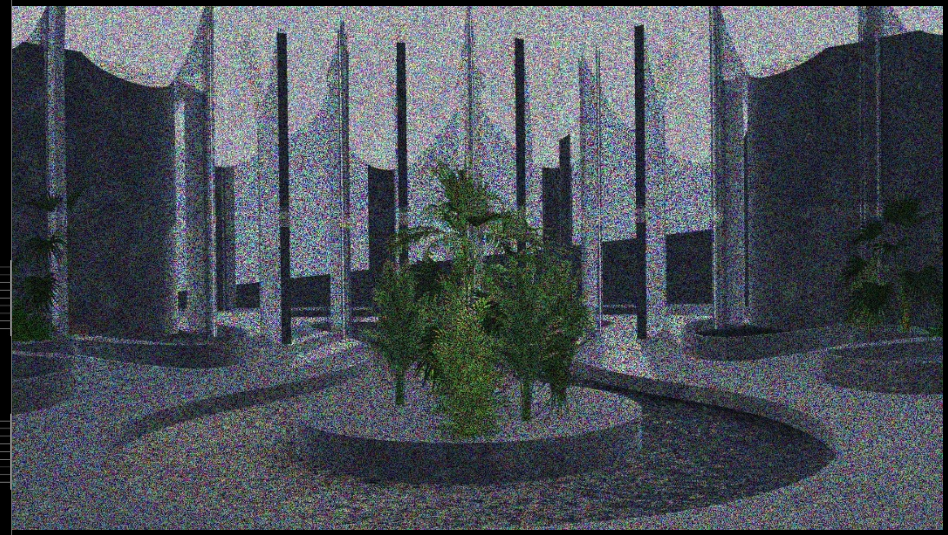


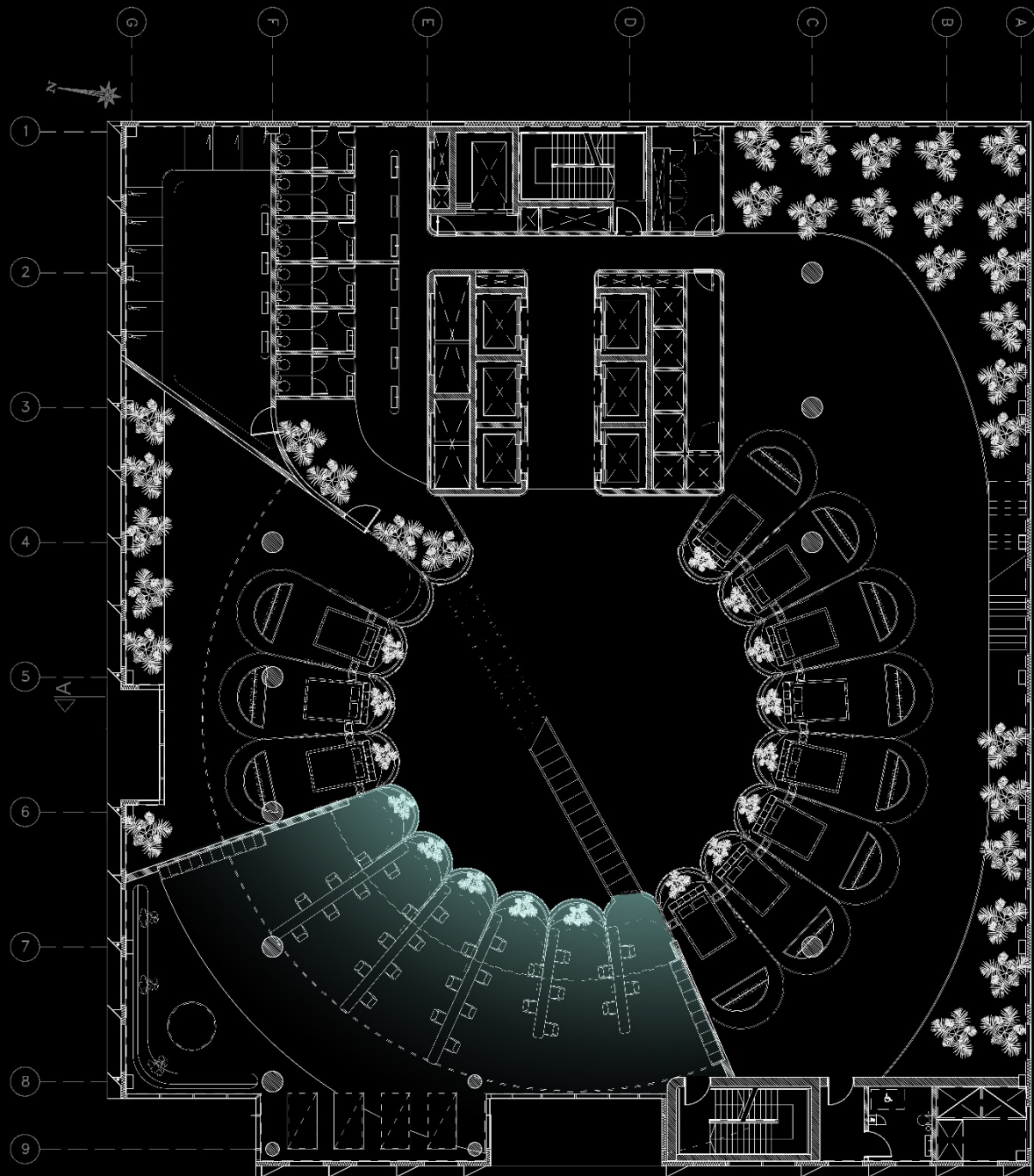
**KIDNEY**  
 EAT DINNER AND RESTORE YOUR ENERGY  
 You'll always store your energy reserves. If you feel tired. Put your feet down.

- PARAMETERS**
- ENERGY STIMULATION / SPACE ACTIVATION**
  - Light intensity 4000K
  - Color interference Light Cool
  - Therapeutical aroma None
  - Temperature 18°C - 20°C

