



**HEALING ARCHITECTURE FOR TROUBLED NIGHTOWLS:
RESTORING NATURAL RHYTHMS IN NOCTURNAL U STREET**

by Abi Elena Kallushi

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RESTORING NATURAL RHYTHMS IN NOCTURNAL U STREET

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Thesis submitted to the faculty of the Virginia Polytechnic Institute and State University in
partial fulfillment of the requirements for the degree of

Master of Architecture
in
Architecture

Paul Emmons (Chair)

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Marcia Feuerstein

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A B S T R A C T

This thesis is an exploration of architecture as an active participant in human life, not just as a stage. When architecture is considered a participant it contributes to the improvement of our quality of life as well as aiding the healing process when we fall ill. As more people are diagnosed with anxiety and sleep disorders, the thesis considered questions of how the places in which we carry out our day-to-day lives improve the prognosis and, further, can architecture be used as a powerful tool for healing? It is possible that our disconnection from nature is partially responsible for our disrupted sleep patterns and misplaced anxieties. Perhaps natural elements and rhythms are too absent in our daily urban lives. But as more of us move into cities and our urban centers become denser, designers must find clever ways to help city owls reset their circadian rhythm. Architecture can help reestablish that bond with nature. This thesis explores an architecture of healing by proposing a program and design that follows the day and night circadian rhythm of our bodies, which in turn follow the sun and other natural phenomena. Located in a tricky triangular site in one of the busiest nighttime neighborhoods of Washington DC, a wellness center and sleep clinic would allow city dwellers to find a peaceful oasis for healing. In parallel, this thesis is also a study of collage as a design tool, as well as designing from details and the human scale.



morpheus collage | found images,
Photoshop

To mami, babi, and nona.

And to my wonderful friends, and the magical world of the WAAC.

This thesis is imbued with the advice, support, and encouragement of my WAAC faculty. Thank you:



Dr. Paul Emmons

For your kindness and thoughtfulness, for introducing me to storytelling, for being a fellow skeptic who sees magic in architecture, and for encouraging me to follow my instincts.



Susan Piedmont-Palladino

For your addictive love for cities, for asking the tough questions, and for being the ultimate bricoleur.



Dr. Marcia Feuerstein

For your continued support and for introducing me to the architecture of light and shadows.



Dr. Carolina Dayer

For your spirit, love of life, and for lighting the way to unlikely approaches to architecture.

Thank you also to Michael Ambrose and Courtney Miller Bellairs, my undergraduate professors who nurtured my first architectural instincts.

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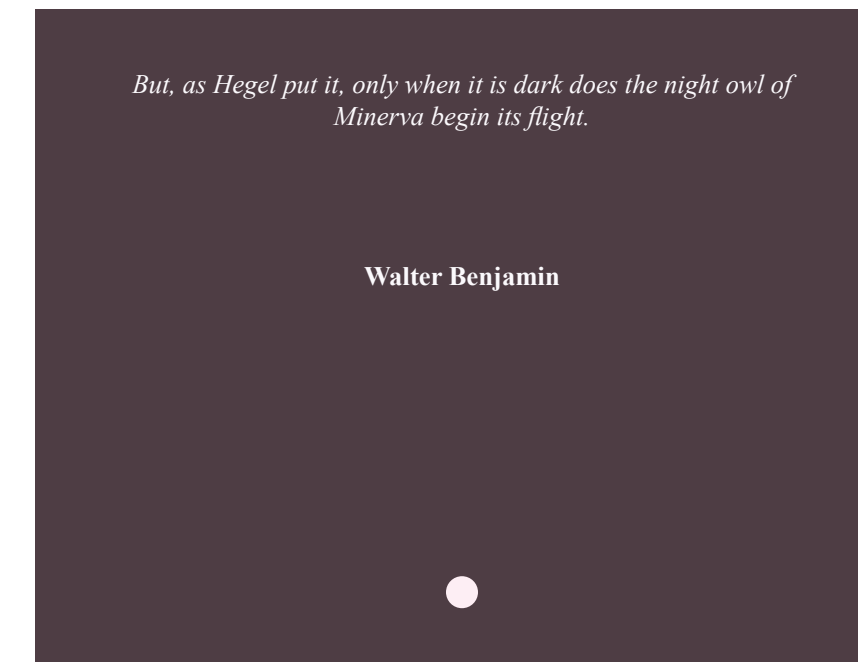
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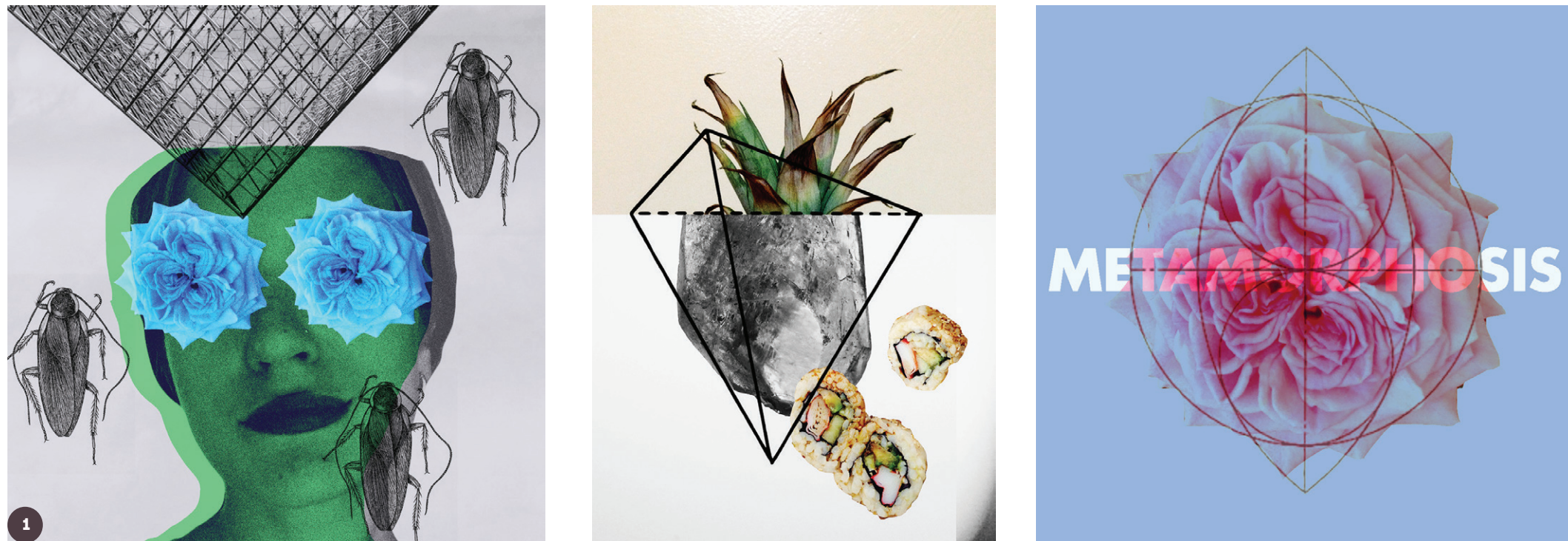
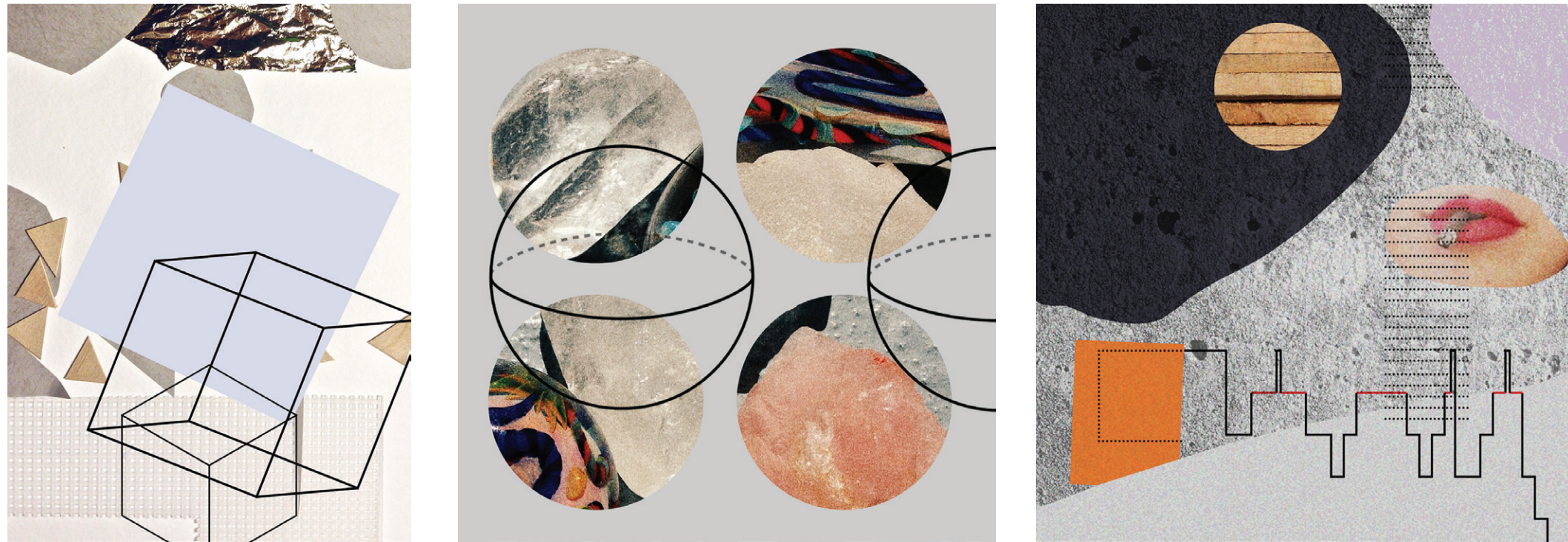
BEGINNING: COLLAGES



I want to speak about bodies changed into new forms. - OVID

mixed media collages (left-right):

squares on my desk, glass and spheres, orange to my indigo blue, mrs. samsa, sushi, metamorphosis | *graphite, photographs by author, found images, Photoshop*



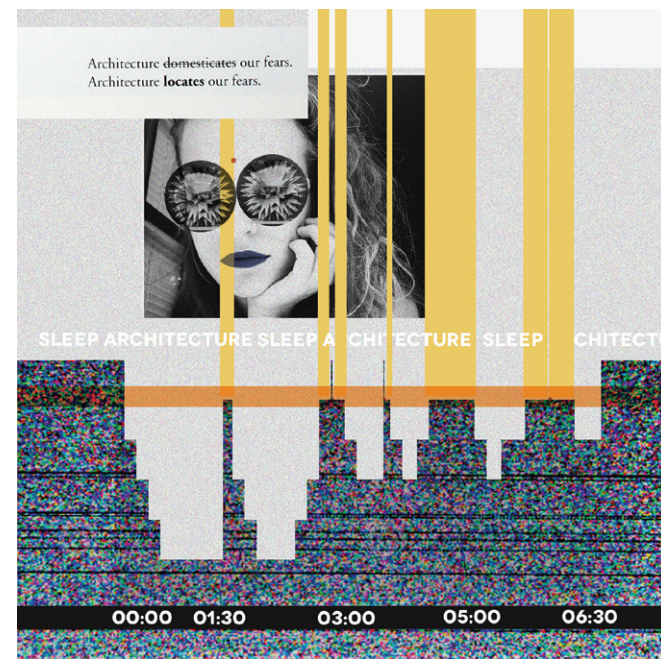
BEGINNING: THESIS

MOTIVATION:

- *the human mind and body is fascinating*
- *architecture as it affects our psychological and physiological well being is even more fascinating*
- *anxiety + sleep disorders are becoming increasingly prevalent in our culture*
- *we've got doctors, spiritual leaders, etc... entire systems in place to help us get better*
- *but what happens when we're left alone surrounded by four walls?*

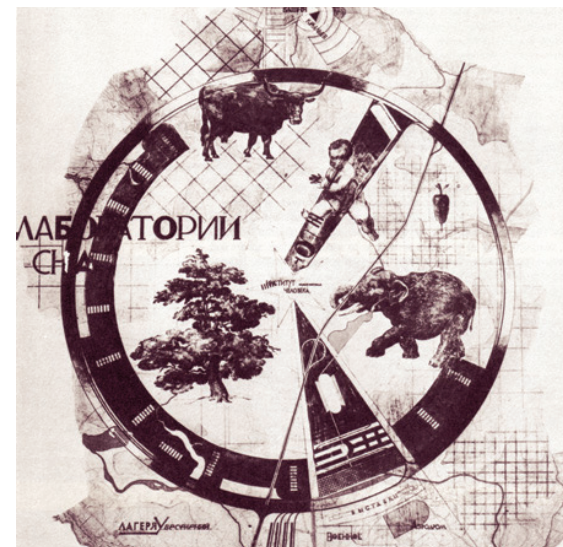
THESIS:

- *it's possible that a myriad of factors of modern life are not in sync with our circadian rhythms and therefore we suffer*
- *connection to nature is key*
- *have you ever hugged a tree?*
- *...but as city owls we're increasingly disconnected from nature*
- *architecture maybe isn't the answer? but it could be a facilitator...*
- *so can architects do anything about this? (yes!)*



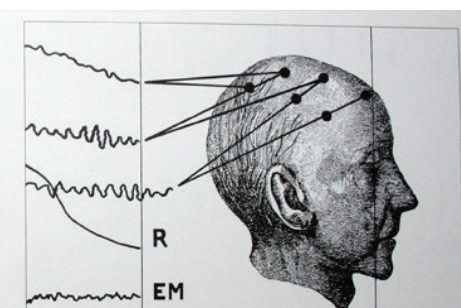
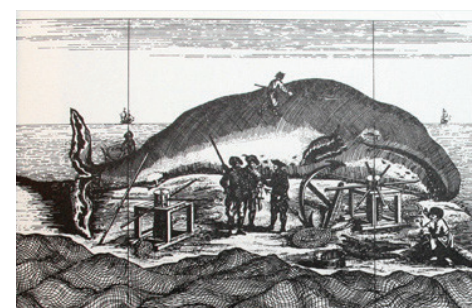
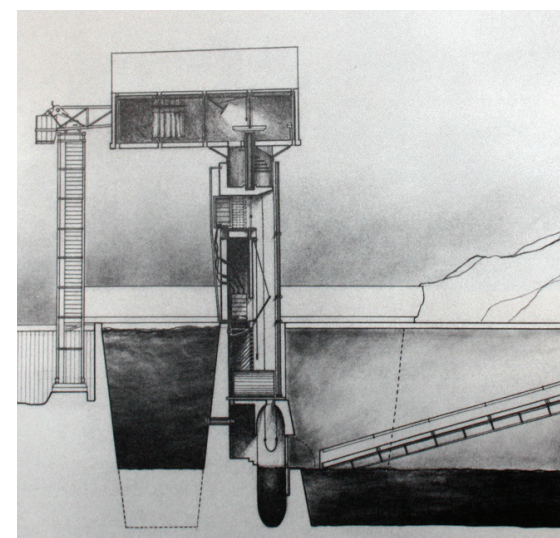
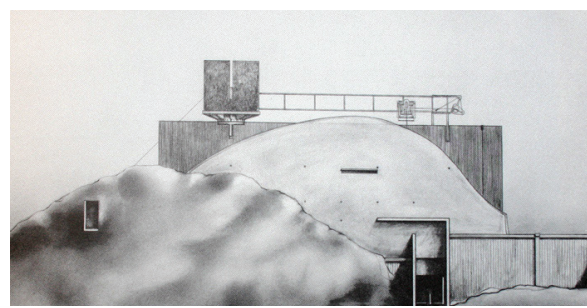
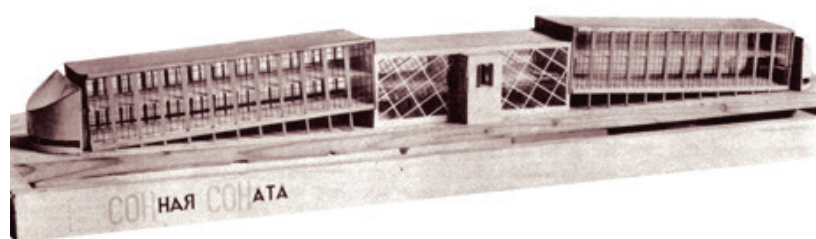
sleep architecture collage | photographs by author, found images, Photoshop

*can architecture
be good to us and
maybe even gently
guide us through a
healing process? can
architecture help
connect us back to the
natural rhythm?*



“At either end of the long buildings were to be situated control booths, where technicians would command instruments to regulate the temperature, humidity, and air pressure, as well as to waft salubrious scents and “rarefied condensed air” through the halls. Nor would sound be left unorganized. Specialists working “according to scientific facts” would transmit from the control centre a range of sounds gauged to intensify the process of slumber. The rustle of leaves, the cooing of nightingales, or the soft murmur of waves would instantly relax the most overwrought veteran of the metropolis. Should these fail, the mechanized beds would then begin gently to rock until consciousness was lost.”

Sonata of Sleep, Melnikov



Douglas Darden’s proposed clinic for sleep disorders is designed to accommodate the patient through five stages:

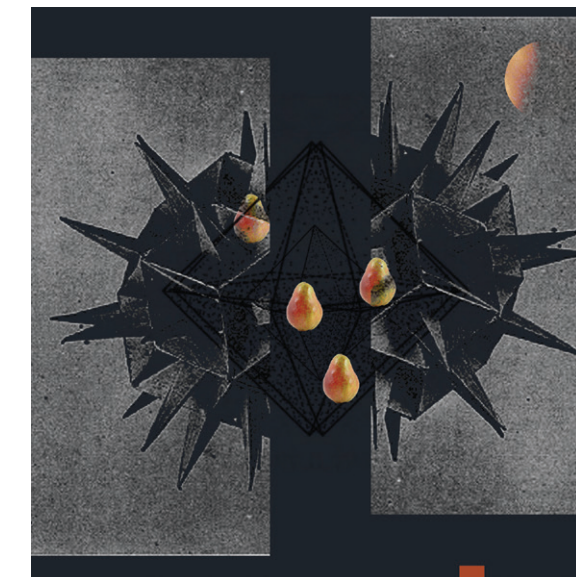
“Initiation: descent to boat docked in interior canal, patient drawn upstream (low tide)
 Suspension: patient lifted by crane to second level, ambulatory undulations downstream (mean tide)
 Diagnosis: sleep and EEG monitoring (high tide)
 Remission: prescription/therapy/surgery (flood tide)
 Release: voluntary movement of patient back across canal; almost complete return (dry land)”

I was inspired by Darden’s approach to focus on the full cycle of a patient being admitted to, residing in, and eventually being released from the clinic. However, I focused on a different cycle: the day and night 24 hour cycle. The purpose of my clinic is to help restore the natural circadian rhythm, which I postulate is broken in our attempt to conform to a 9-5 job and staring at our computer or TV screens late into the night. Therefore, my program follows a different set of stages that revolve around the day and night of a patient:

- waking
- eating
- exercising (mind + body)
- bathing
- sleeping



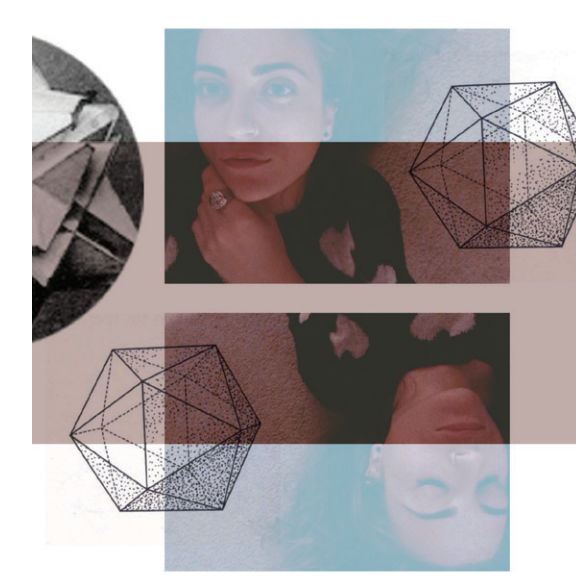
NARCOLEPSY



NIGHT TERRORS



INSOMNIA

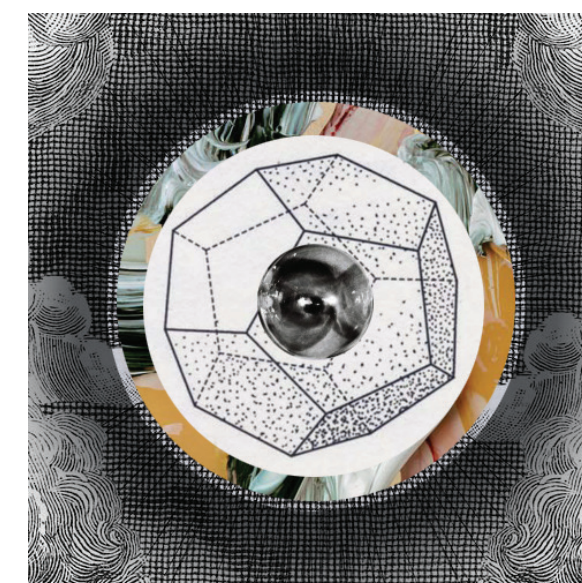


CONFUSIONAL AROUSAL

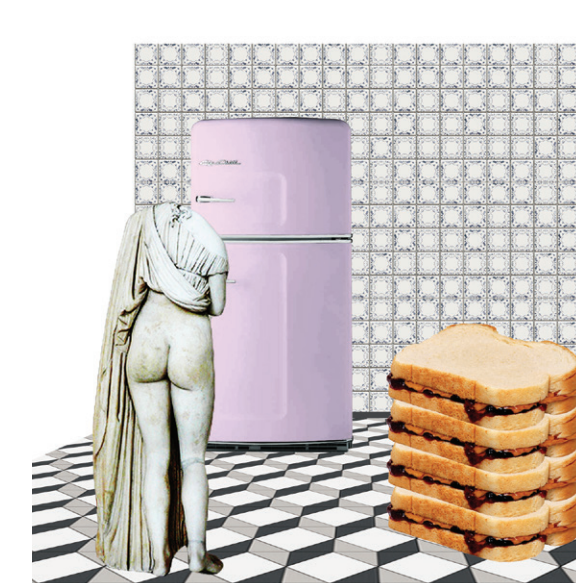
I spent some time looking at and cataloging sleep disorders:

- Insomnia
- Sleep Apnea
- Jet Lag
- Narcolepsy
- Restless Leg Syndrome
- Parasomnias
 - Sleepwalking
 - Confusional Arousals
 - Night Terrors
 - REM Sleep Behavior Disorder
 - Nightmare Disorder
 - Sleep Paralysis
 - Sleep Talking
 - Bedwetting
 - Sleep Related Groaning
 - Exploding Head Syndrome
 - Sleep Related Eating Disorder
- Shift Work
- Snoring
- Nightmares

I have used collage throughout this thesis as a powerful visualization tool. Collage helps me bridge the gap between concept and imagery. Here it allowed me to begin to understand sleep disorders in a visual way: the first step towards considering the spatial requirements these patients might have.

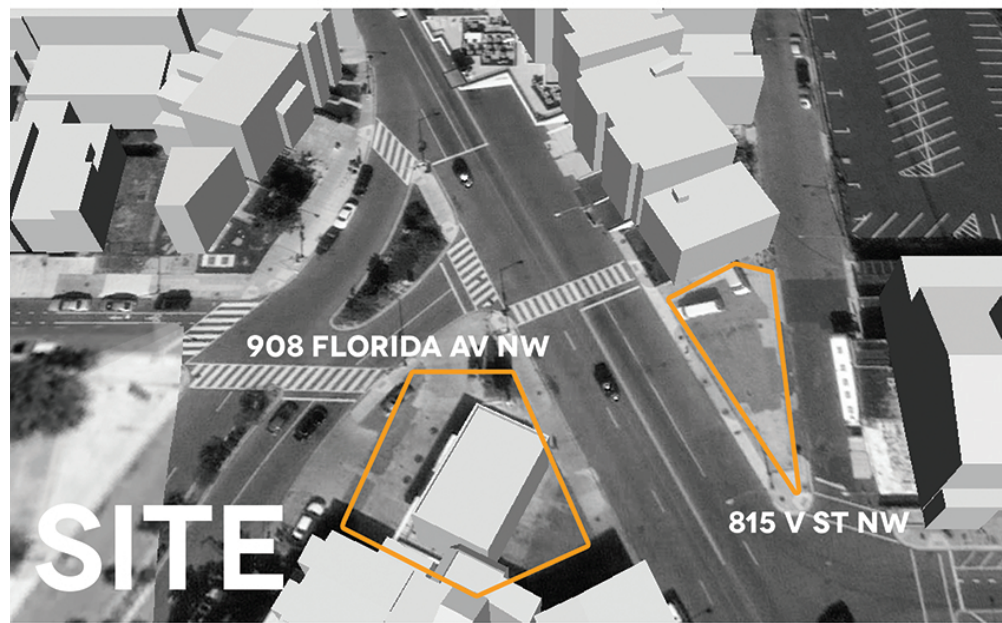


EXPLODING HEAD SYNDROME

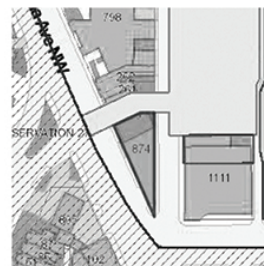


SLEEP EATING

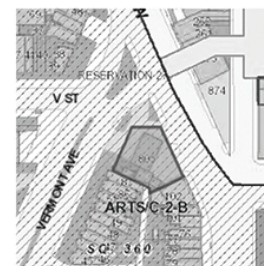
The site I chose to explore is a gas station located on Florida Avenue, Vermont Avenue, and V Street in NW Washington, DC - one block away from U Street. I was initially drawn to the U Street area in DC because of the significant metamorphosis that part of the city has undergone in the past few years in density, development typology, and demographics. Furthermore, this neighborhood, like the patients of the clinic, has a broken clock: it houses some of the most popular bars and music venues in the city and it usually comes alive at night as other parts of the city grow dark and quiet. It's much quieter during the day although more condos are being developed. While one of the goals of the design is to reconnect people with nature and their natural circadian rhythm, I welcomed the challenge of placing this program in a very busy and chaotic part of the city. In the initial stages of site research and analysis, I looked at the character of the neighborhood, and how the proposed clinic could benefit not only it's narrower intended audience (the patients), but also the people that already live in the area. Another intention was to develop the ground floor programming of the building in a way that improves the safety of pedestrians in the site, especially at night.



815 V ST NW
ZONE DISTRICT: CR
AREA: ~1600 SOFT
MAXIMUM OCCUPANCY: 100%
FAR: 6
MAXIMUM HEIGHT: 45-90
REAR YARD SETBACK: 15
SIDE YARD: 2 IN/ FOOT OF HEIGHT BUT NOT LESS THAN 6 FT



908 FLORIDA AV. NW
ZONE DISTRICT: C-2-B
OVERLAY: ARTS HISTORIC DISTRICT: YES
AREA: ~4000SOFT
MAXIMUM OCCUPANCY: 100%
FAR: 3.5
MAXIMUM HEIGHT: 65
REAR YARD SETBACK: 15
SIDE YARD: 2 IN/ FOOT OF HEIGHT BUT NOT LESS THAN 6 FT



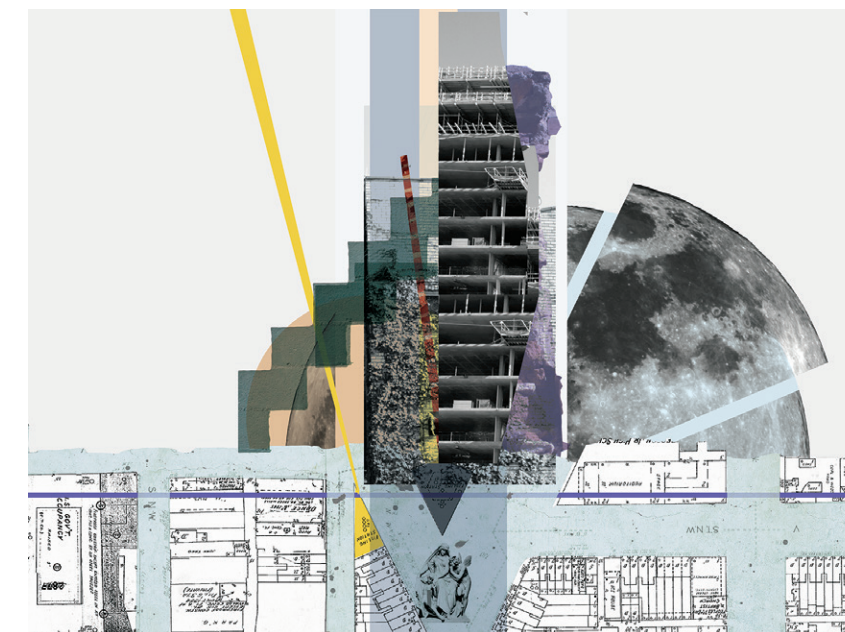
Initial site research - looking at two potential sites in the intersection. finally the gas station at 908 Florida was chosen



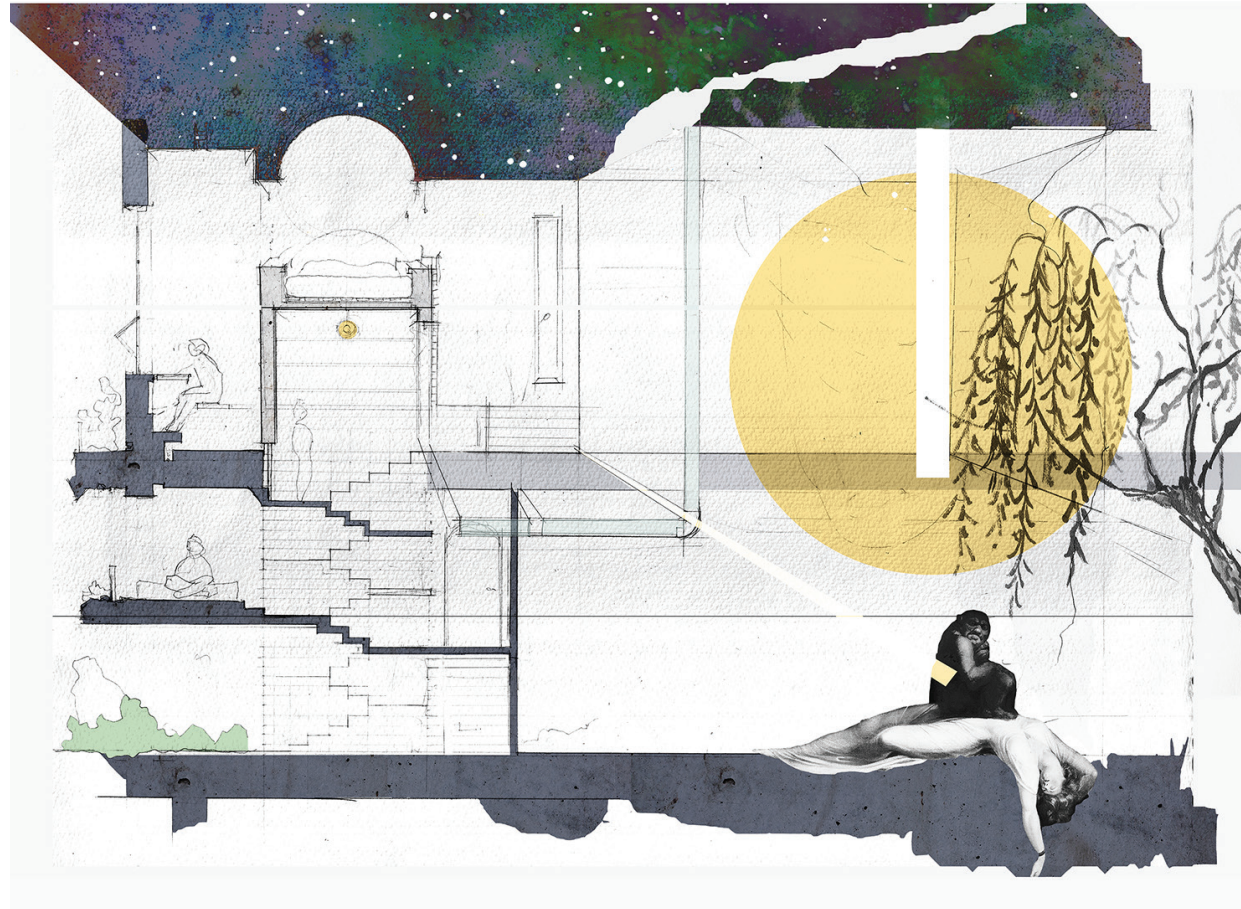
site collage of noise levels with nyx and hemera | sanborn map, found images, Photoshop



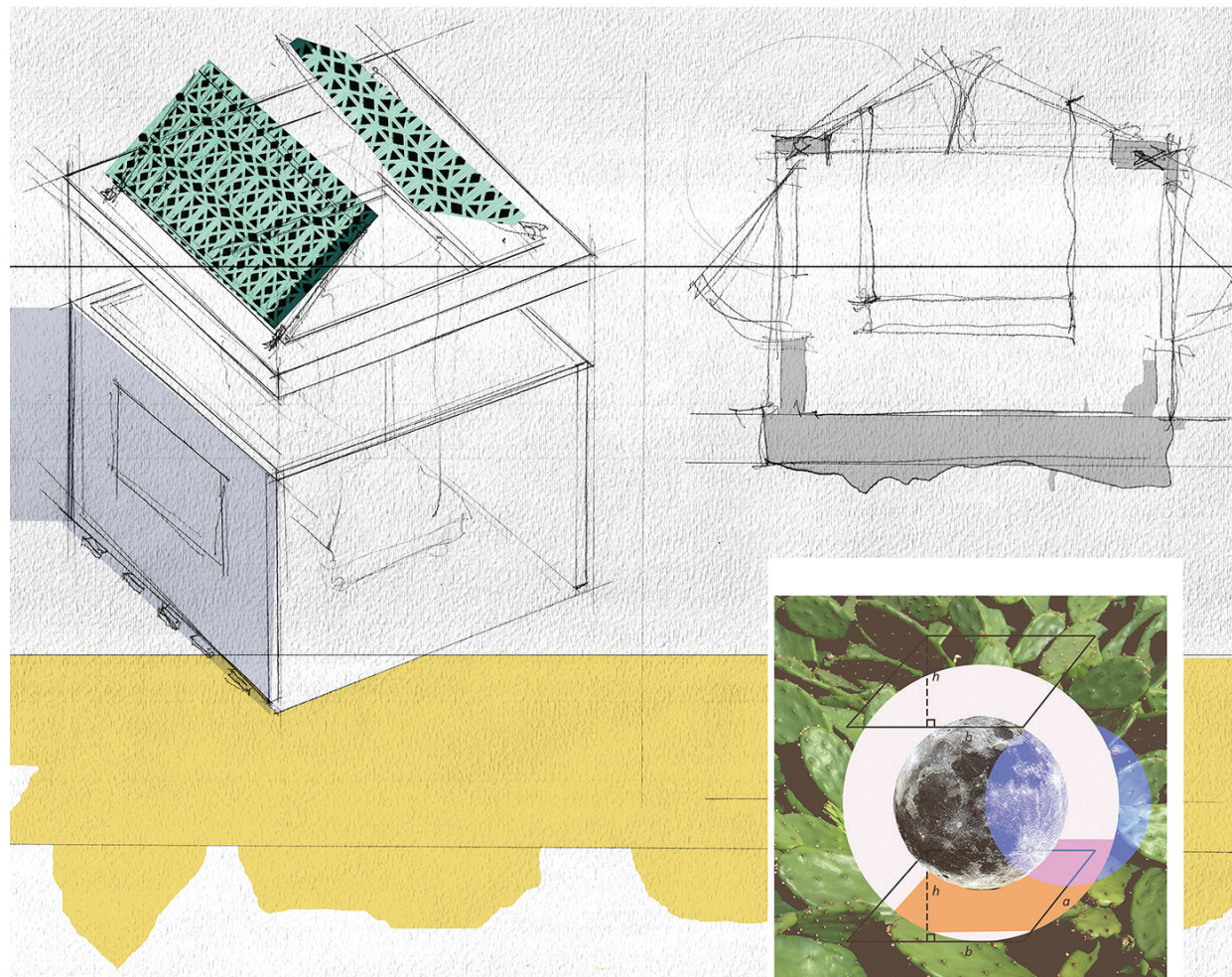
site collage of building textures and colors | sanborn map, photographs by author, Photoshop



collage of a possibility of a building | sanborn map, photographs by author, found images, Photoshop



a library of monsters under the bed | graphite, trace, paper, Photoshop



room for sleeping under the stars | graphite, trace, paper, Photoshop

INITIAL PROGRAM CONSIDERATIONS:

entrance / lobby / check-in room / place of entering the building for the first time

exit / check-out room

11 rooms
 2 overnight rooms
 9 stay rooms
 + balconies
 shared bathrooms
 personal bathrooms
 shared kitchen

monitoring rooms
 research labs
 storage rooms
 mechanical

3 doctor offices
 staff offices
 staff rec rooms
 kitchen
 staff bathrooms

small bath house / sauna
 yoga studio? / meditation space
 series of vertical gardens
 GONG HEALING!!!!