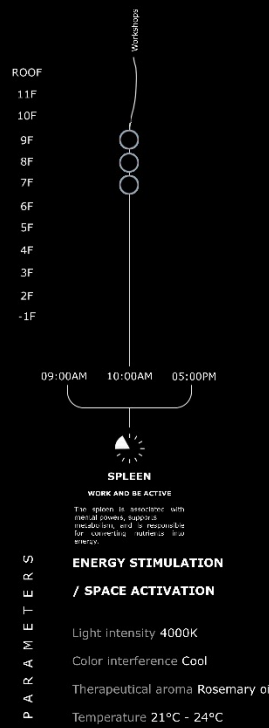


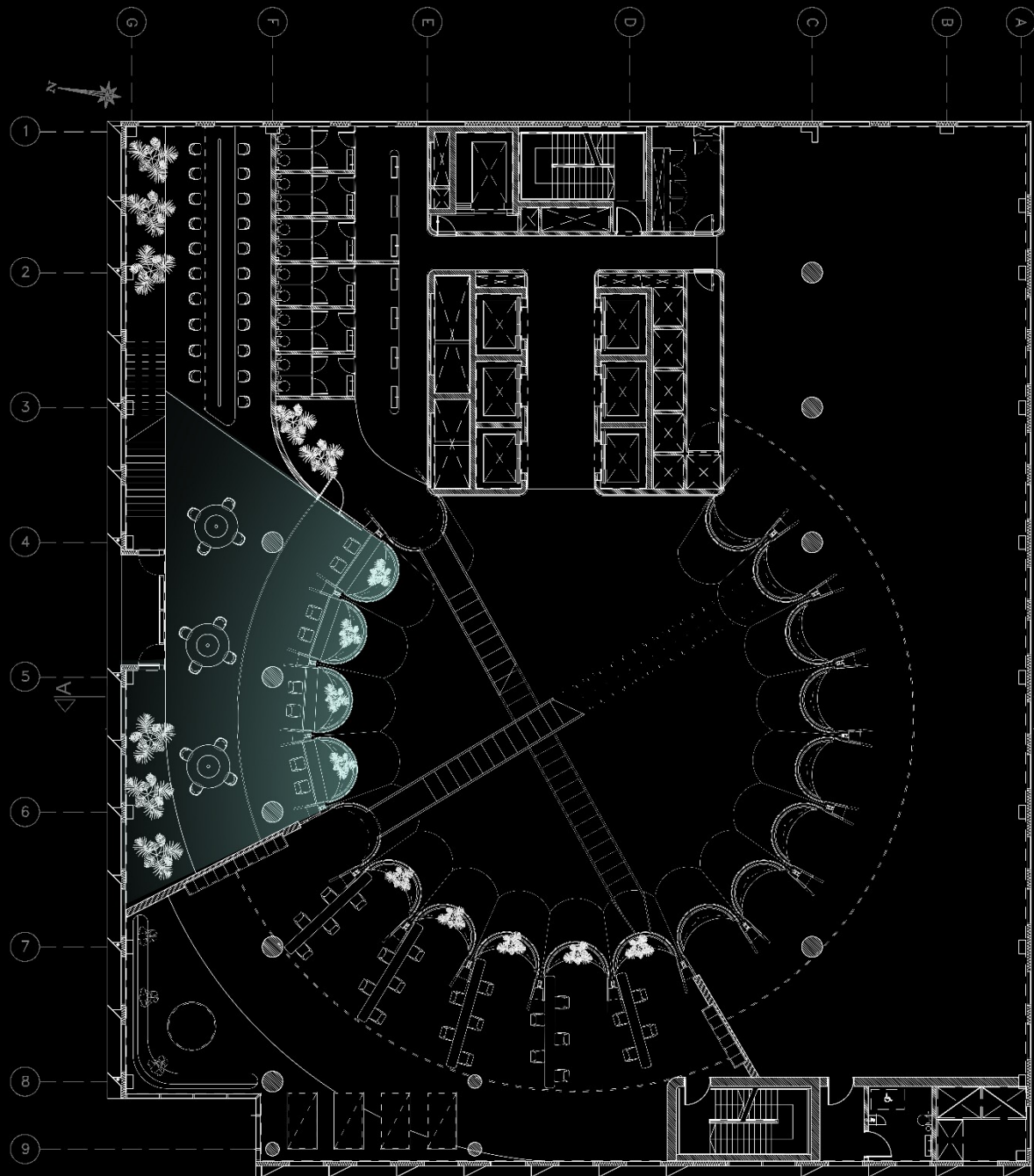
LEVEL G LOWER



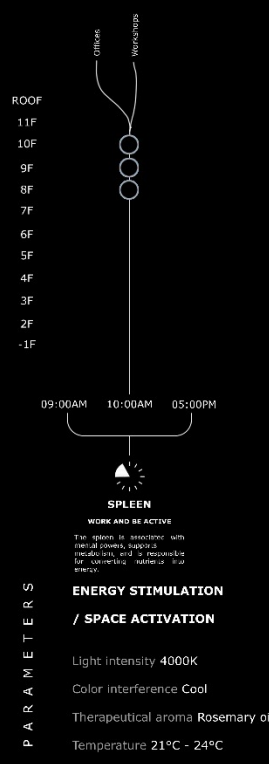


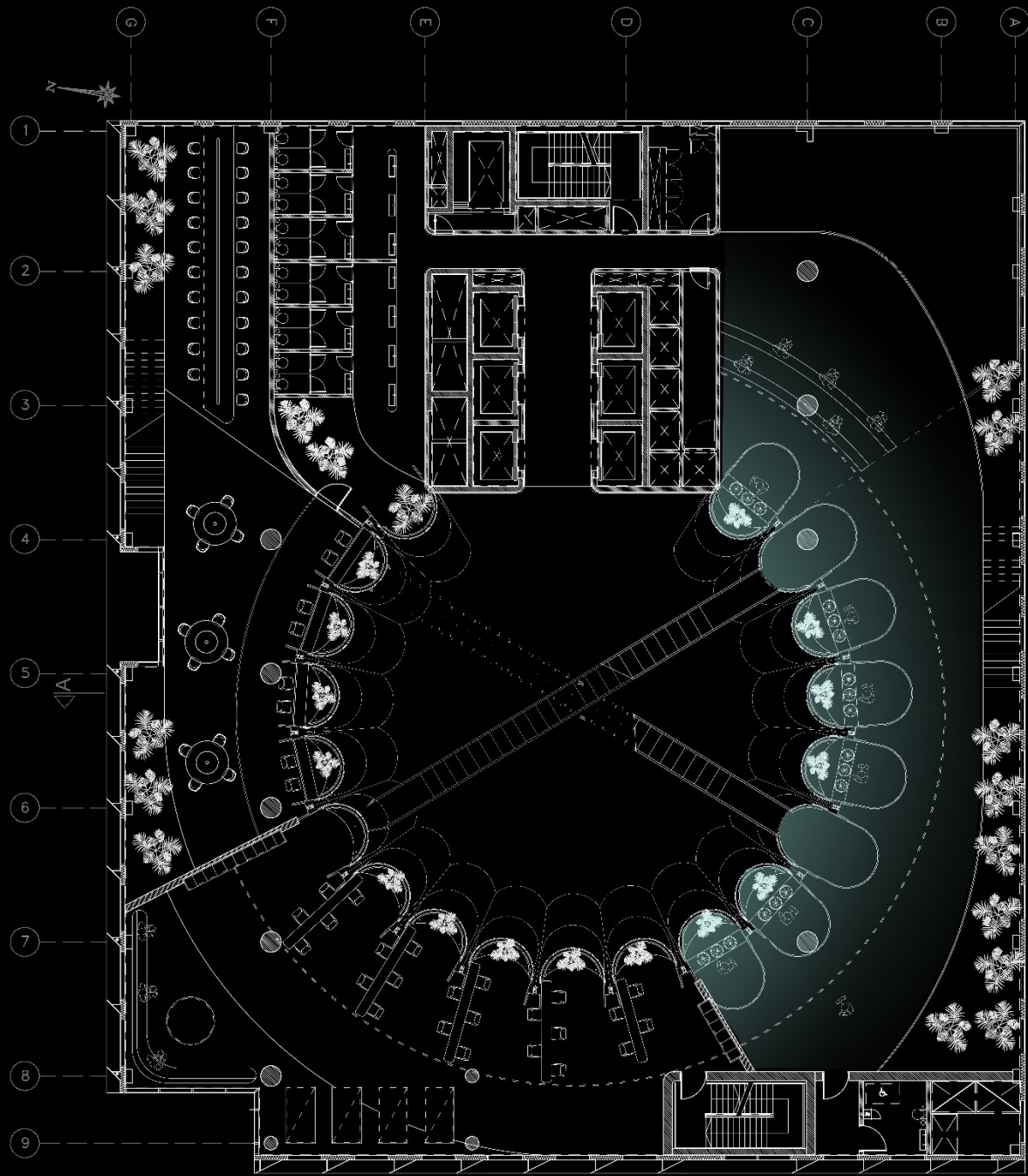
LEVEL 7



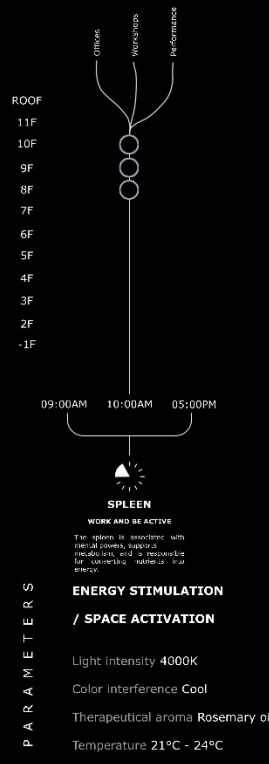
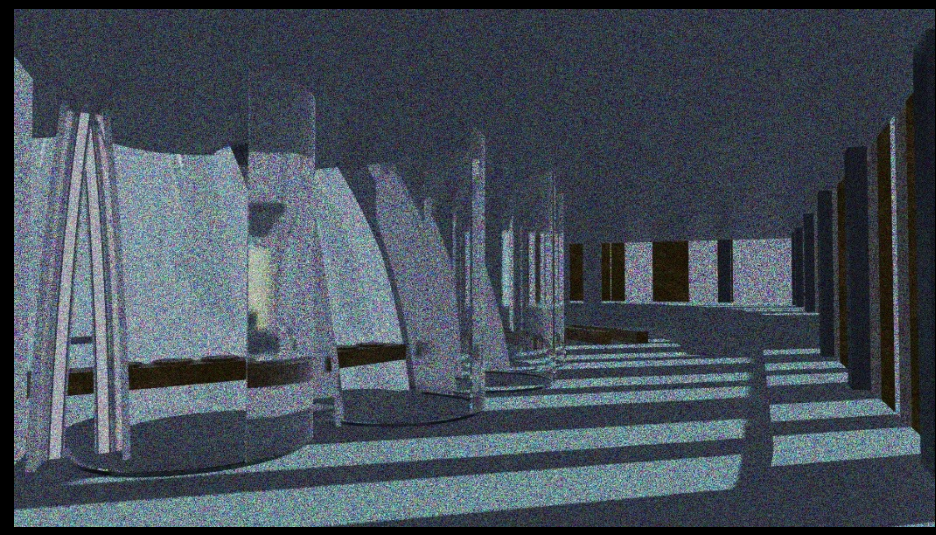