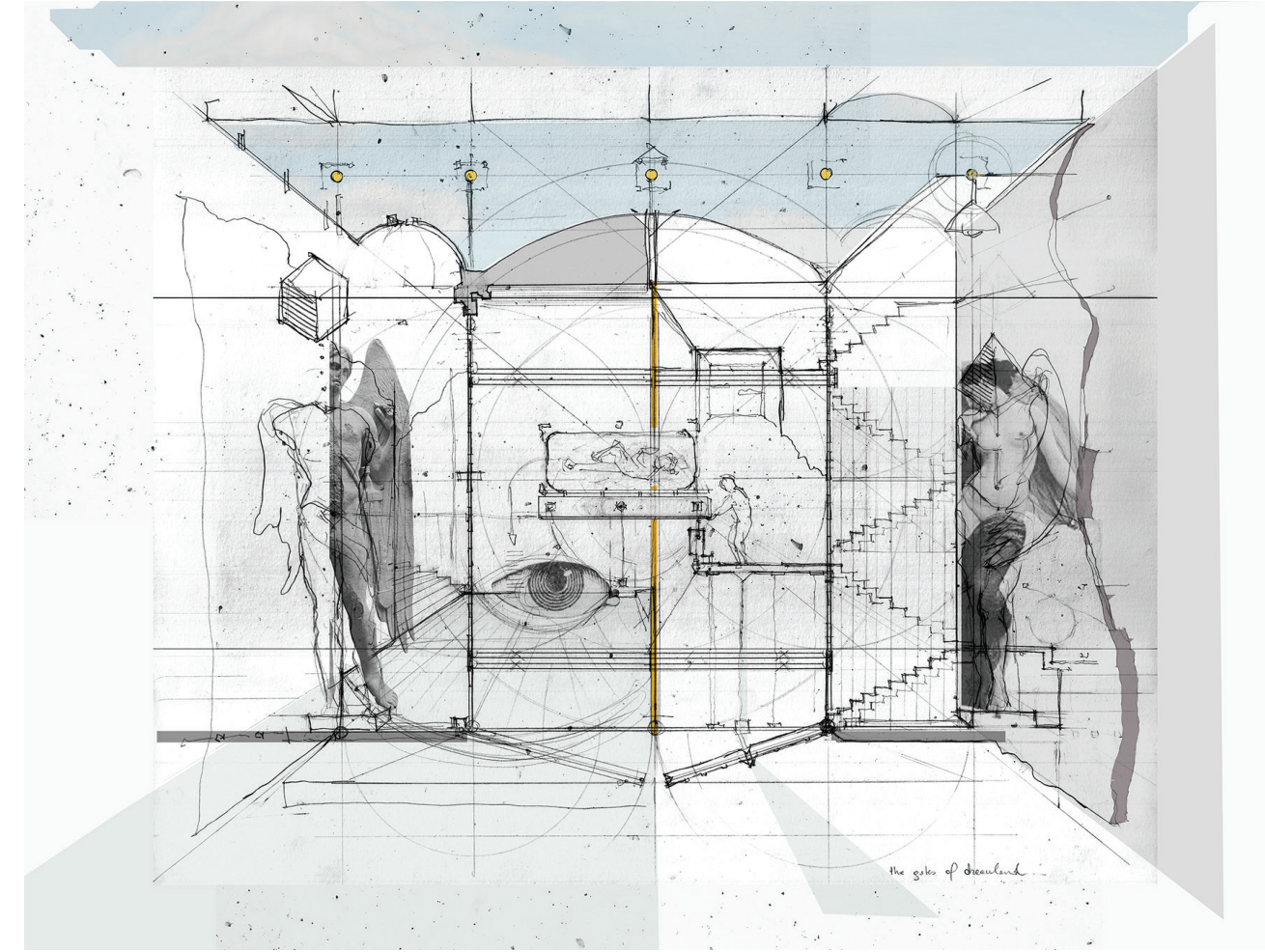
library + reading rooms - (analog vs. digital)
 tea room
 night garden / star-gazing area
 day dreaming pool / day garden
 underground + sky areas for falling asleep or being awake
 TWILIGHT SPACES

OTHER:

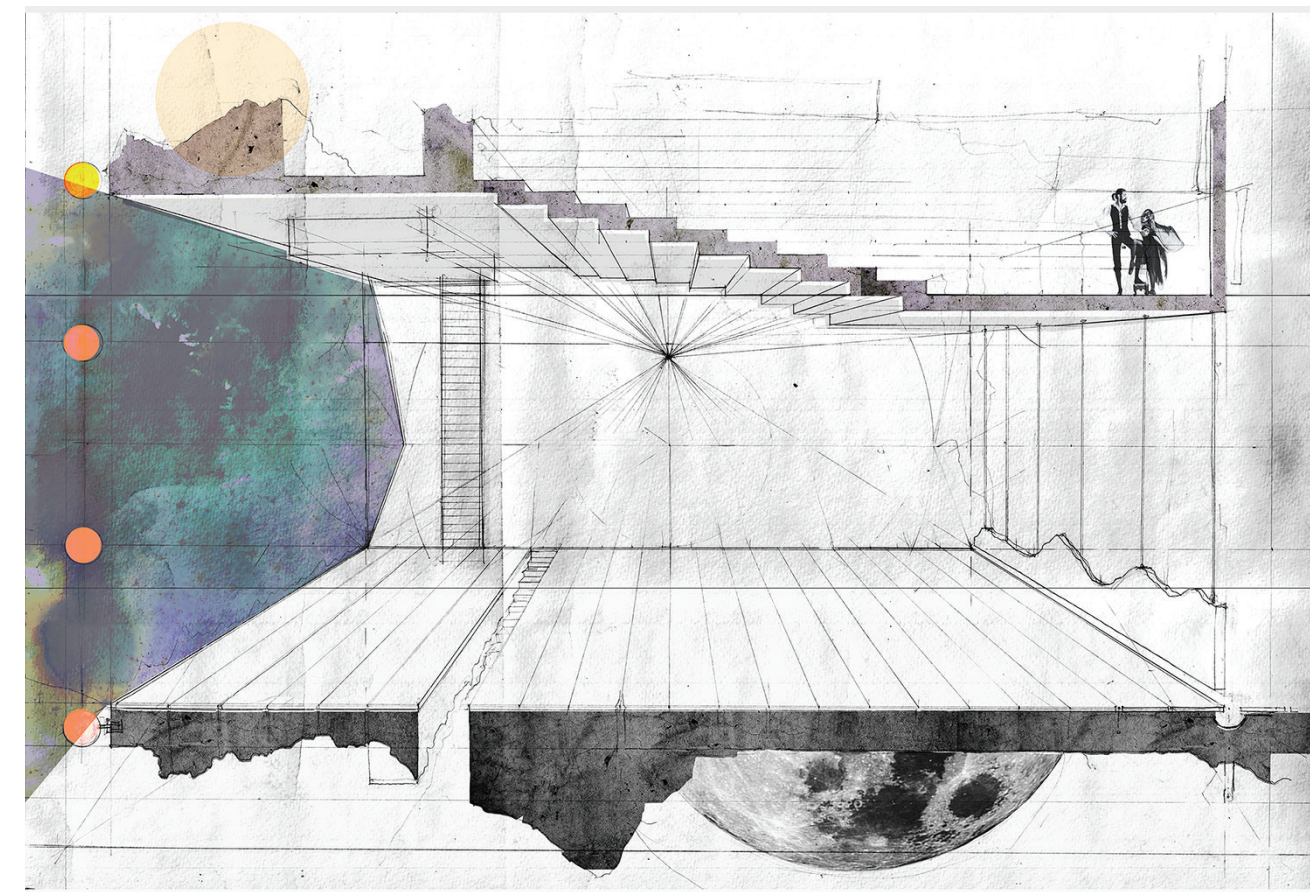
places to escape at night when you can't sleep
 places to fall asleep
 places to wake up
 places to cry
 places to meet
 places to smoke
 room of nightmares
 room of lucid dreaming
 room of sleep paralysis

THE FIVE SENSES

scent - lavender, chamomile
 touch - soft, clean, crisp bed sheets
 taste - (saliva before you go to sleep - delicious yawn)
 sound - white noise? silence
 sight - comfortable darkness, light beyond the door



falling asleep / entering the gates of dreamland | graphite, trace, paper, Photoshop

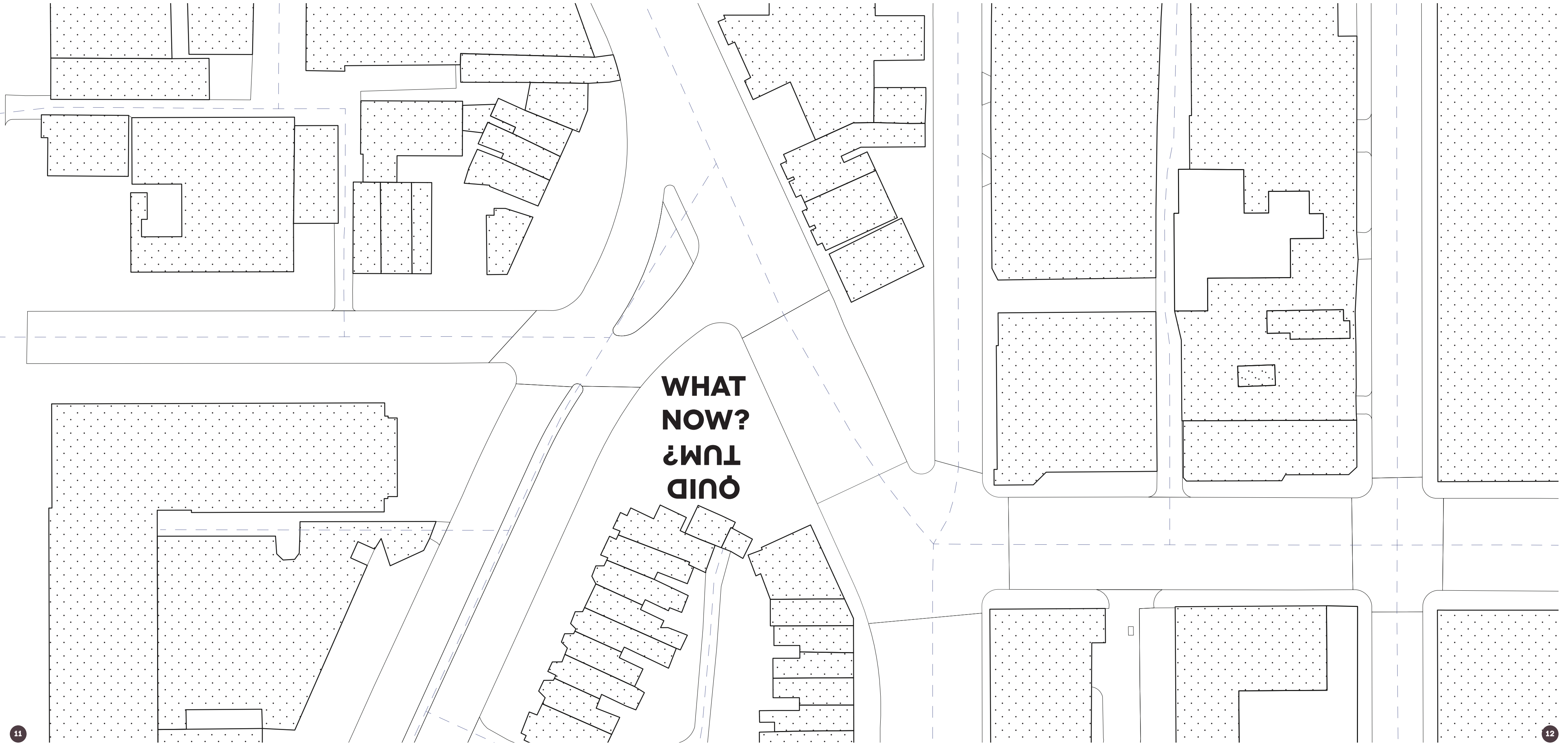


the thoughts that inhabit the ceiling (not finished) | graphite, trace, paper, Photoshop

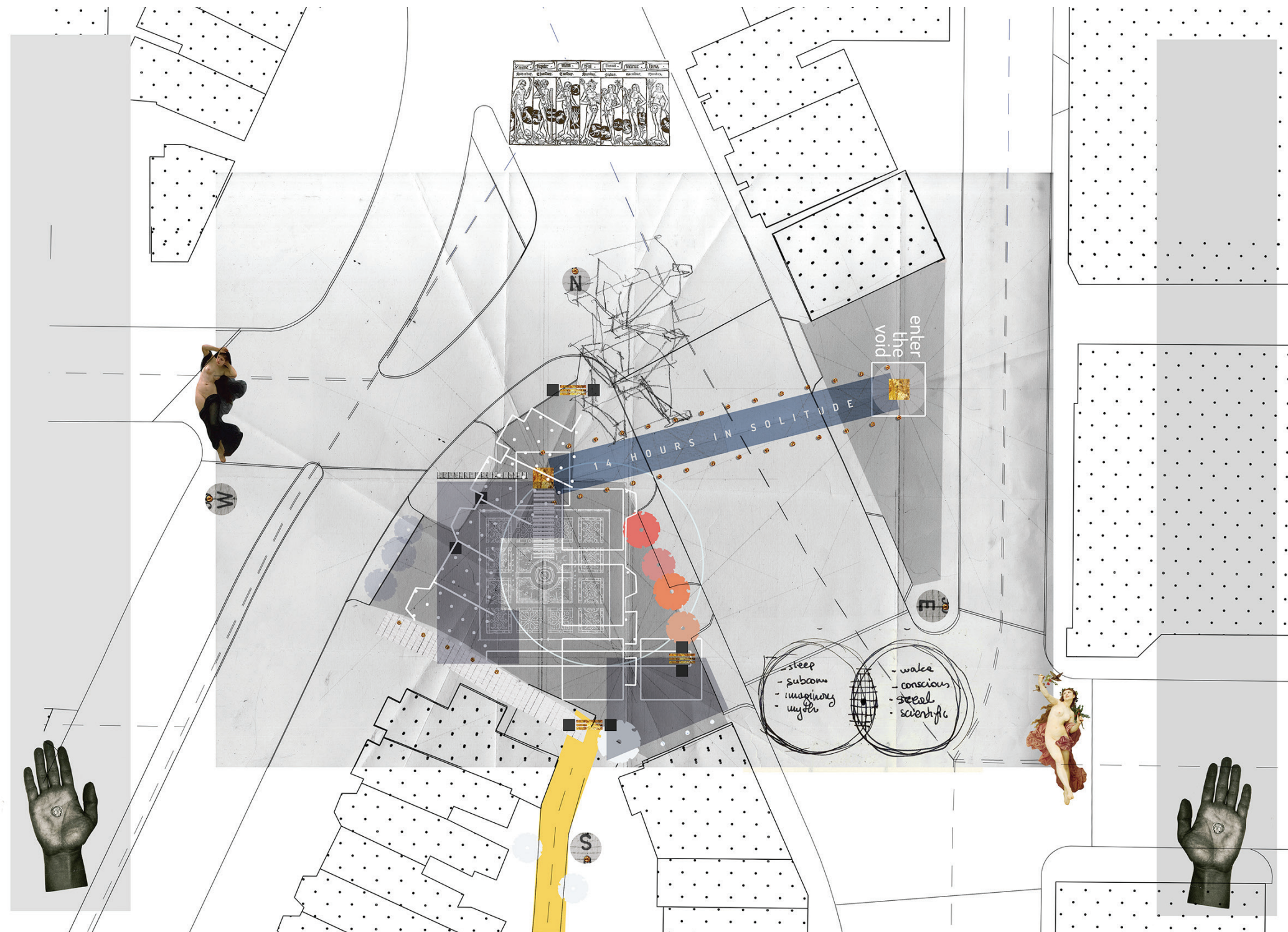
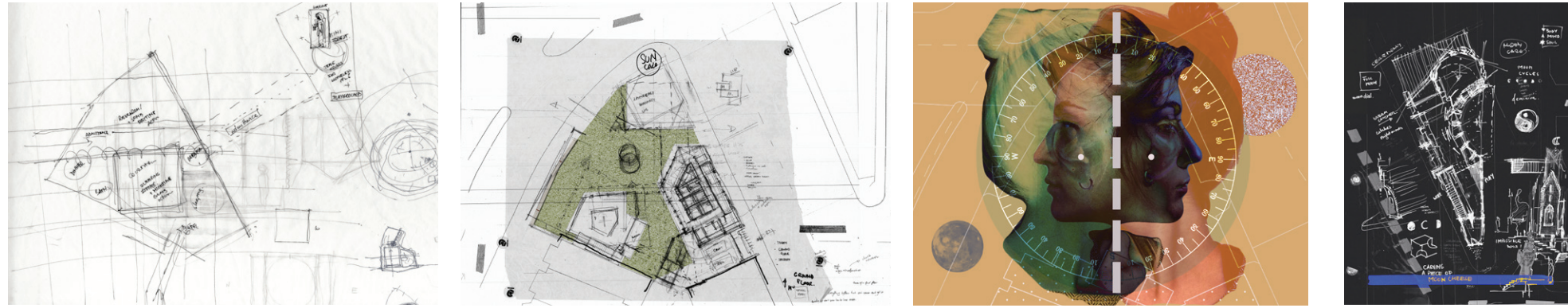
These first drawings explore various sleep related rituals and habits through architectural elements.

ARCHITECTURAL ELEMENTS:

- stair
- railing
- landing
- porch
- door
- hallway
- wall
- ceiling
- window - the folding shade
- balcony
- column
- roof
- ...

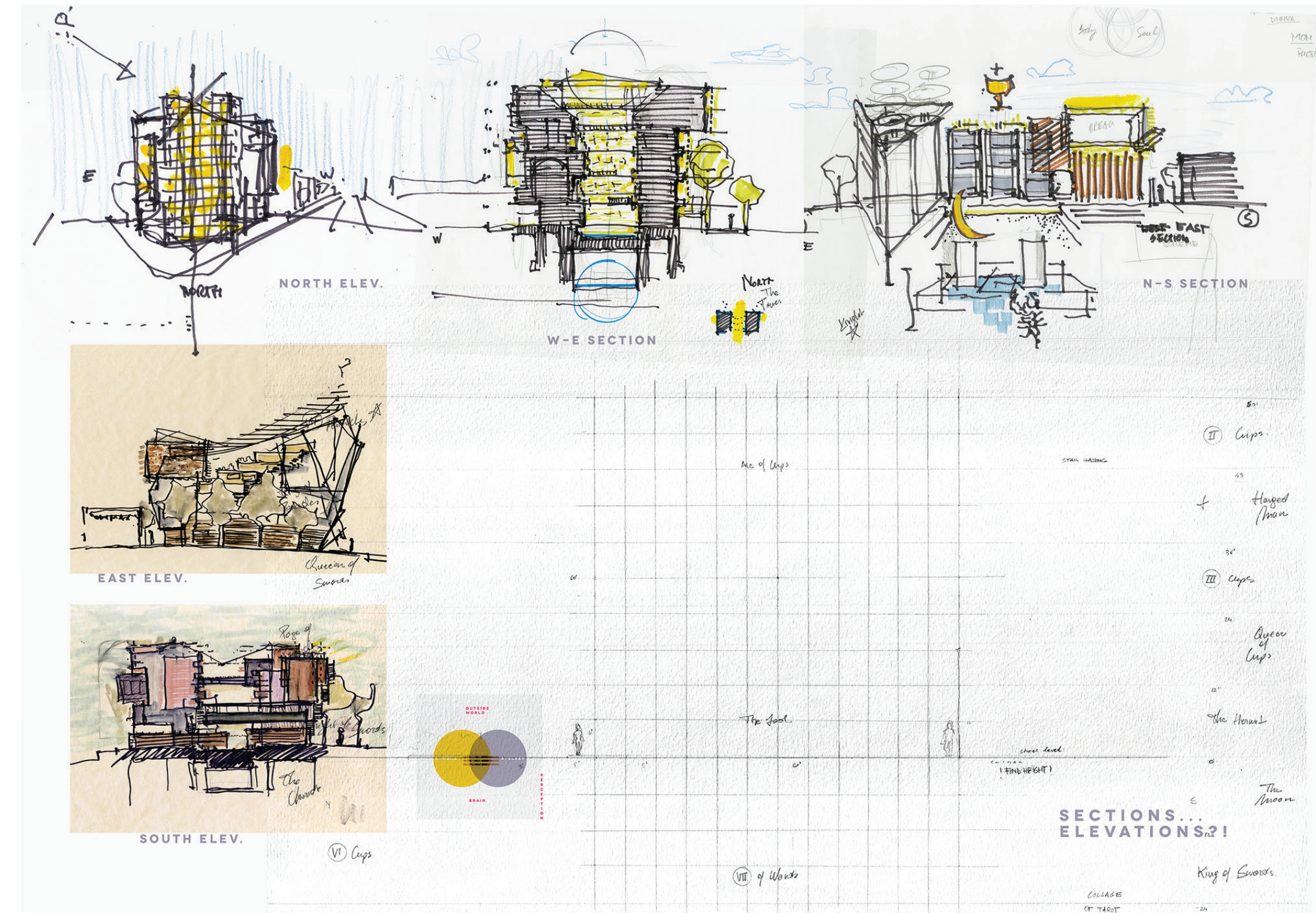


**WHAT
NOW?
TUM?
QUID**

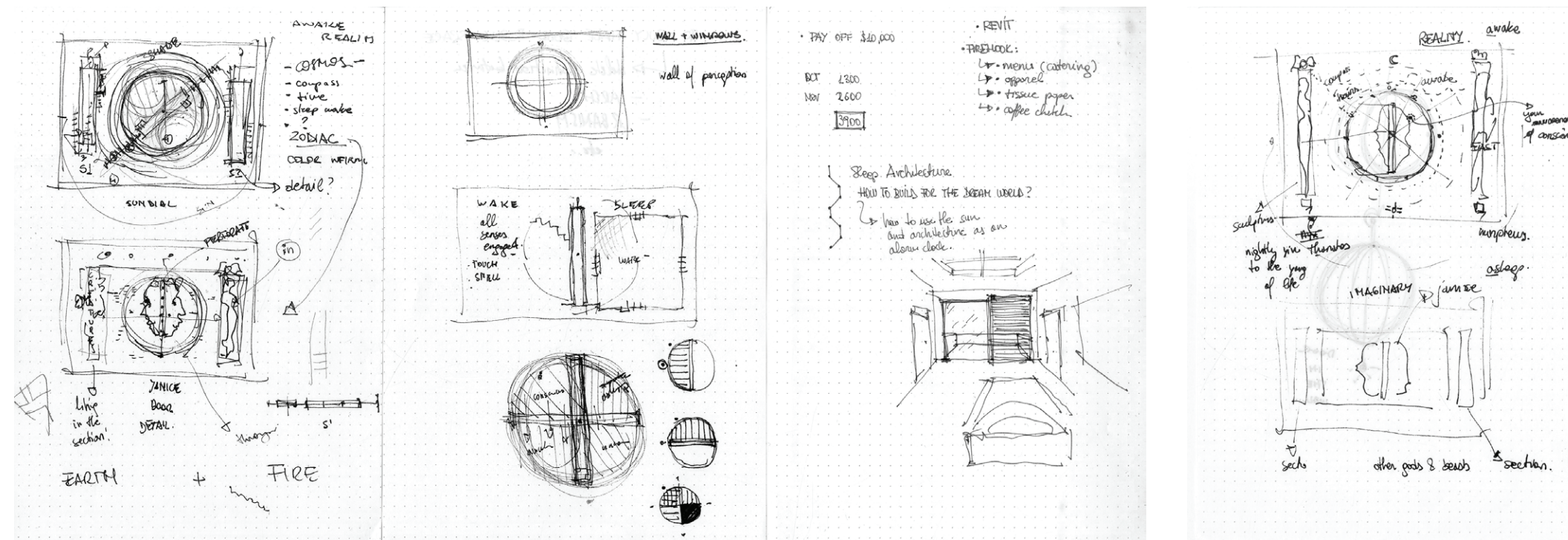


site plan speculation | graphite, trace, paper, found images, Photoshop

“Architecture, in the end, is nothing more, and nothing less than the gift of making places for some human purpose.” - Spiro Kostof



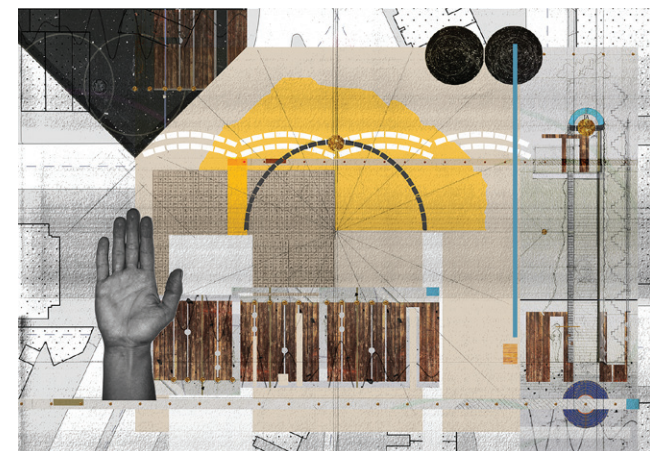
sketches of potential sections and elevations, showing the building broken up into pieces | graphite, prisma markers, trace, paper, Photoshop



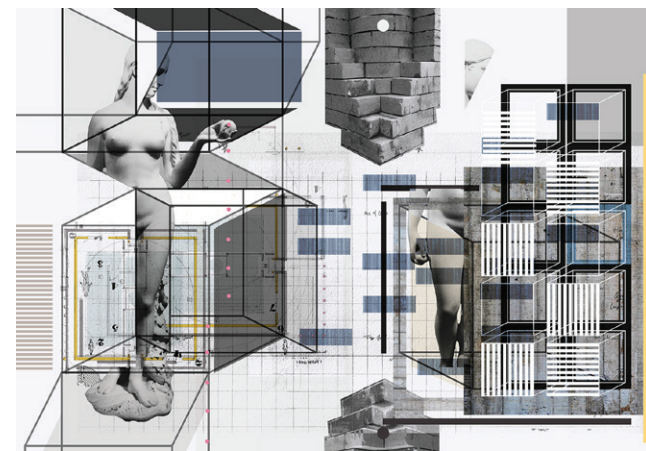
A series of ten drawings were completed for a separate course (Bestiary) led by Berrin Terim and Jodi La Coe. Each drawing was completed in pairs: recto & verso, meant to be on each side of the paper. These drawings allowed me to focus on different aspects of program at a more detailed scale.



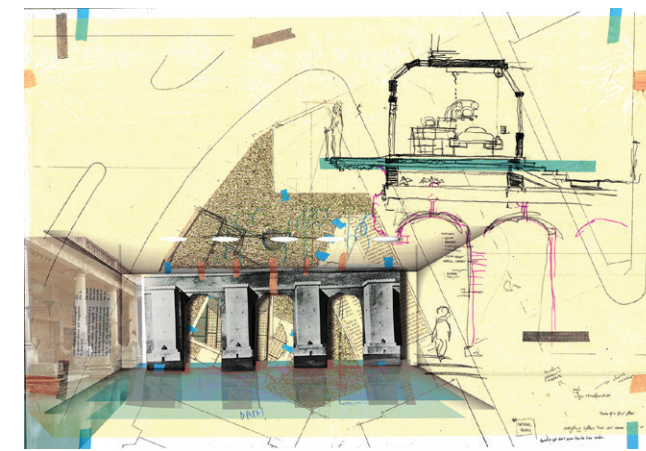
dry drawing recto | graphite, paper, found images, Photoshop



dry drawing verso | graphite, paper, found images, Photoshop



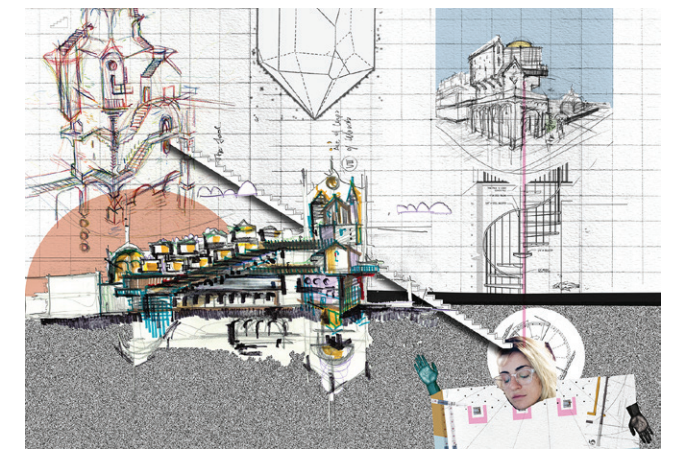
wet drawing verso | graphite, paper, found images, Photoshop



moist drawing verso | graphite, paper, found images, Photoshop

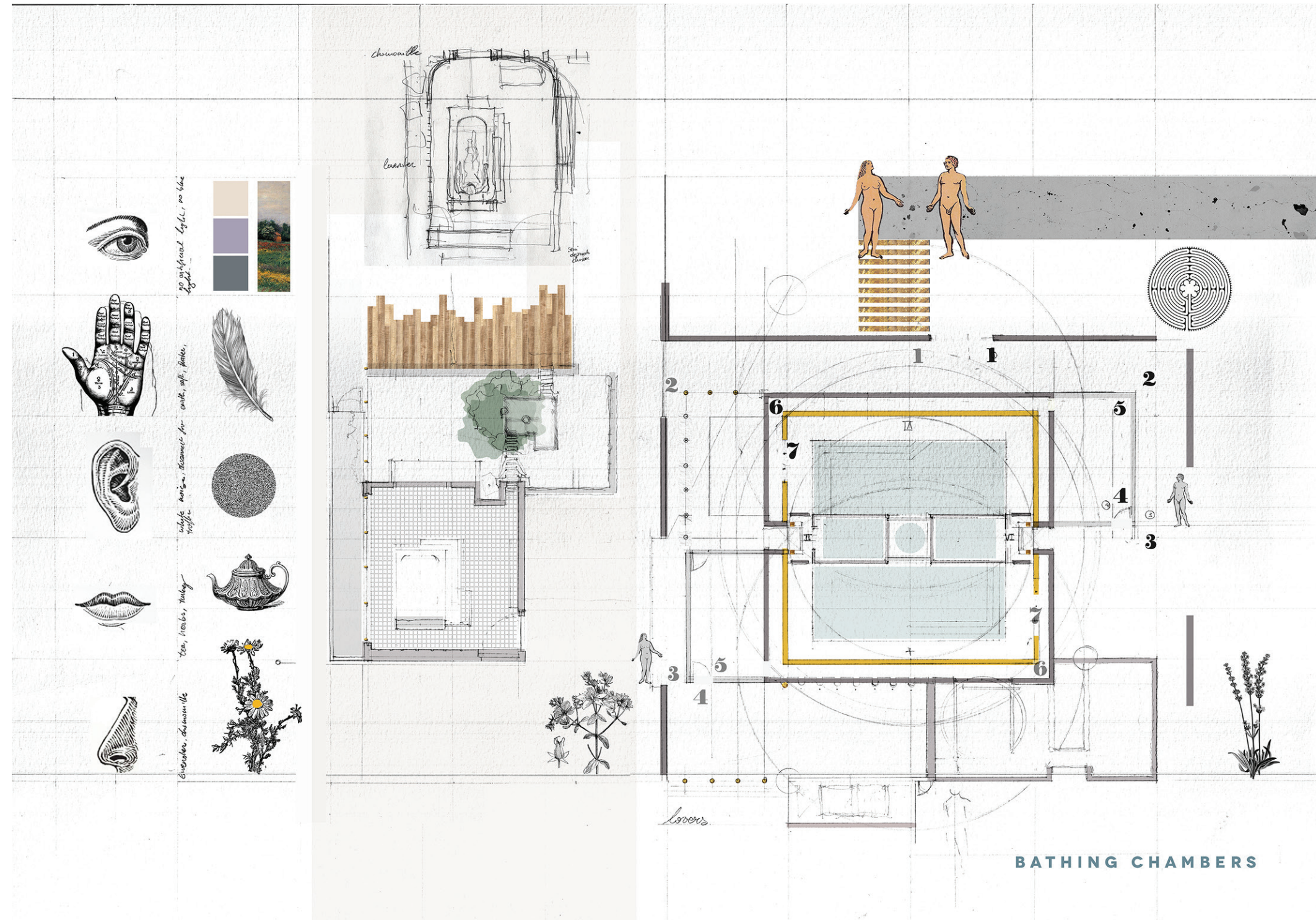


hot drawing recto | graphite, paper, found images, Photoshop



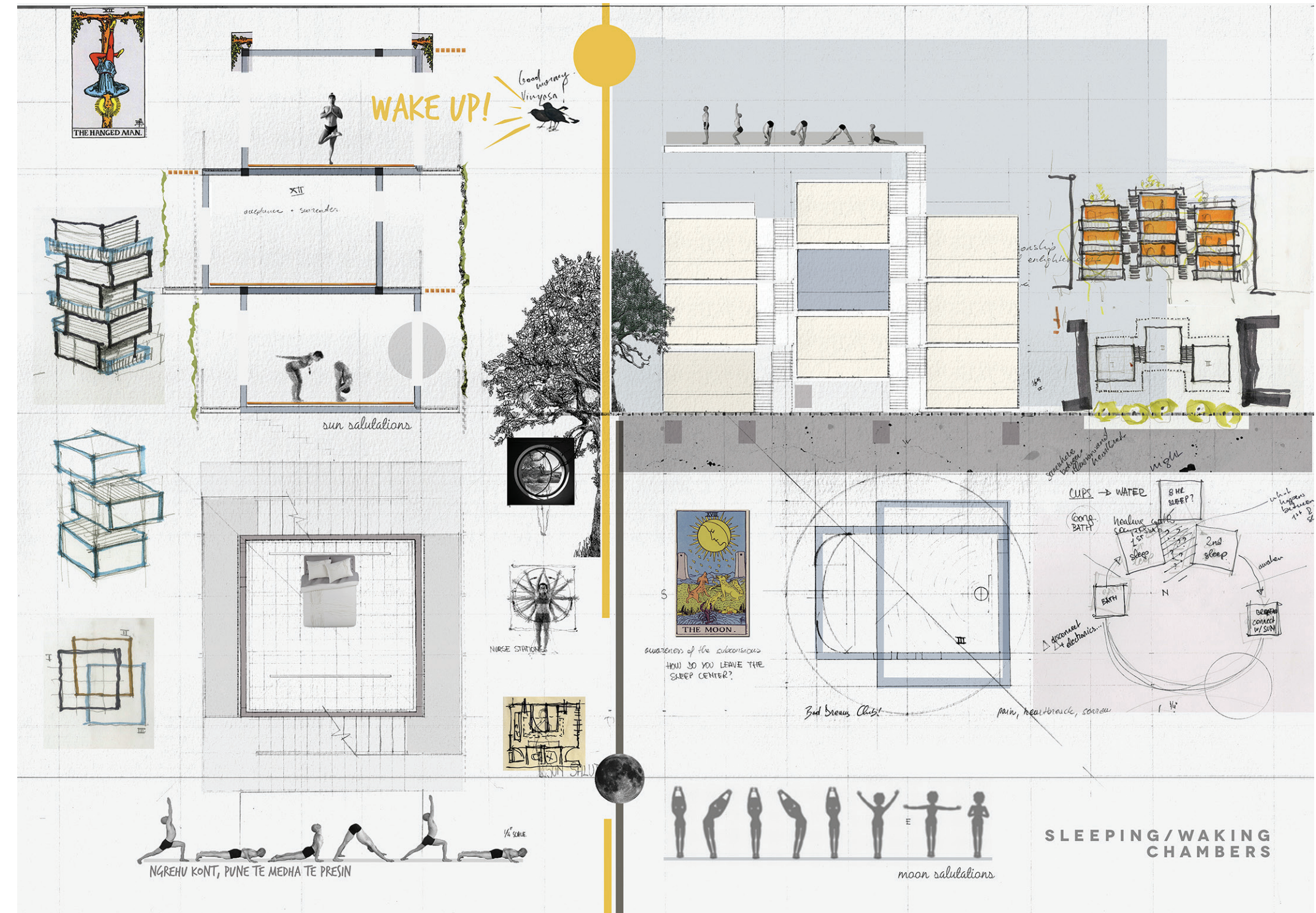
hot drawing verso | graphite, paper, found images, Photoshop

The ritual of the bathing became an important component of the program of this building. This speculative drawing explores the plan of the bathhouse as a sort of labyrinth in which first time patients would have to make seven left turns before they reach the pool of water. The short and somewhat disorienting journey after a patient was admitted into the clinic would mark their separation from their previous life and the beginning of a healing process.