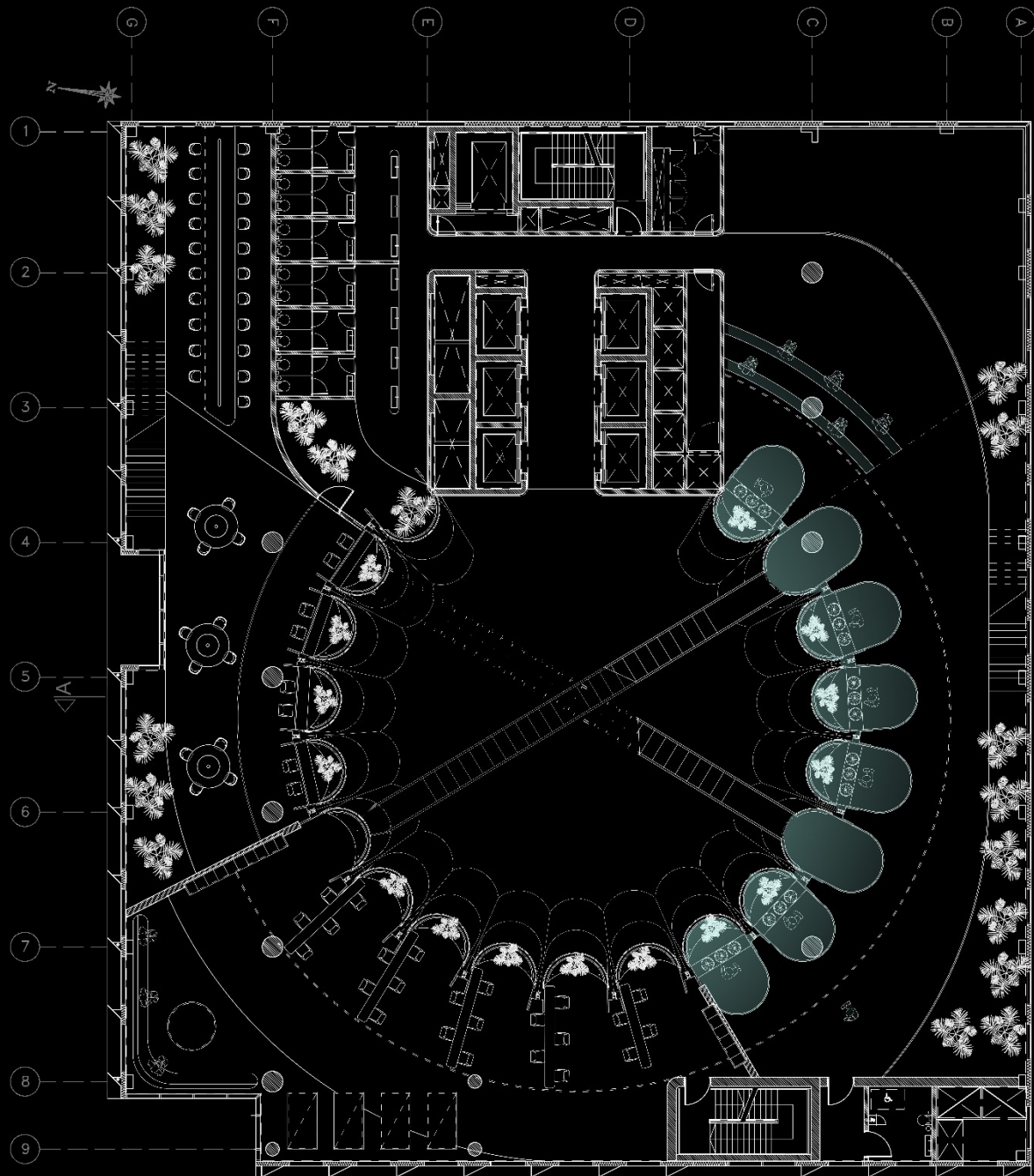
LEVEL 8



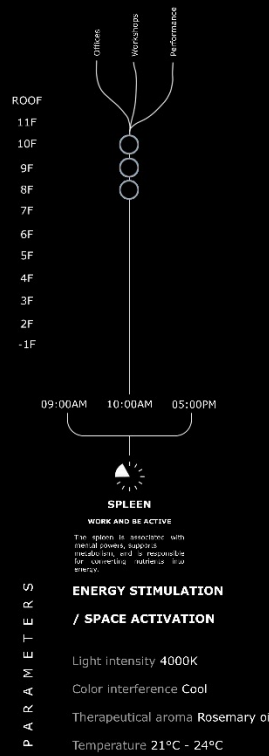


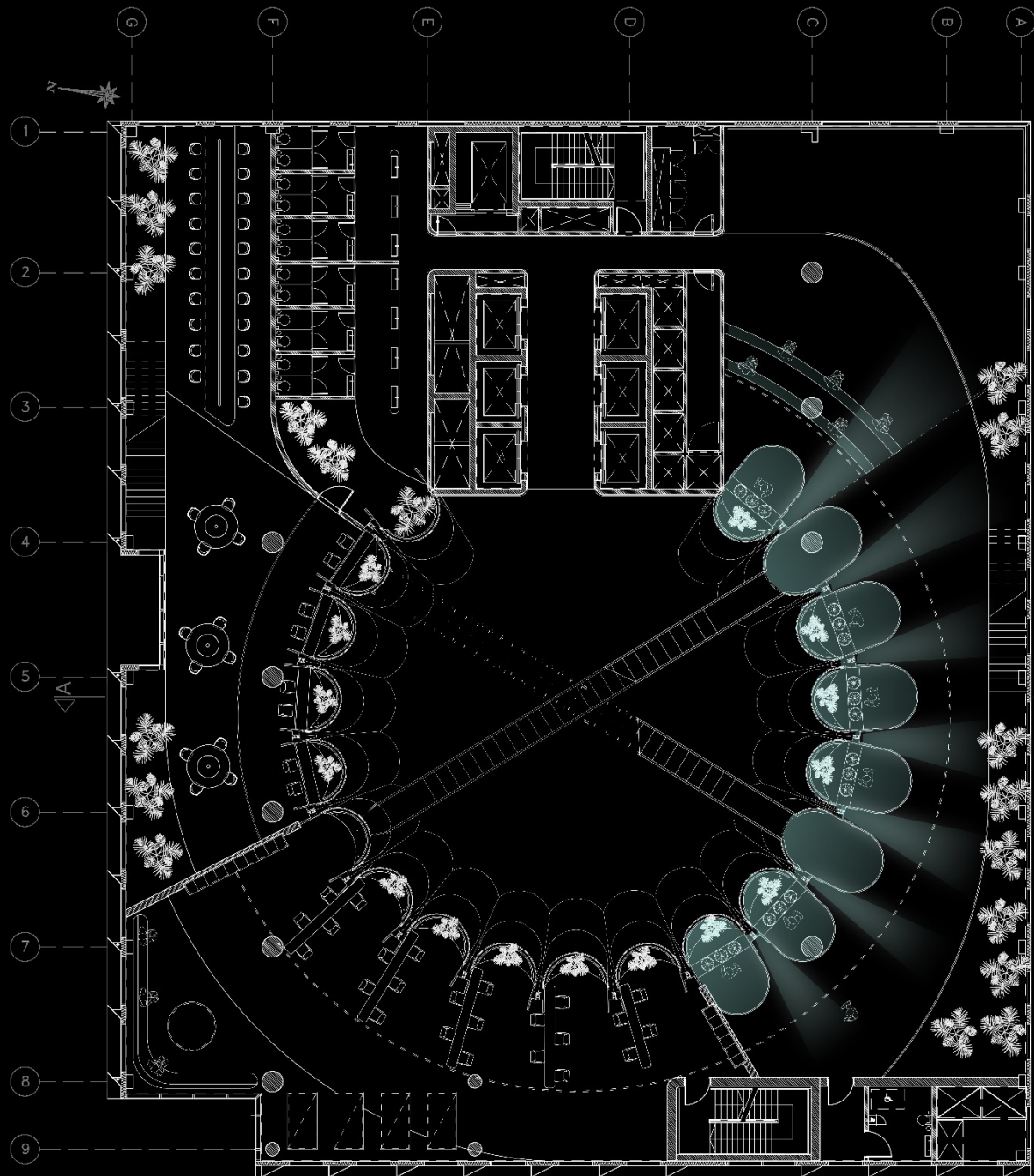
LEVEL 9



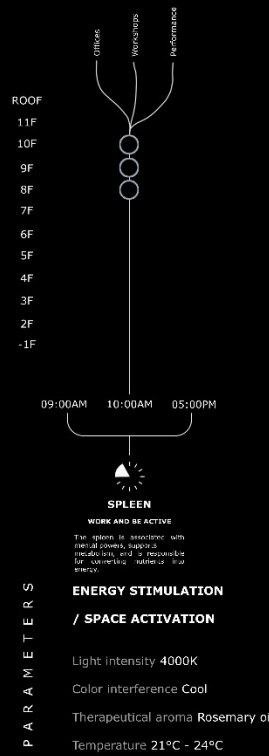


LEVEL 9

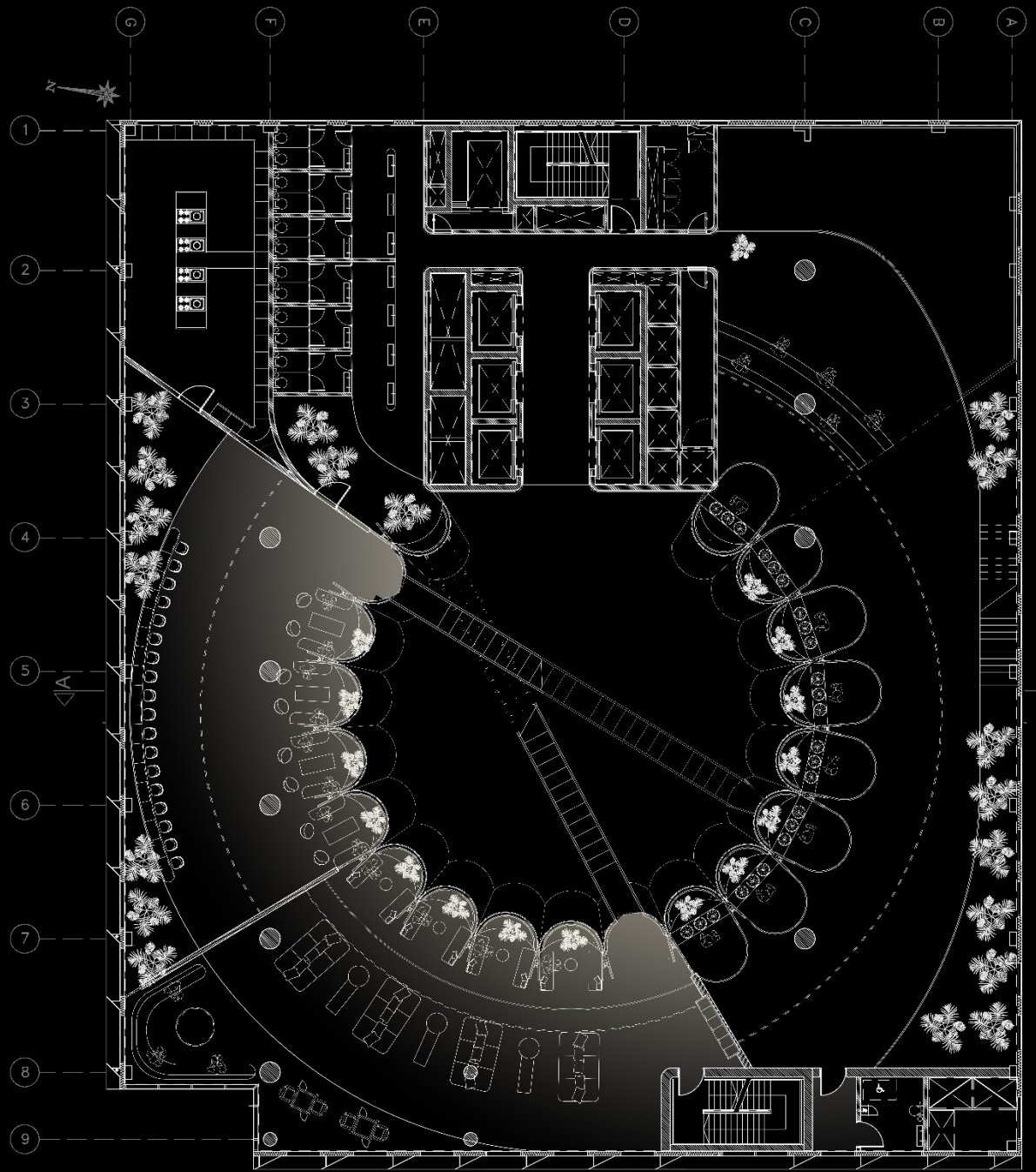