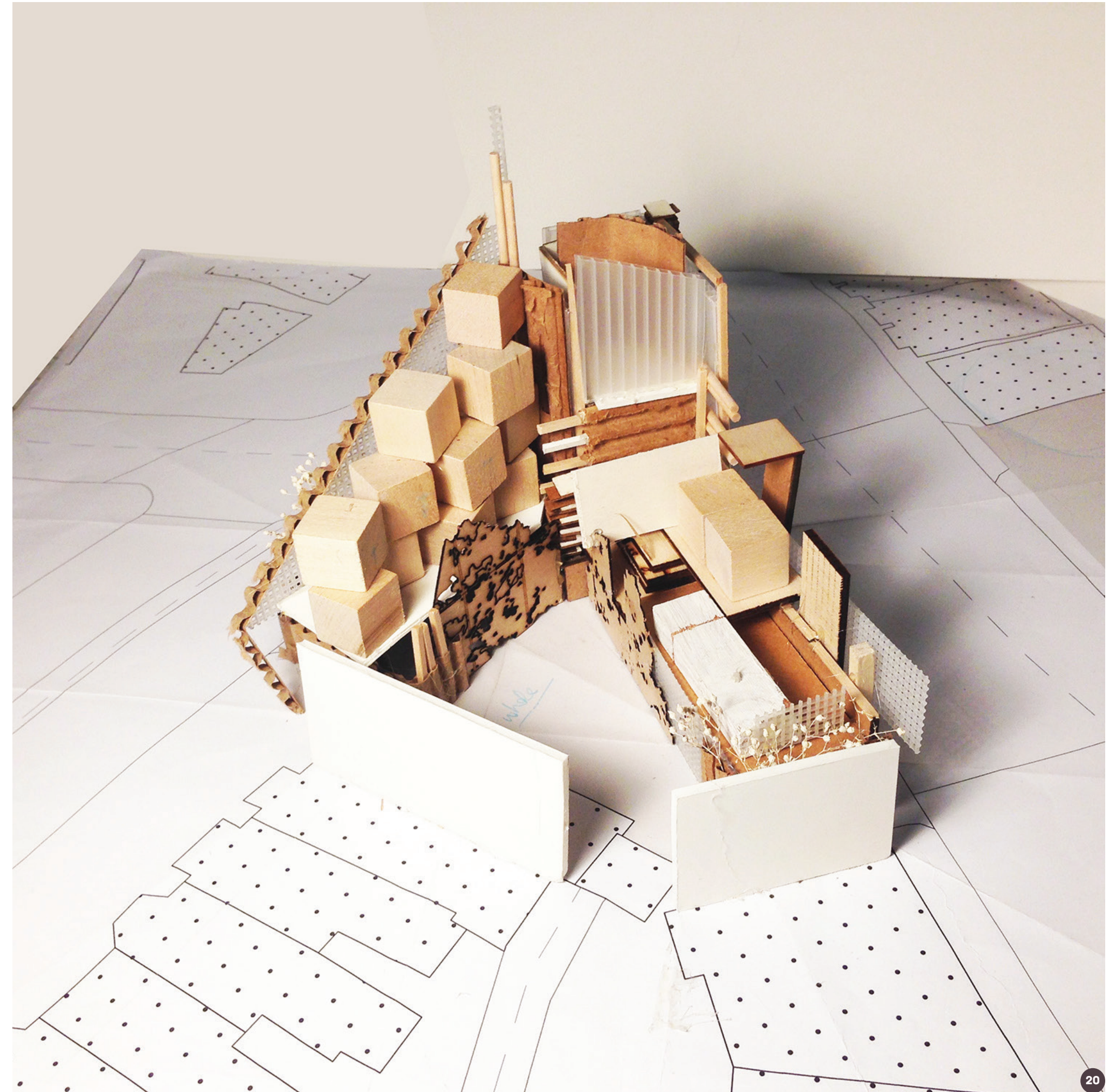
wet drawing (recto) of bathing ritual | graphite, trace, paper, photographs by author, found images, Photoshop

The sleeping rooms were an integral part of the design as well. The primary function of these rooms is to interact with sunrise and sunset while providing a comfortable space to sleep or be sleepless in. This drawing explores different arrangements for the sleeping rooms as a module.

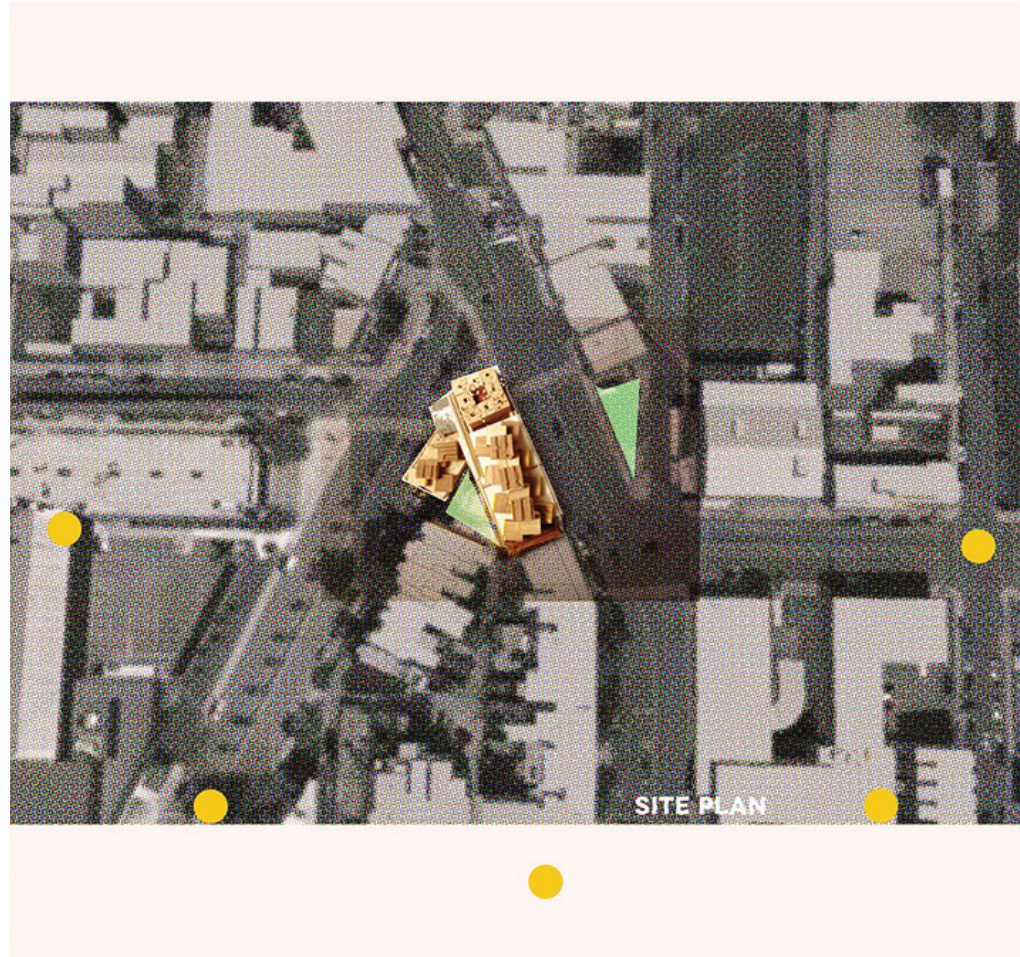


moist drawing (recto) of patient rooms | graphite, trace, paper, photographs by author, found images, Photoshop

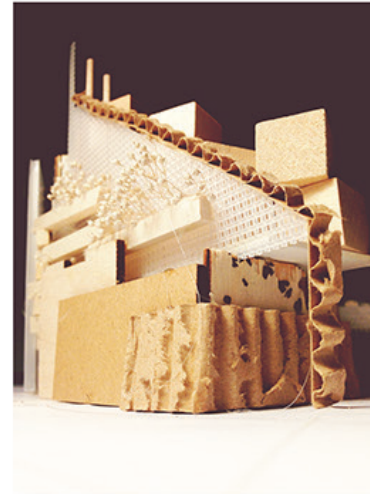
A breakthrough: modeling with scrap materials, I allowed a Frankenstein building to emerge.



MODELING: MATERIALS STUDY



model collage on site, south facing courtyard | wood models, graphite, trace, paper, photographs by author, found images, Photoshop



MODELING

// COLLAGE + INHABITING THE MODEL



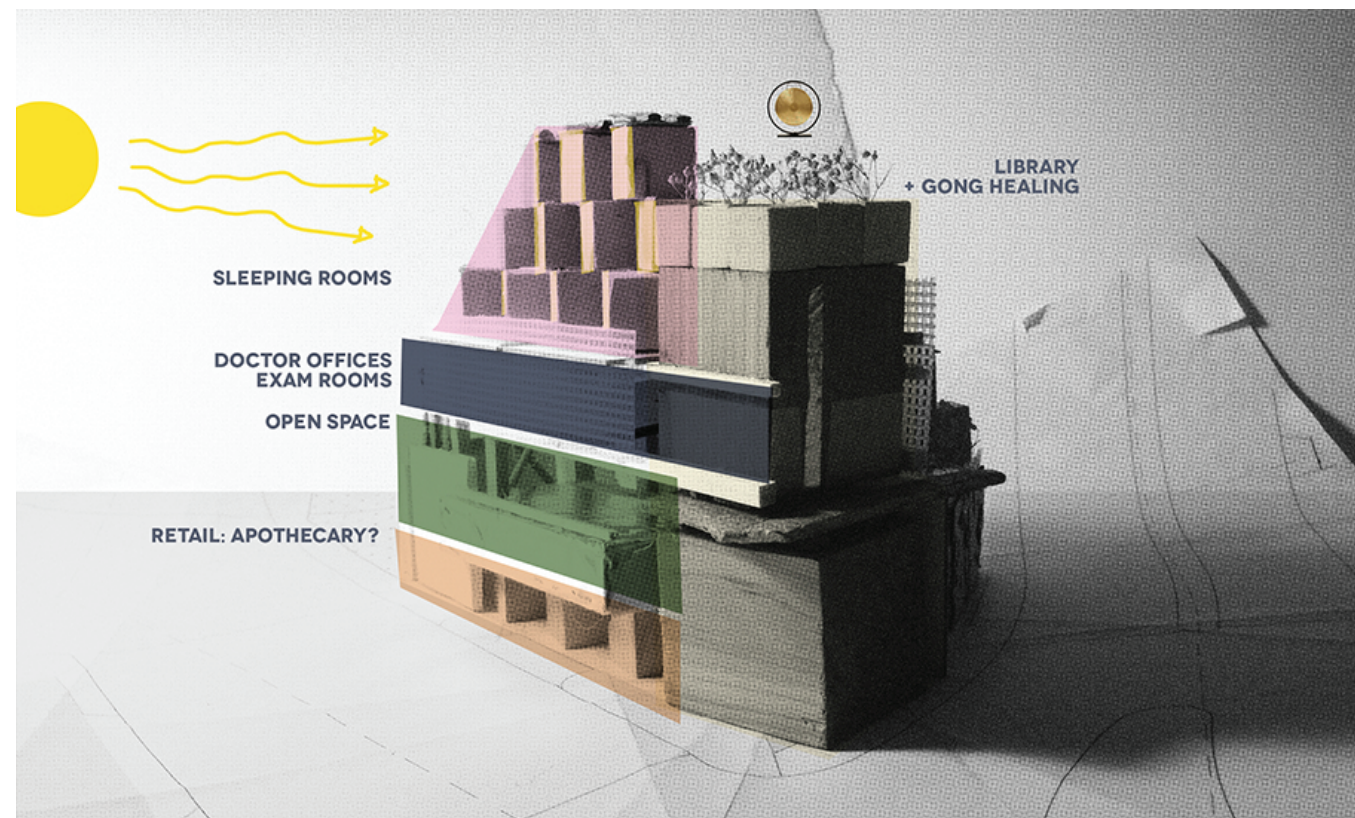
scheme 1: V shaped building, south facing courtyard, patient rooms on east side | wood models, graphite, trace, paper, photographs by author, found images, Photoshop



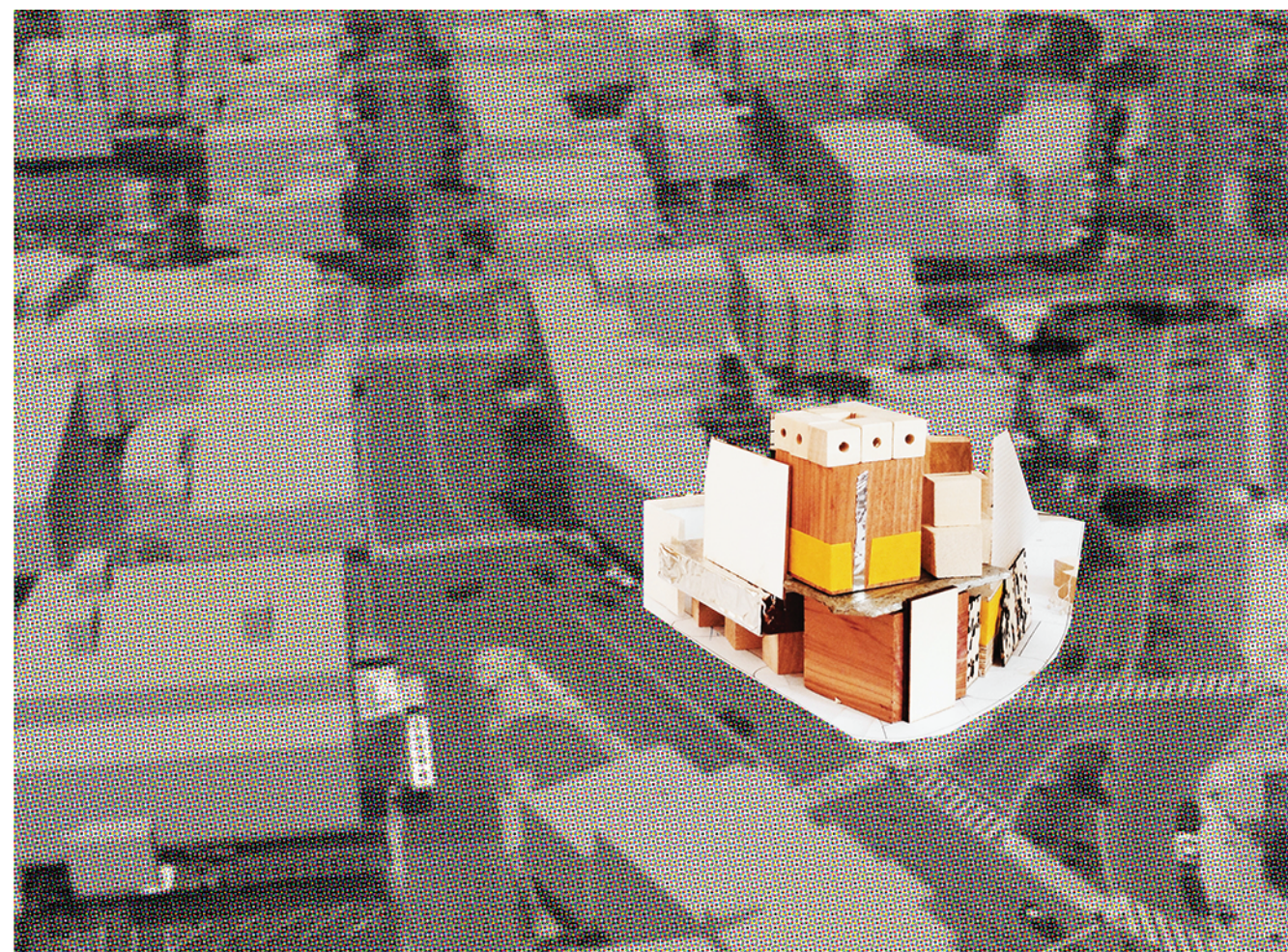
model collage on site showing corner library | wood models, graphite, trace, paper, photographs by author, found images, Photoshop



scheme 2: V shaped building, south facing courtyard, patient rooms on west side | wood models, graphite, trace, paper, photographs by author, found images, Photoshop



model collage showing program distribution | wood models, graphite, trace, paper, photographs by author, Photoshop



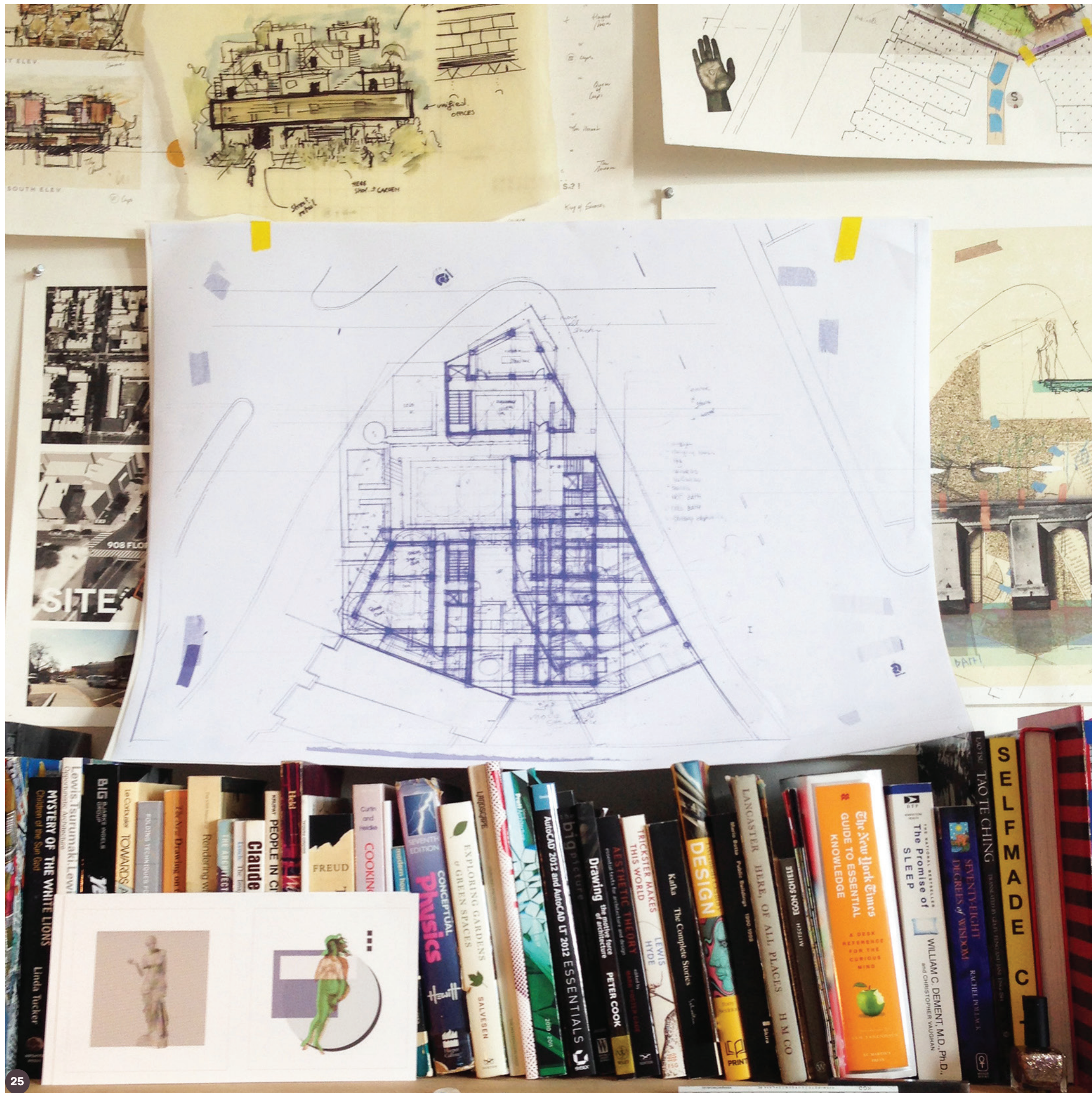
north corner bird's eye view perspective | wood models, graphite, trace, paper, photographs by author, Photoshop



model collage showing program distribution | wood models, graphite, trace, paper, photographs by author, Photoshop

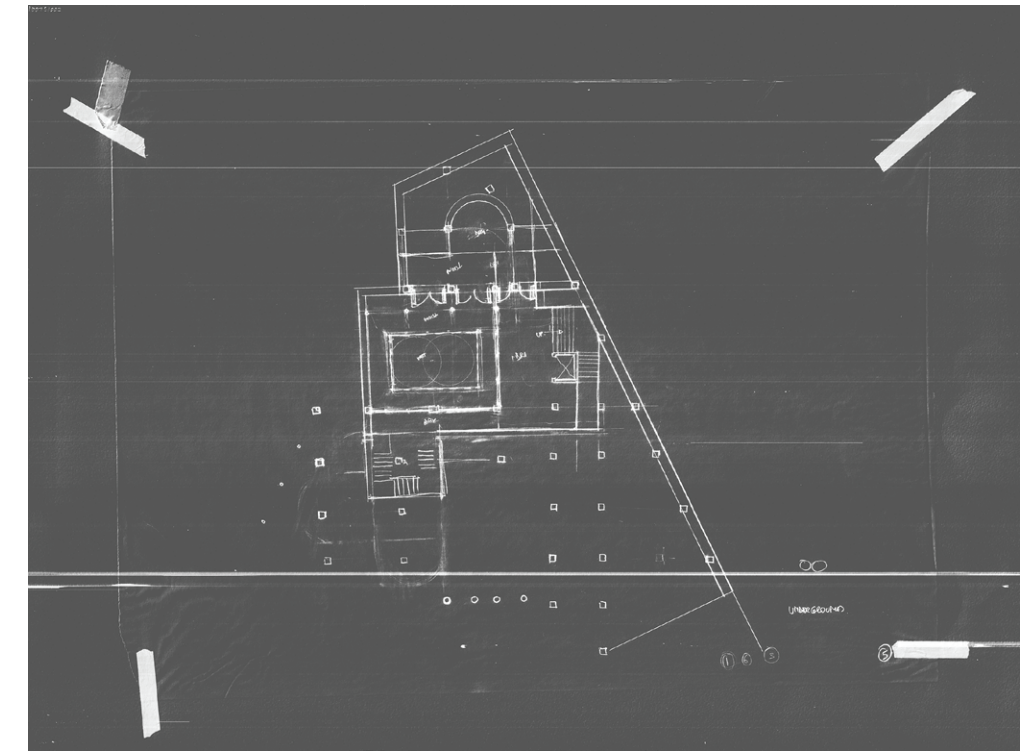


perspective of south courtyard where two branches meet | wood models, graphite, trace, paper, photographs by author, Photoshop



all plans overlaid | graphite, trace, paper, Photoshop

DESIGN DEVELOPMENT



underground plan | graphite, trace, paper, Photoshop



ground floor plan | graphite, trace, paper, Photoshop

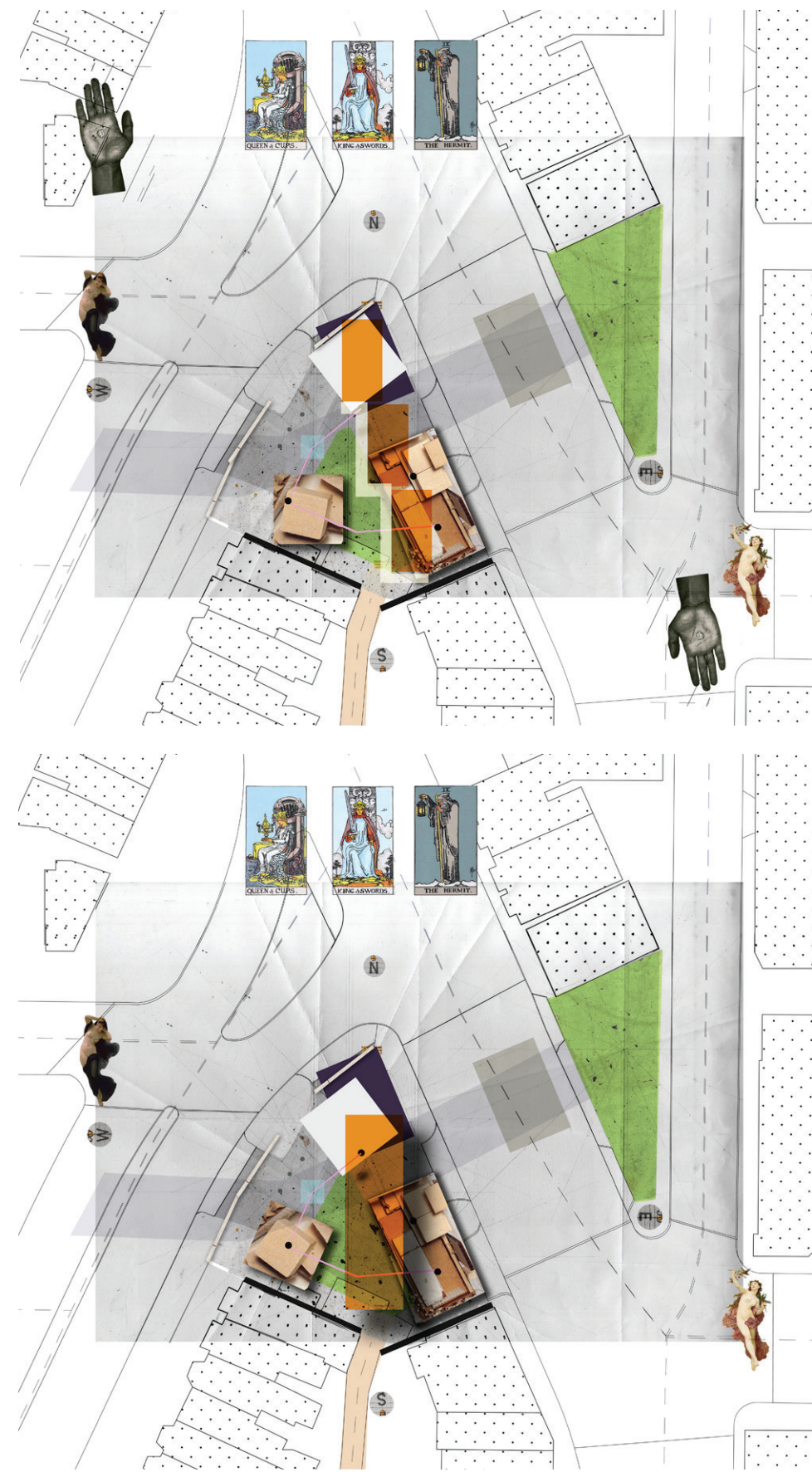
// BACK TO DRAWING PLANS



second floor plan | graphite, trace, paper, Photoshop

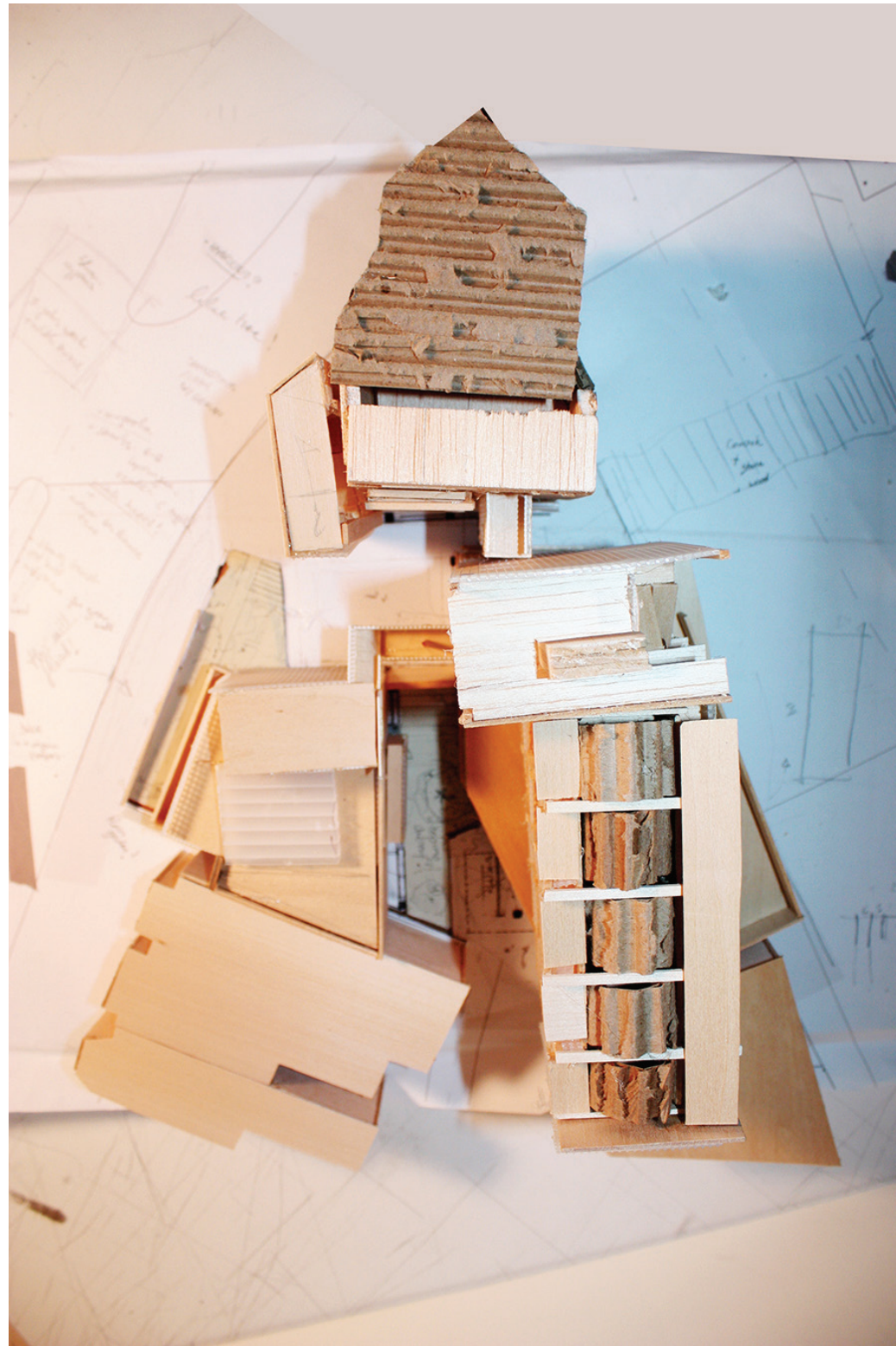


third floor plan | graphite, trace, paper, Photoshop

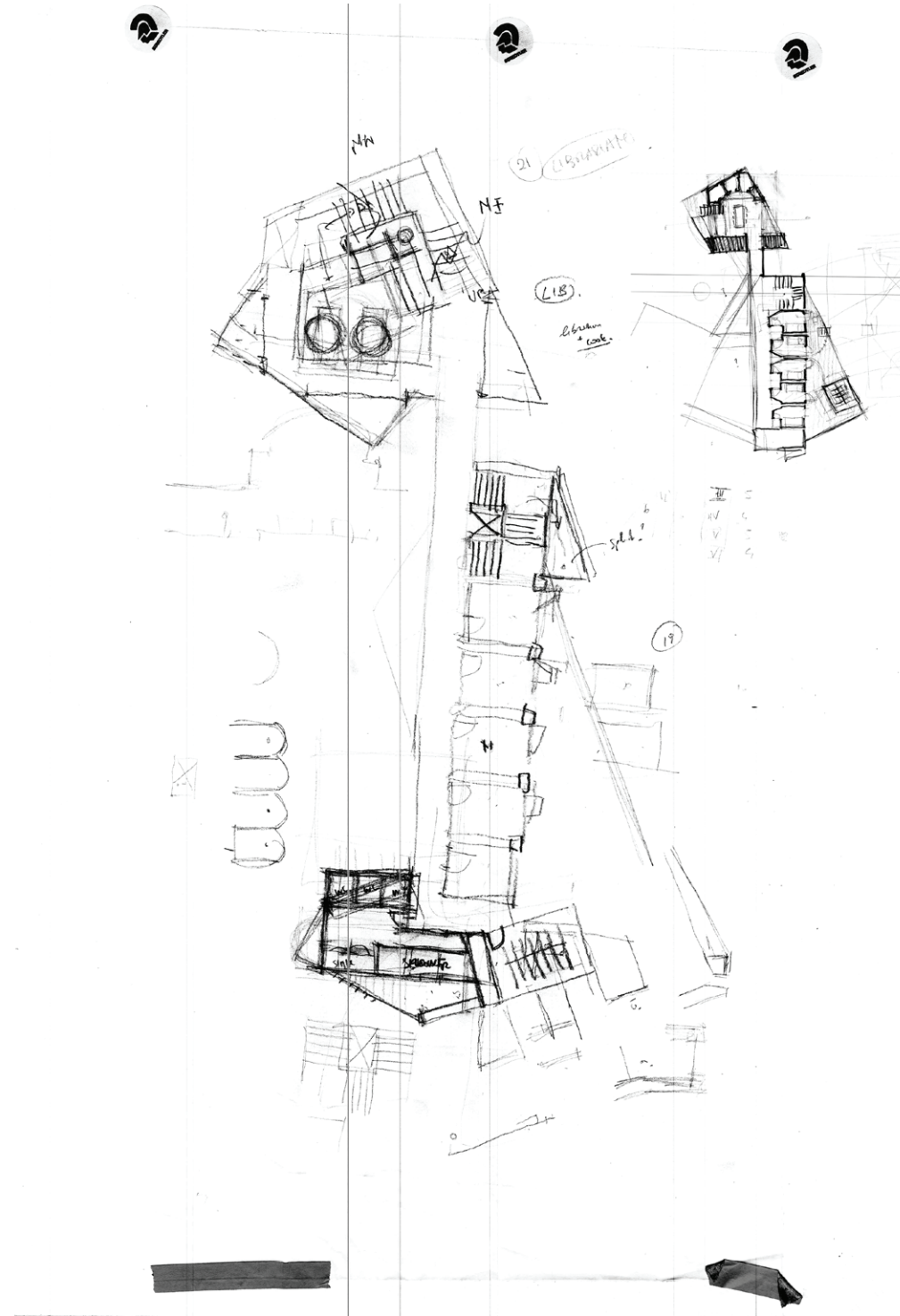


variations on a plan scheme | wood models, graphite, trace, paper, photographs by author, found images, Photoshop