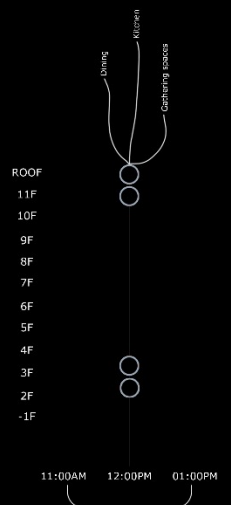
LEVEL 9







LEVEL 10



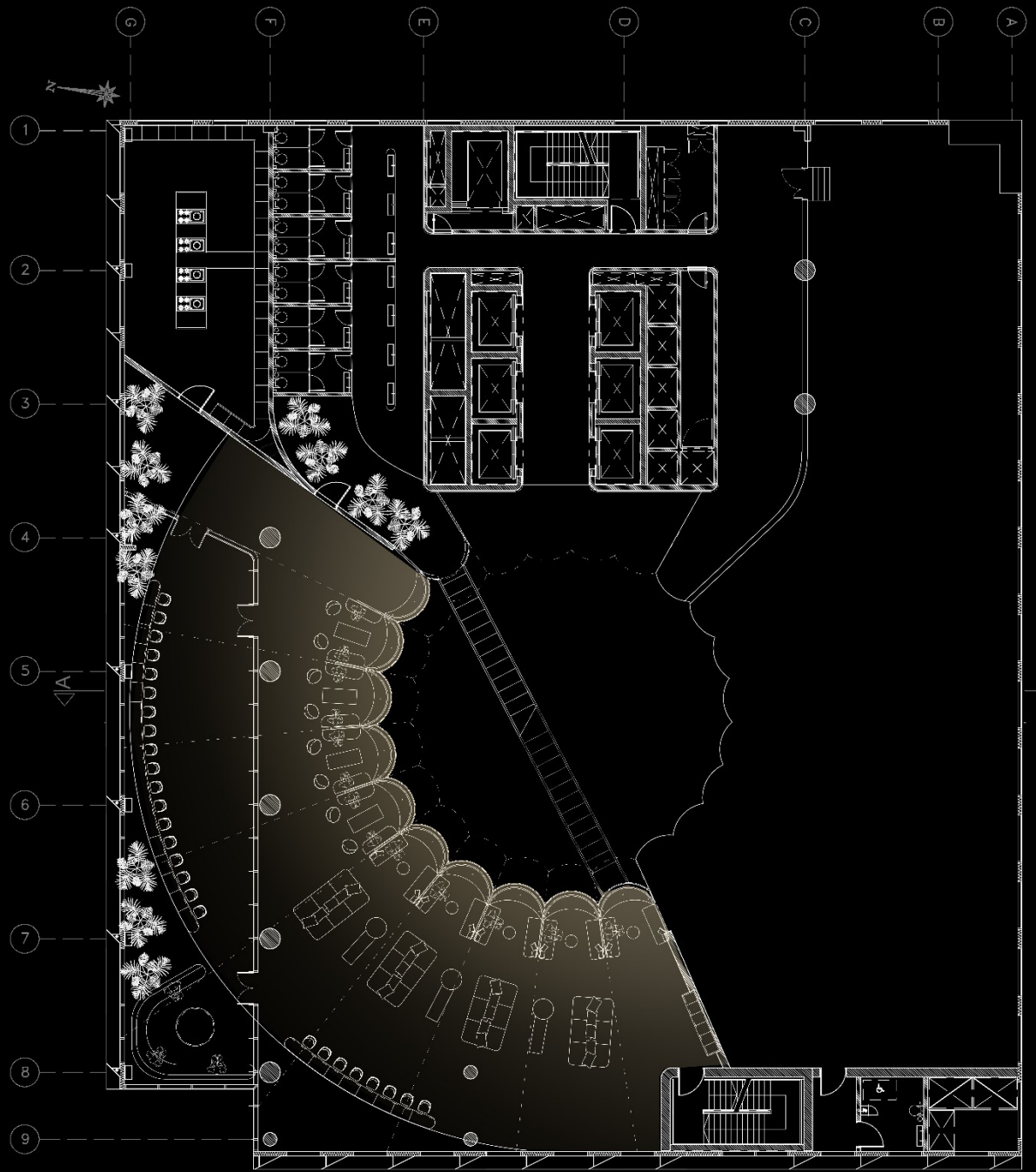
**HEART**

**EAT LUNCH AND SOCIALIZE**  
 Enjoy conversations, meet with friends & colleagues, relax with people, be of service, be positive, be good, don't eat too filling.

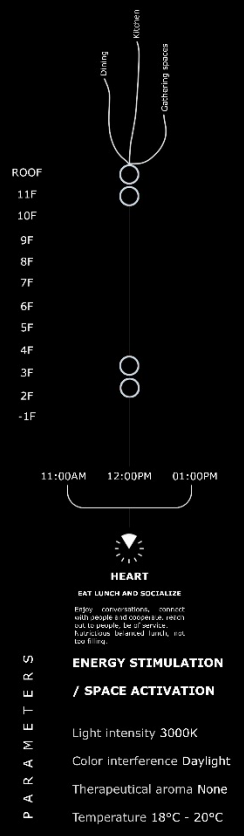
**ENERGY STIMULATION / SPACE ACTIVATION**

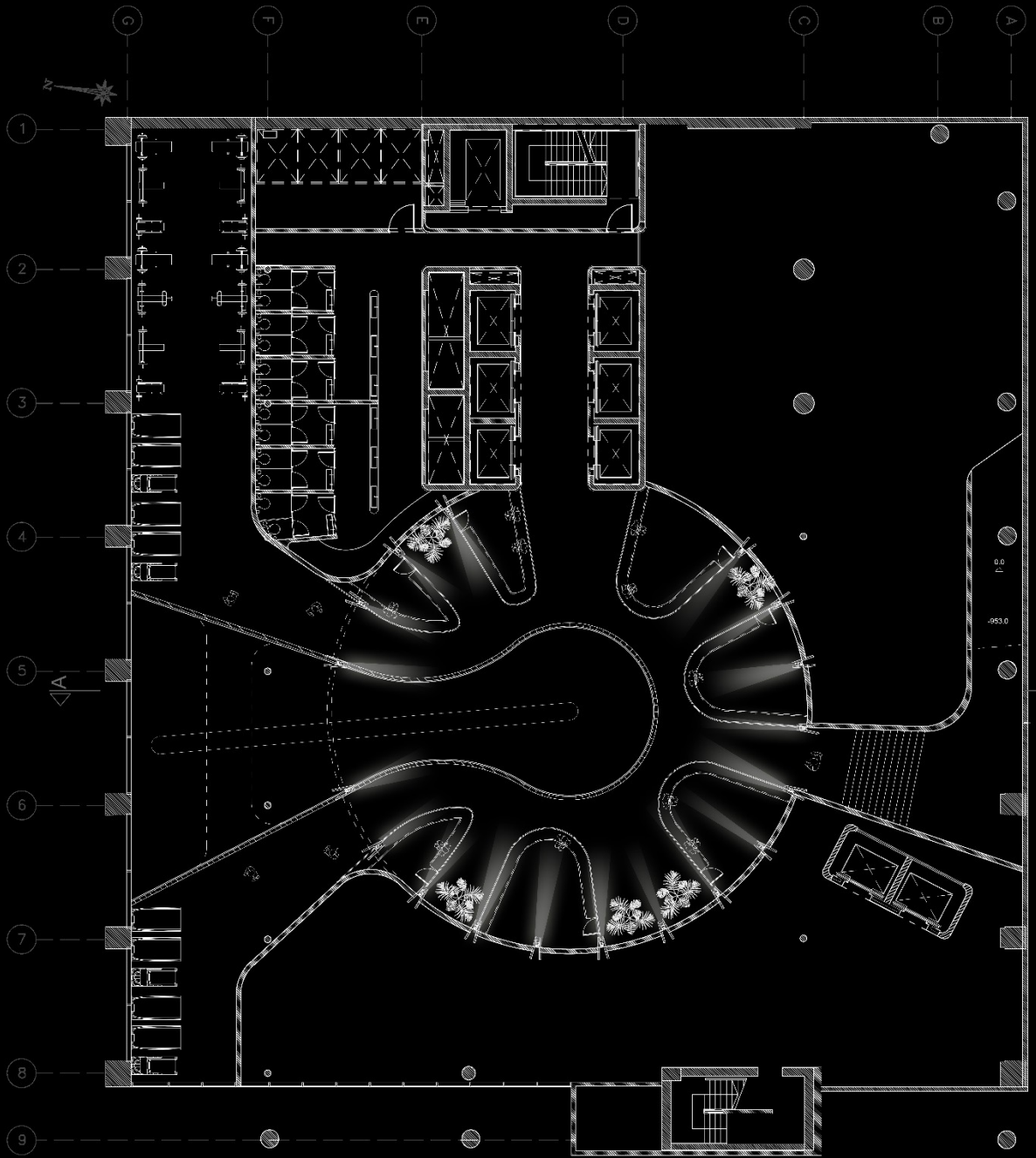
- Light intensity 3000K
- Color interference Daylight
- Therapeutical aroma None
- Temperature 18°C - 20°C