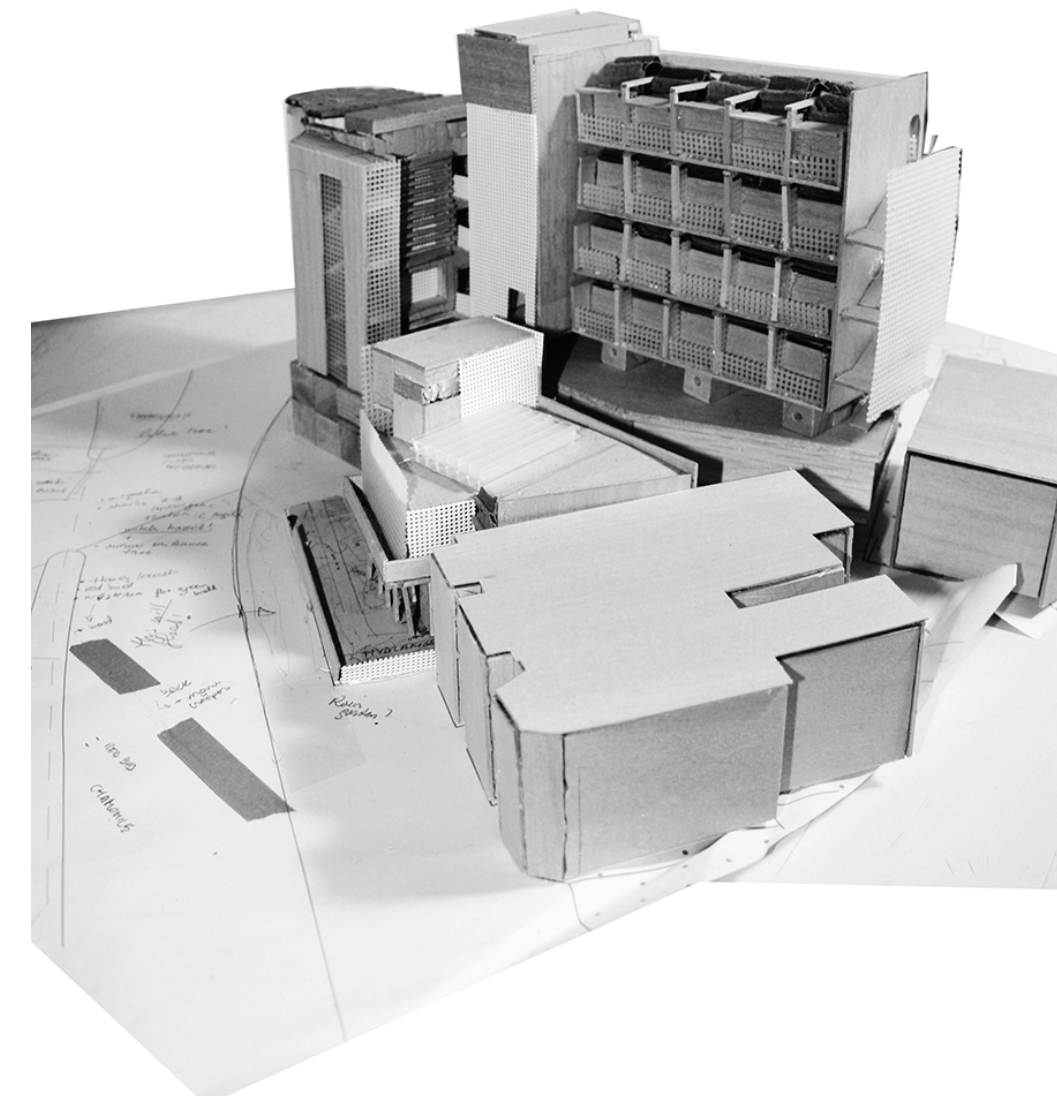




plan view of study model | wood, corrugated cardboard, plastic, graphite, paper



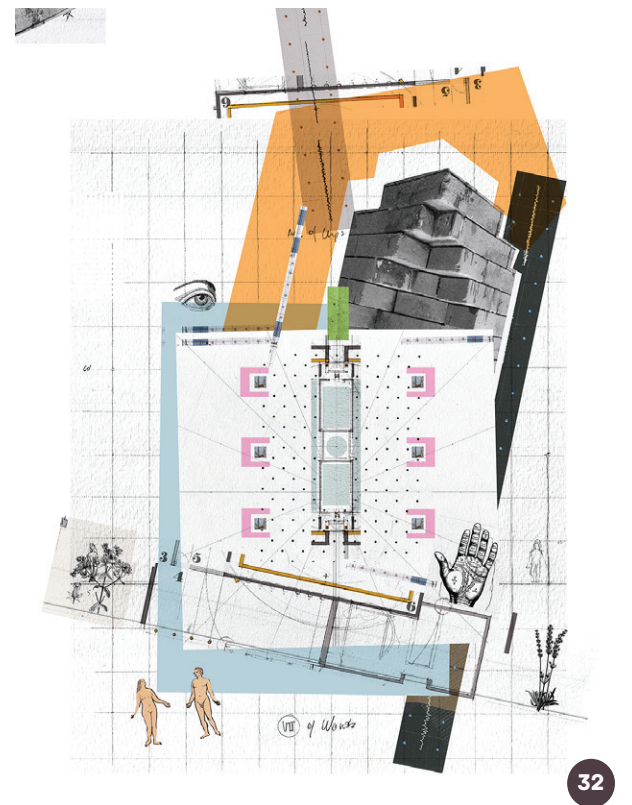
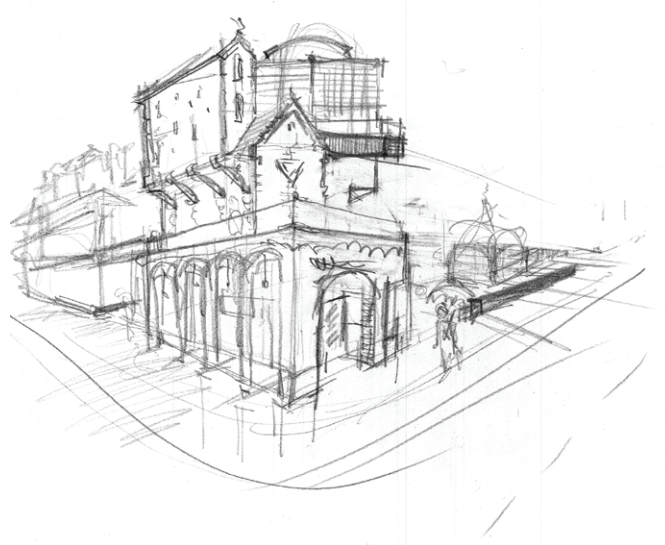
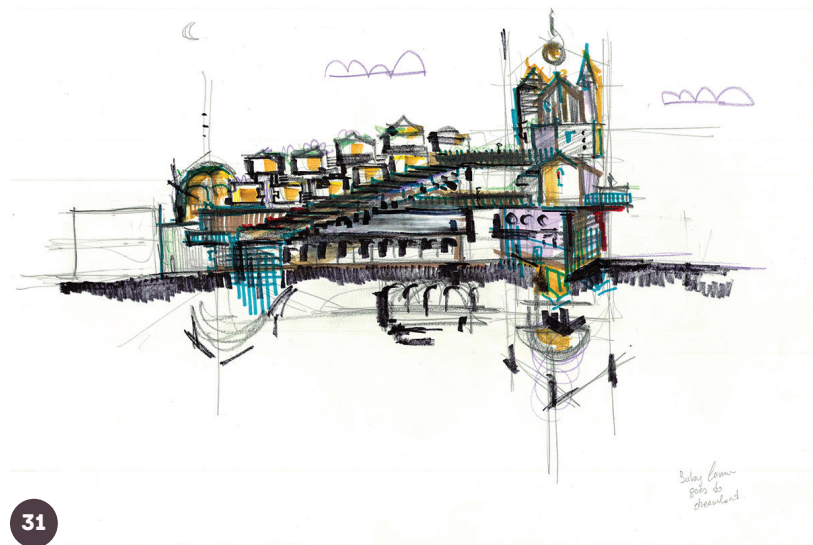
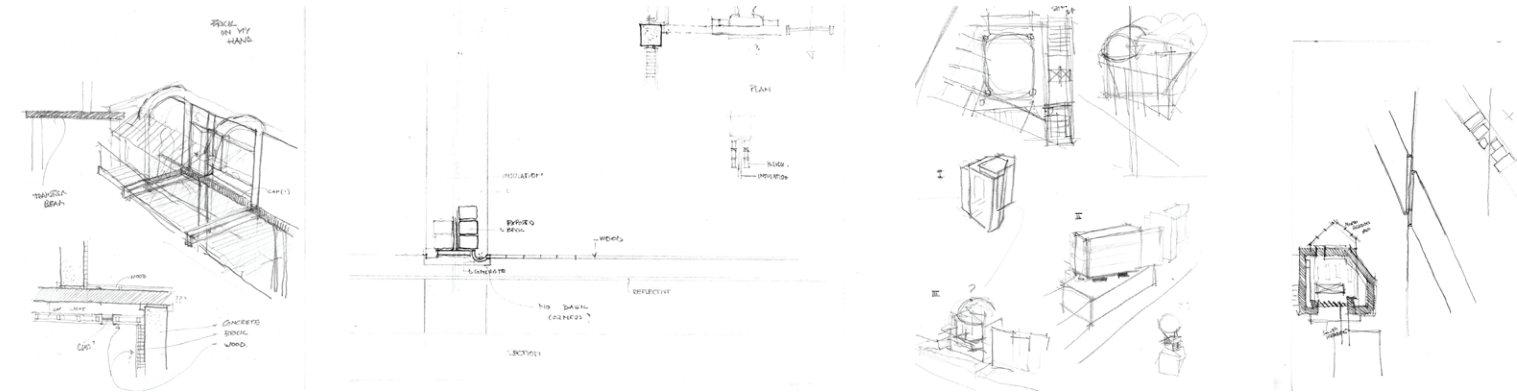
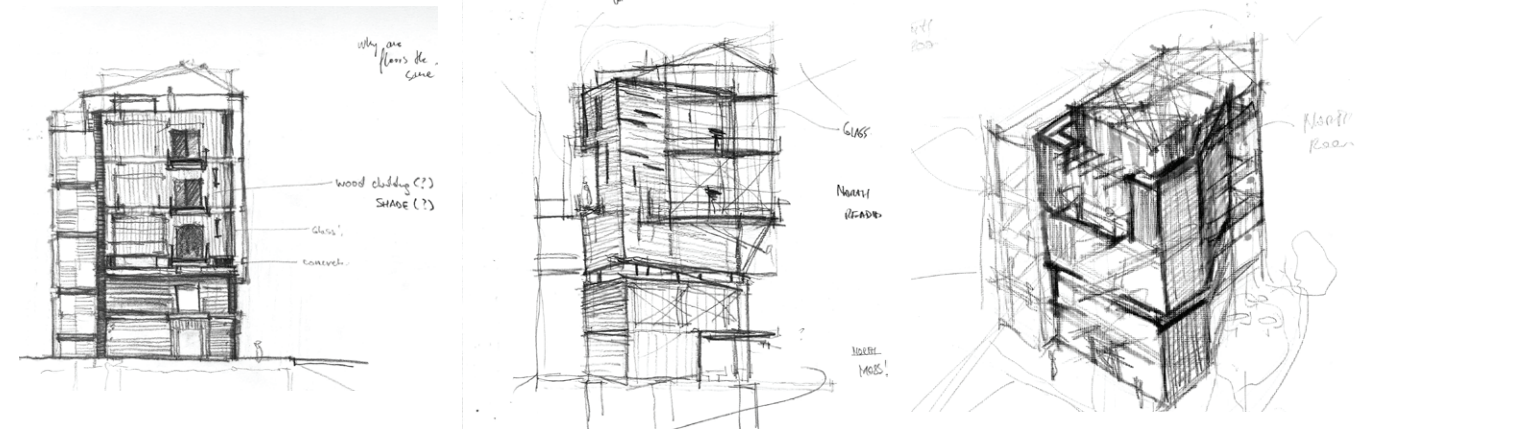
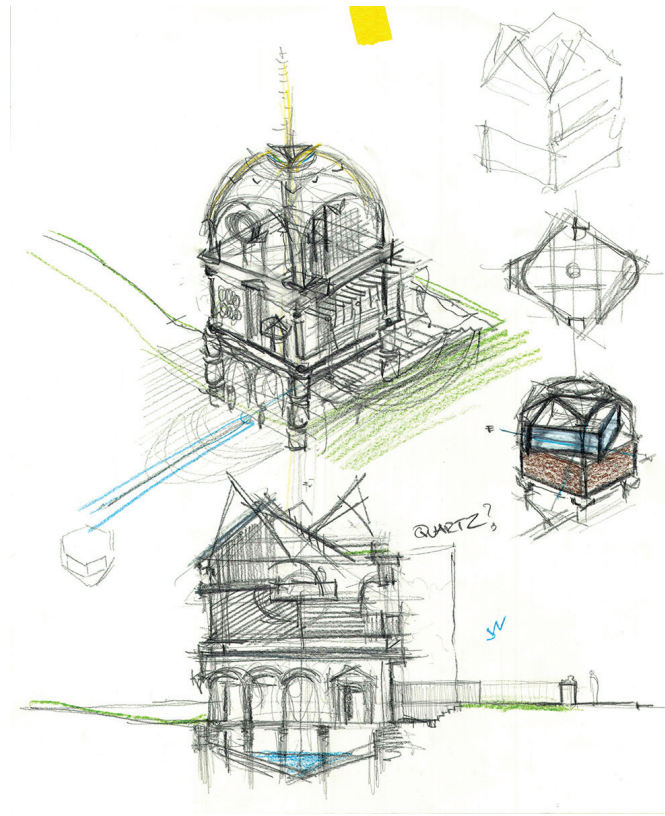
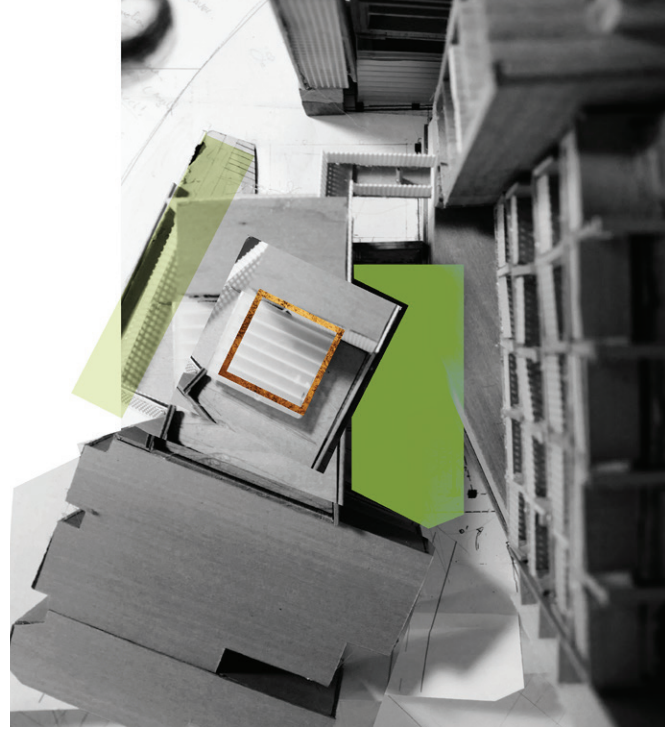
sketch of east-west patient rooms and library | graphite, trace, paper

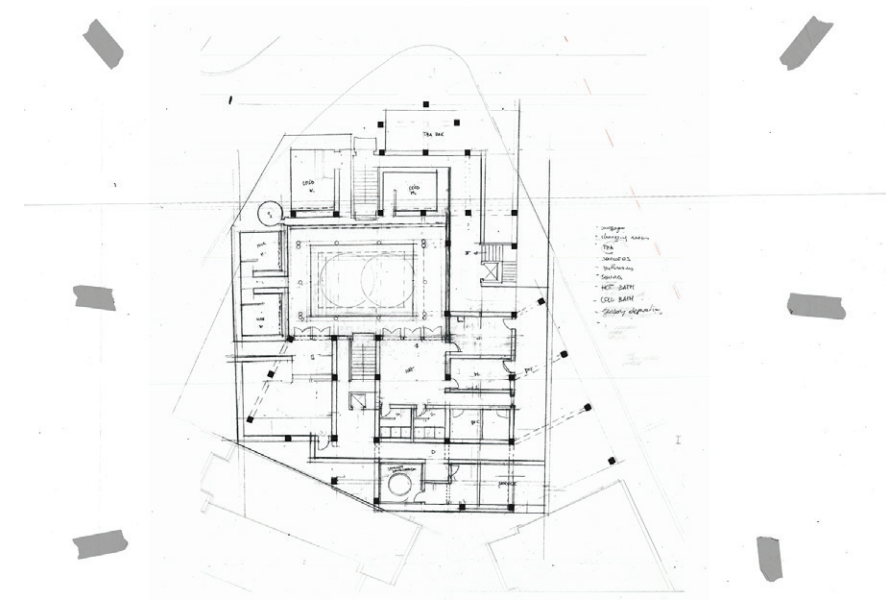


west view of study model showing the patient rooms + balconies | wood, corrugated cardboard, plastic, graphite, paper