PARAMETERS

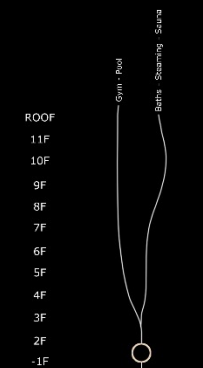


LEVEL 11





BASEMENT



05:00PM 06:00PM



**KIDNEY**

GREATER CARDIOVASCULAR  
EFFICIENCY AND MUSCLE  
STRENGTH

(best workout time)

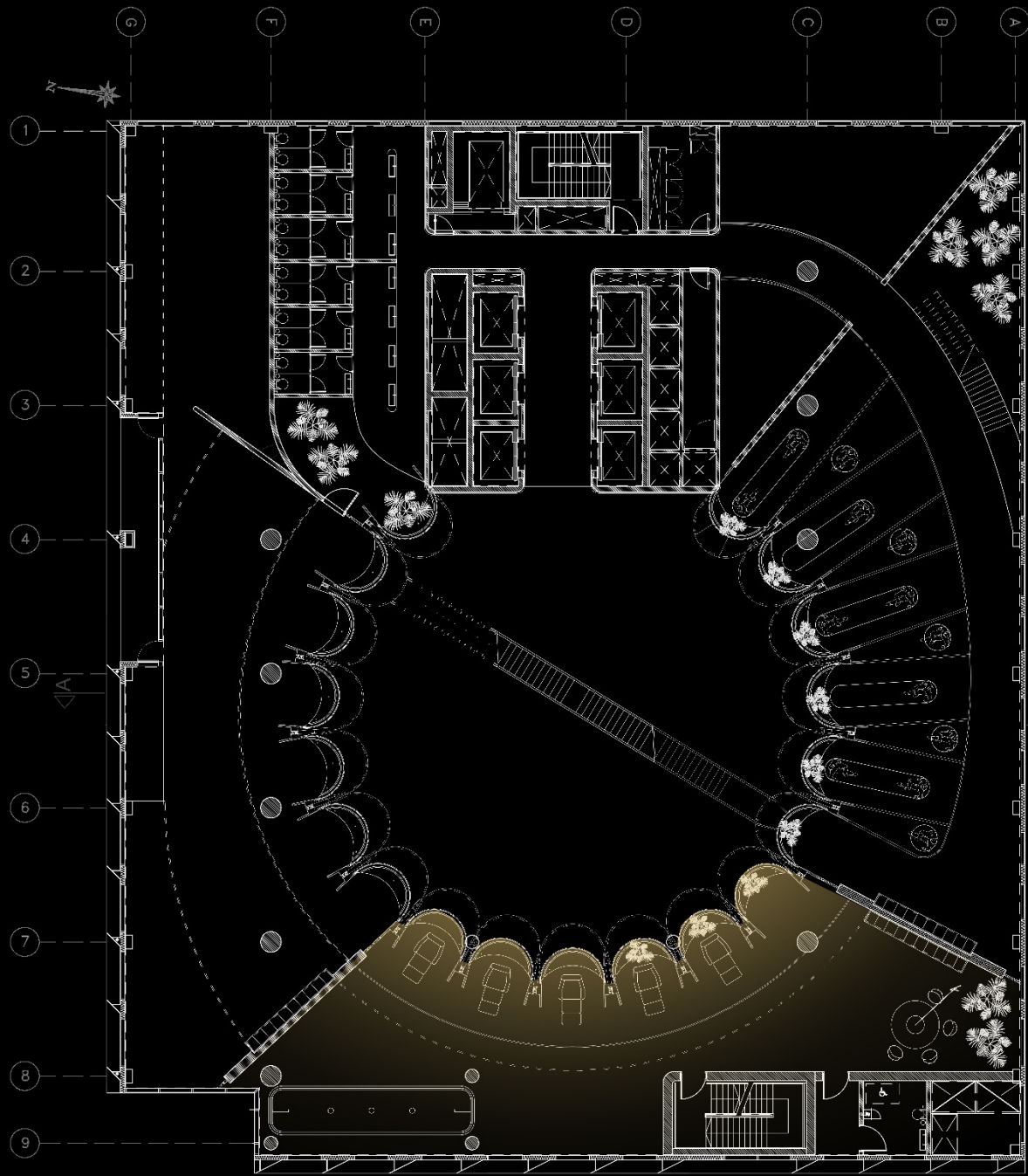
**PARAMETERS**  
**ENERGY STIMULATION**  
**/ SPACE ACTIVATION**

Light intensity 6500K

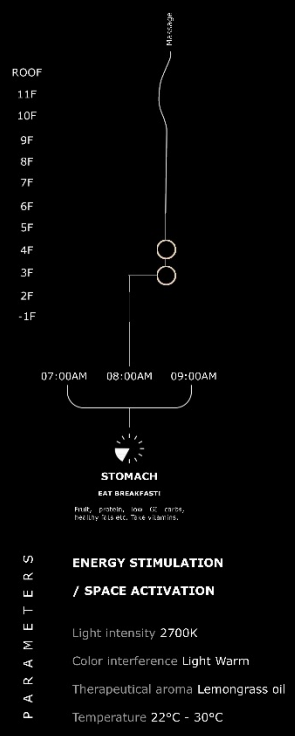
Color interference Cool

Therapeutical aroma None

Temperature Varies

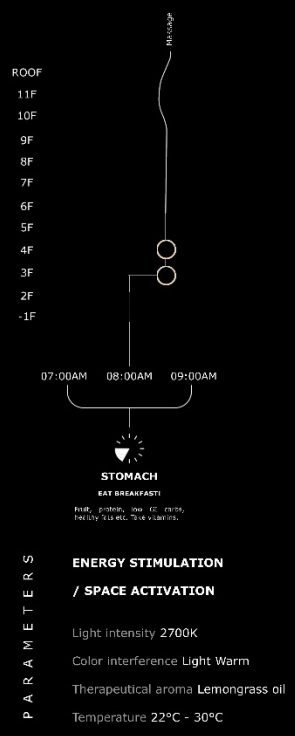


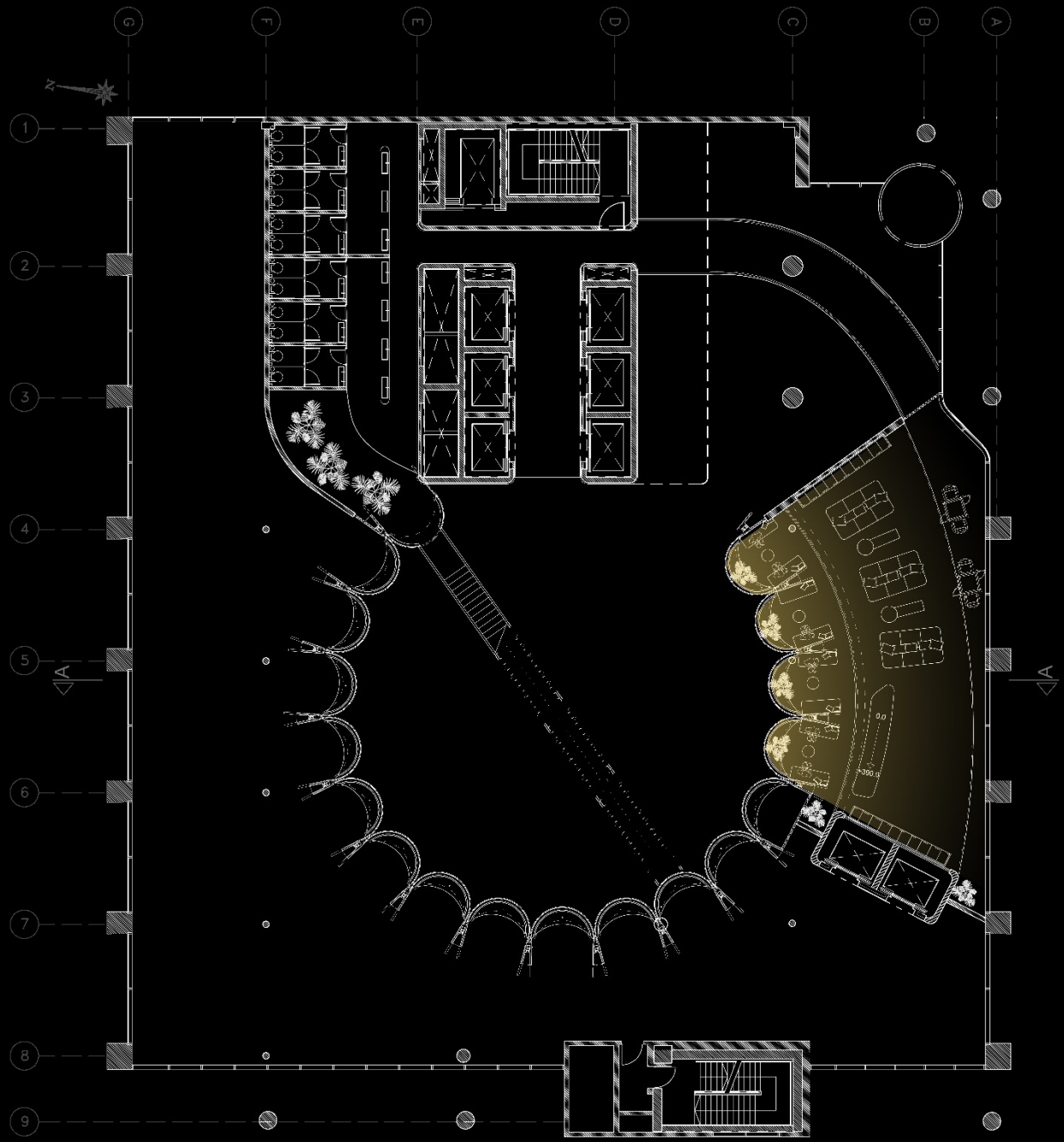
LEVEL 4



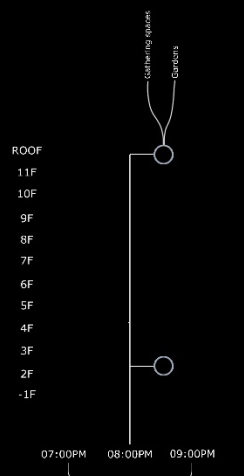


LEVEL 4





LEVEL 1



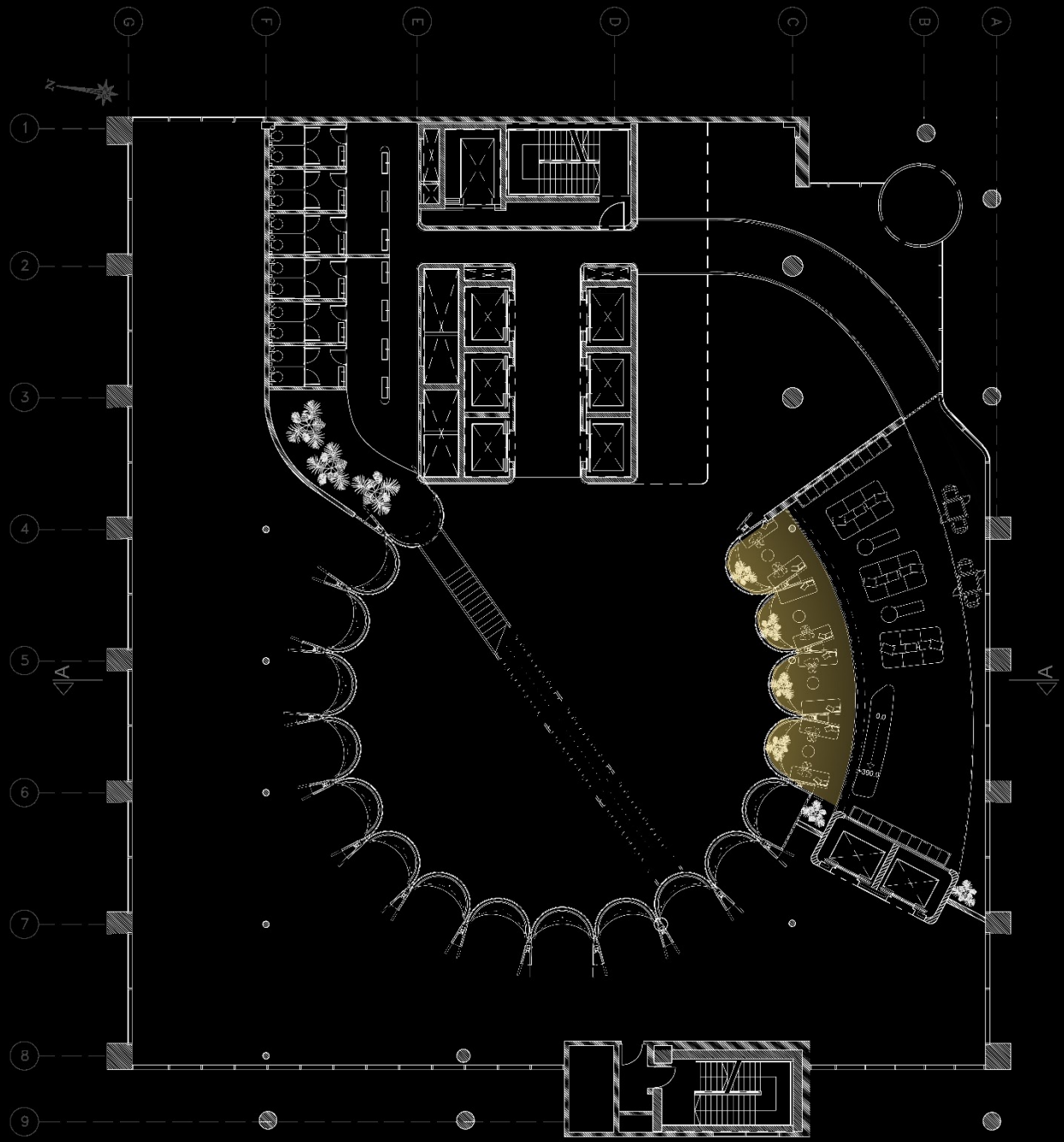
**PERICARDIUM**  
SOCIALIZE, FEEL, AND HAVE FUN

Pericardium is responsible for circulation, heat and reproducing energy. Socialize in various ways, pleasure and fun in meetings.

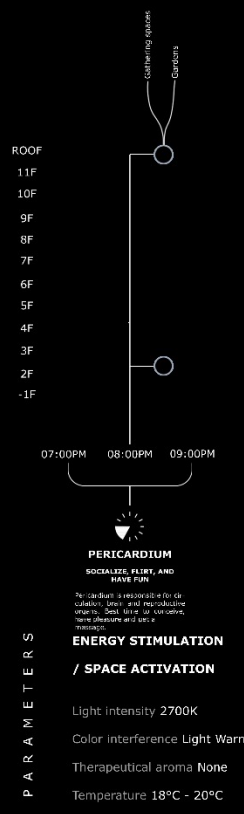
**ENERGY STIMULATION / SPACE ACTIVATION**

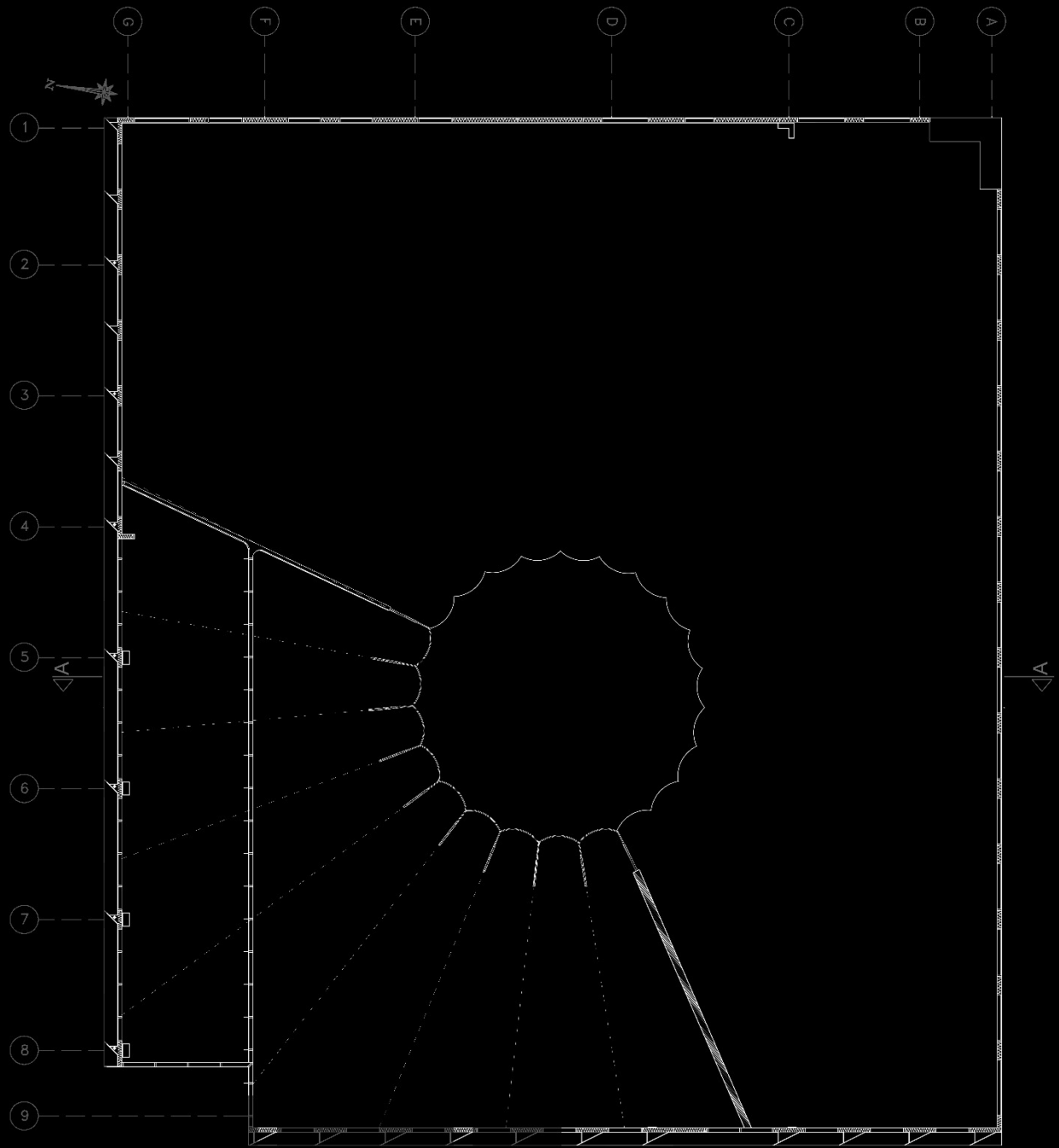
- Light intensity 2700K
- Color interference Light Warm
- Therapeutical aroma None
- Temperature 18°C - 20°C

PARAMETERS



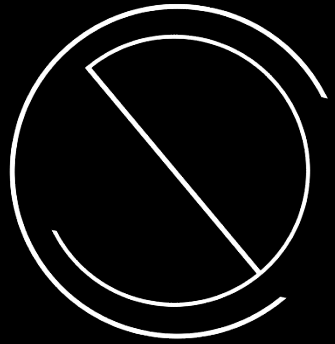
LEVEL 1



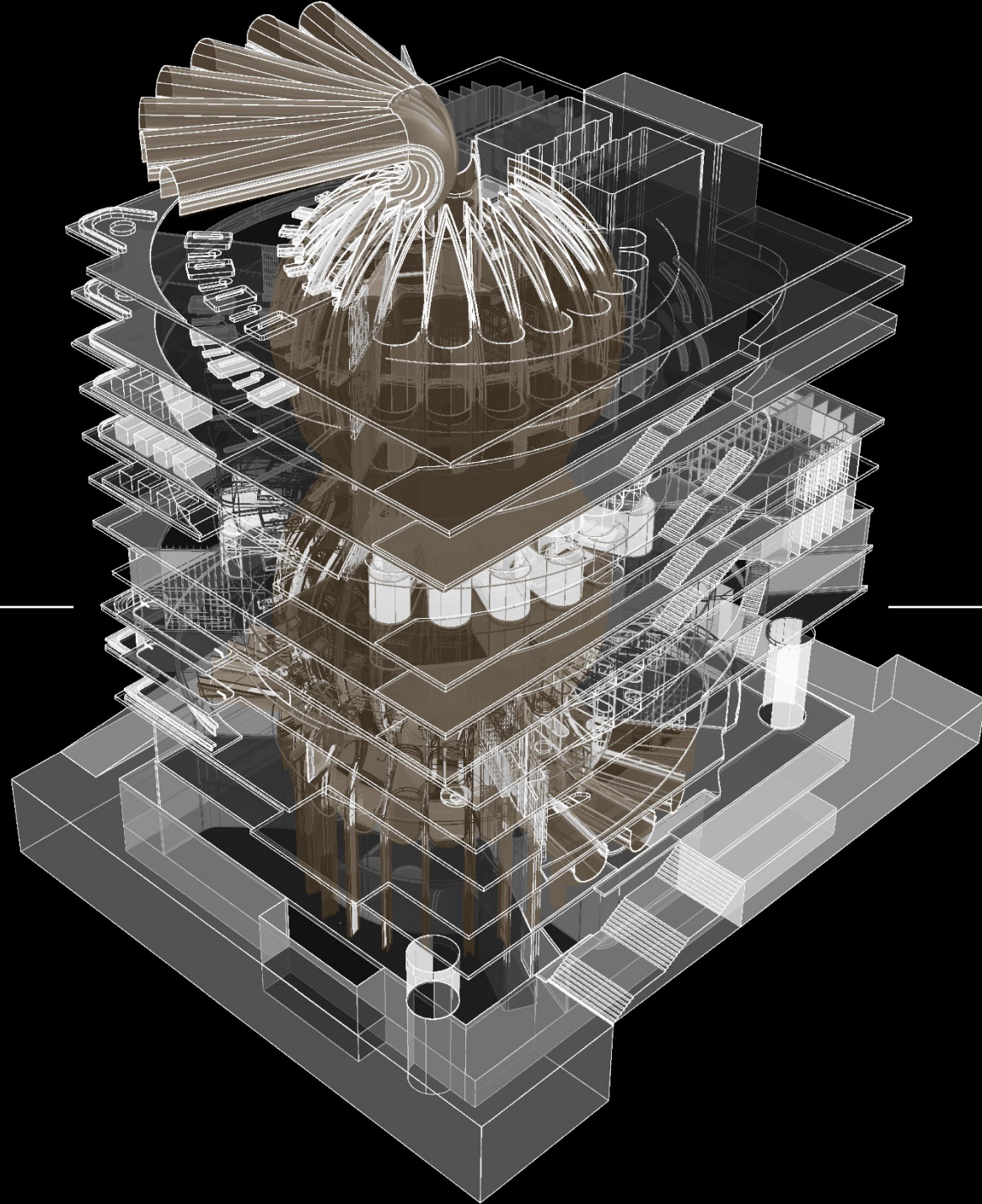


ROOFTOP





The Experimental Circadian Hotel



Paola Saade