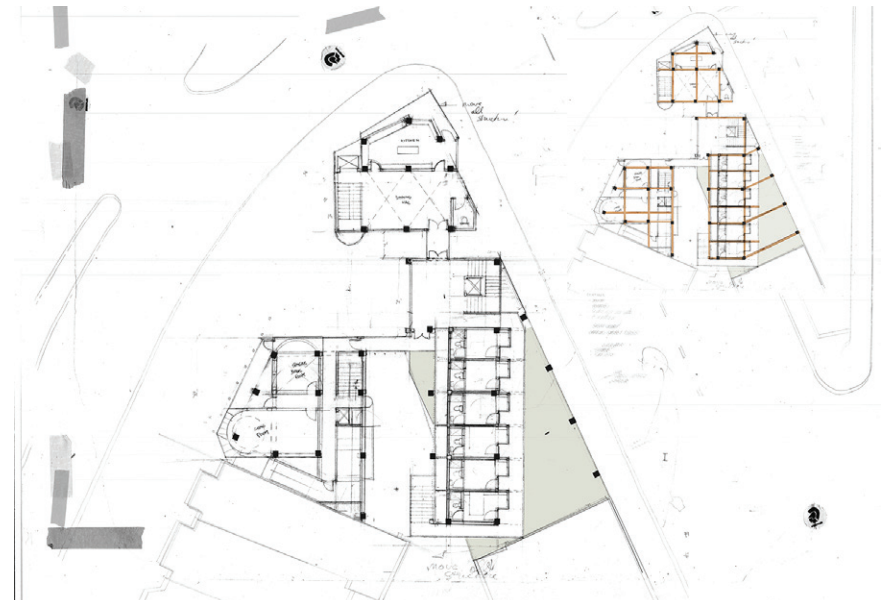


corner view of model | wood, corrugated cardboard, plastic, graphite, paper





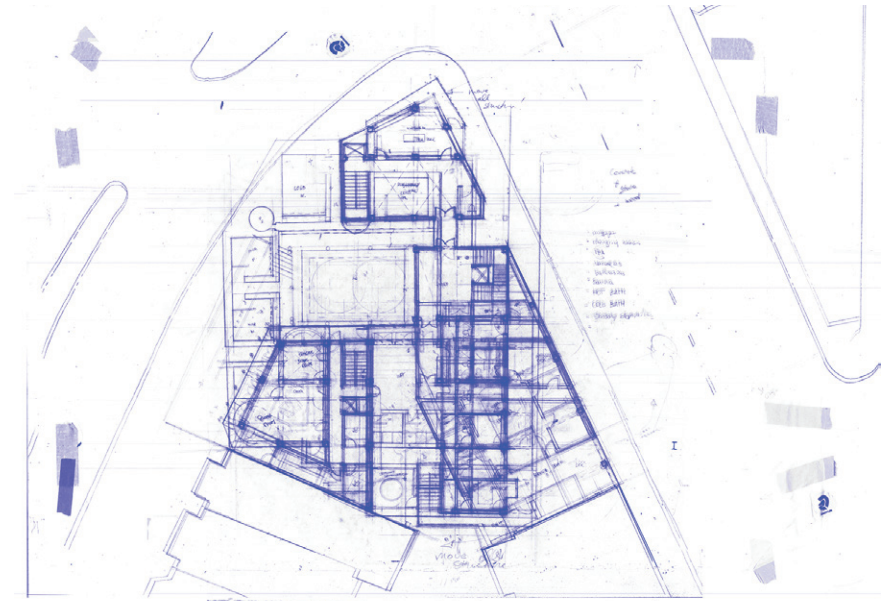
underground plan | graphite, trace, paper, Photoshop



third floor plan | graphite, trace, paper, Photoshop



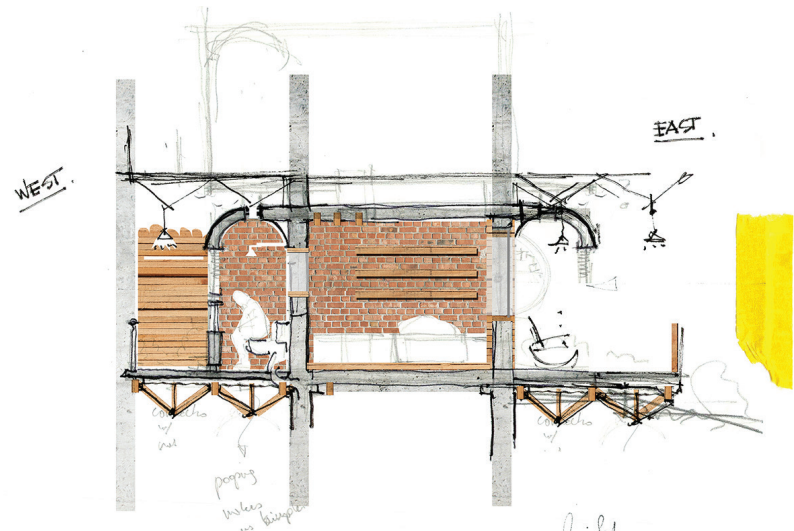
ground floor plan | graphite, trace, paper, Photoshop



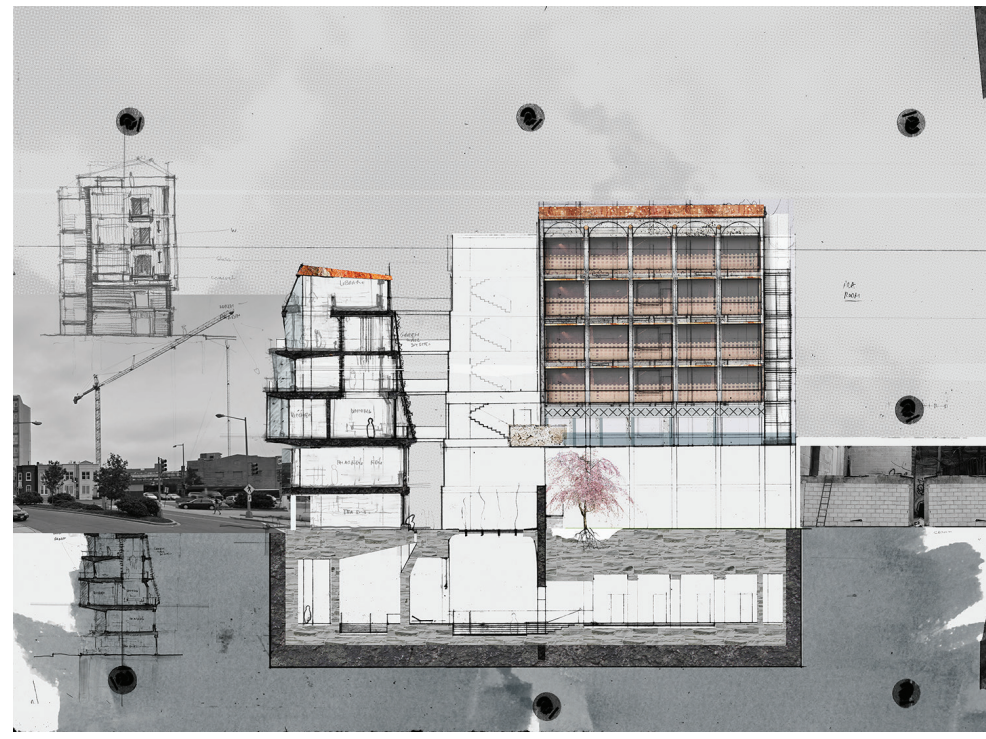
all plans overlaid | graphite, trace, paper, Photoshop



second floor plan | graphite, trace, paper, Photoshop



section sketch of bedroom with bathroom and balcony | graphite, trace, paper, photoshop



north-south section sketch | graphite, trace, paper, photographs of model, found images, Photoshop



east-west section sketch | graphite, trace, paper, photographs of model, found images, Photoshop

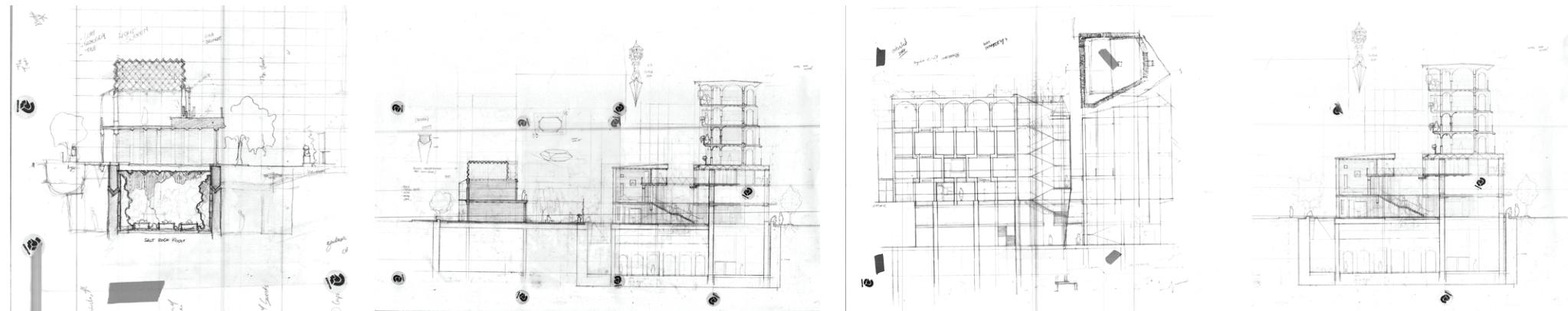


florida avenue elevation sketch | graphite, trace, paper, photographs of model, found images, Photoshop



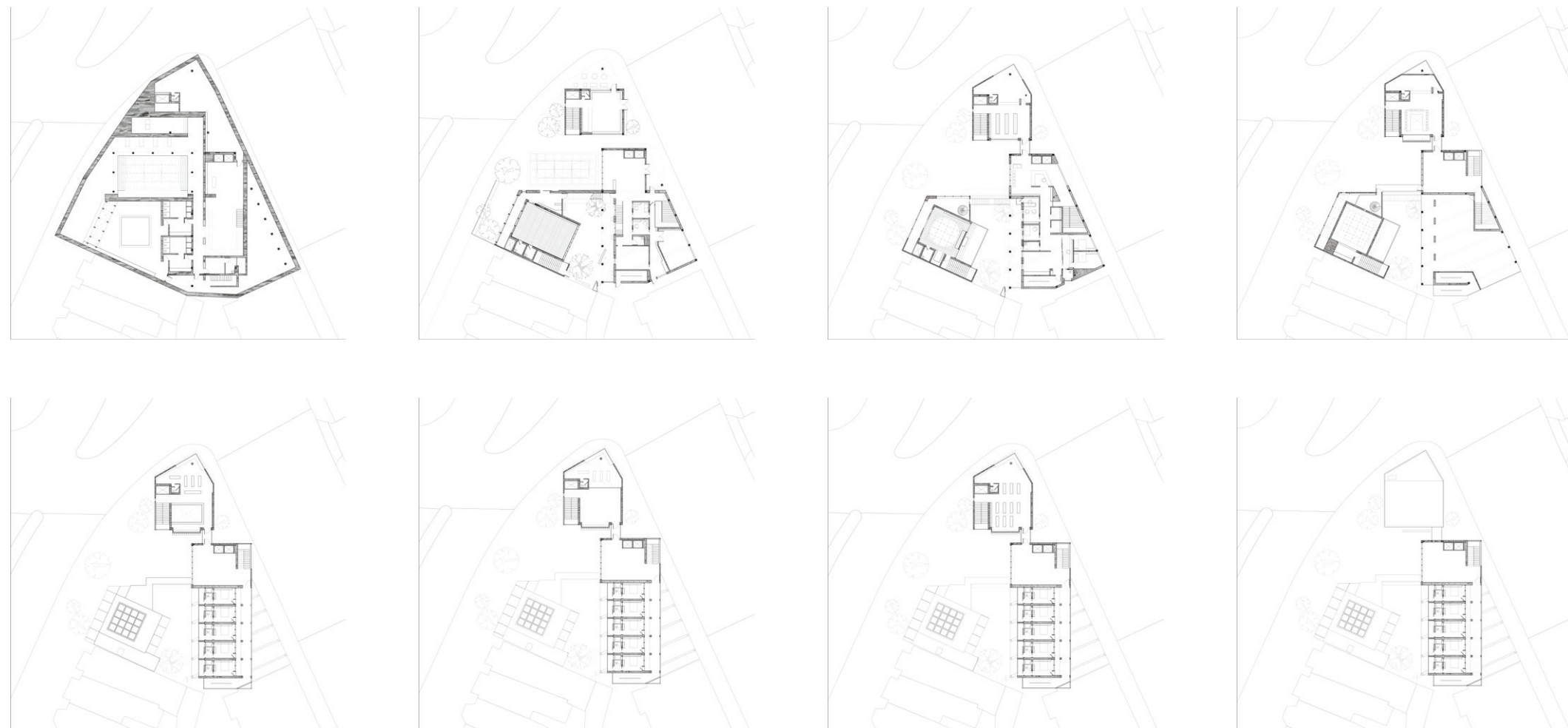
vermont avenue elevation sketch | graphite, trace, paper, photographs of model, found images, Photoshop

section and elevation hand drawings | graphite, trace, paper



PROGRAM

With a dose of personal bias, and intellectual curiosity, I set out to design a place where people troubled by sleep and anxiety disorders could come to heal within the chaos of the city. A sleep clinic not just for overnight patients, but for those looking for an escape where they could re-set their internal clock with the aid of both holistic and western medicine. The clinic would have doctors offices, therapy rooms, overnight monitoring rooms, continued stay rooms, an underground bath house, a small building dedicated to yoga and meditation, a tea shop, pharmacy, dining hall, and library, as well as public and private outdoor gardens.



all building plans in CAD



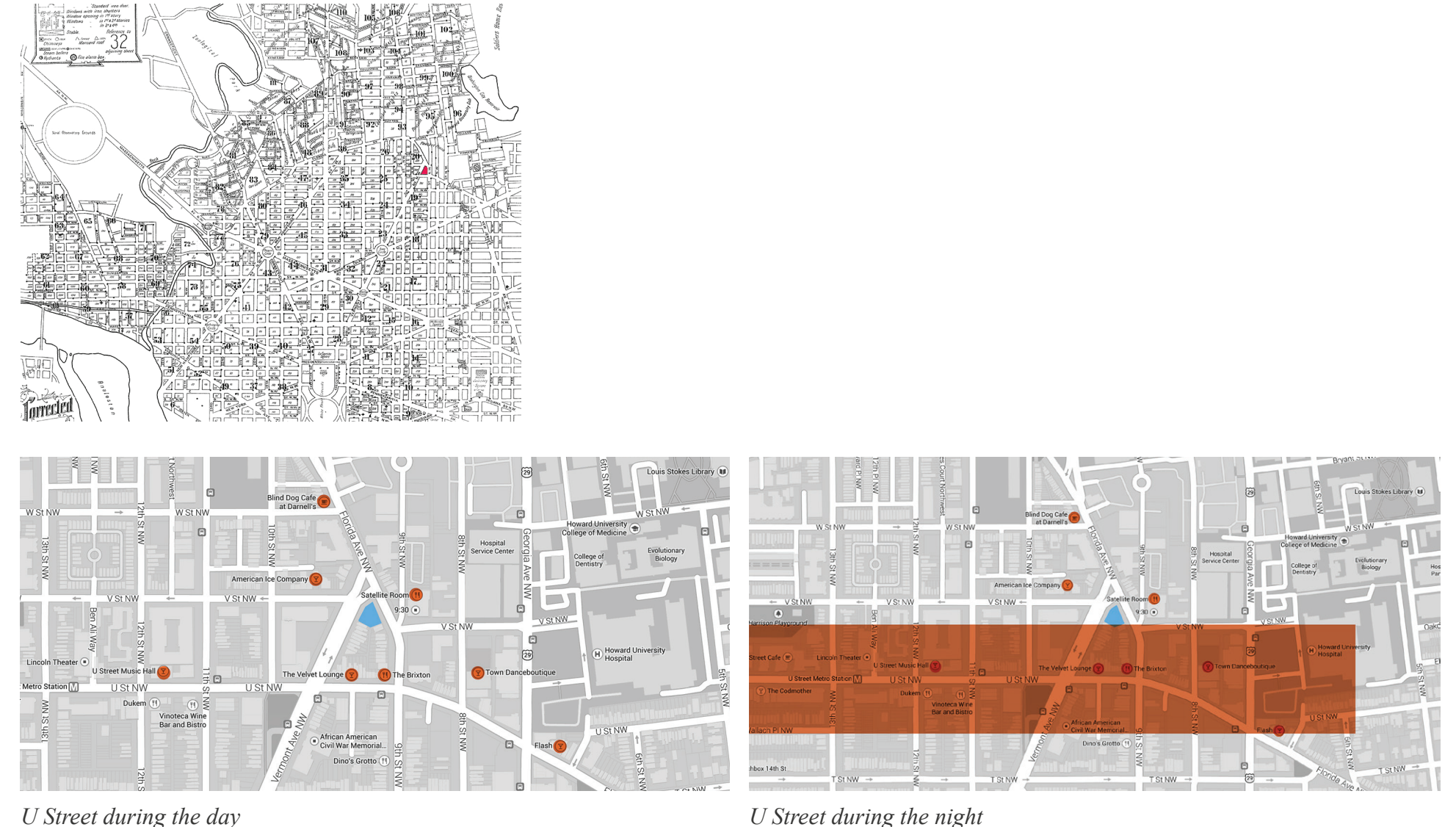
plan view of model | wood, corrugated cardboard, plastic, graphite, paper



east view of building showing yoga studio, library, and patient rooms | wood, corrugated cardboard, plastic, graphite, paper



Florida Ave & Vermont Avenue & V Street intersection



U Street during the day

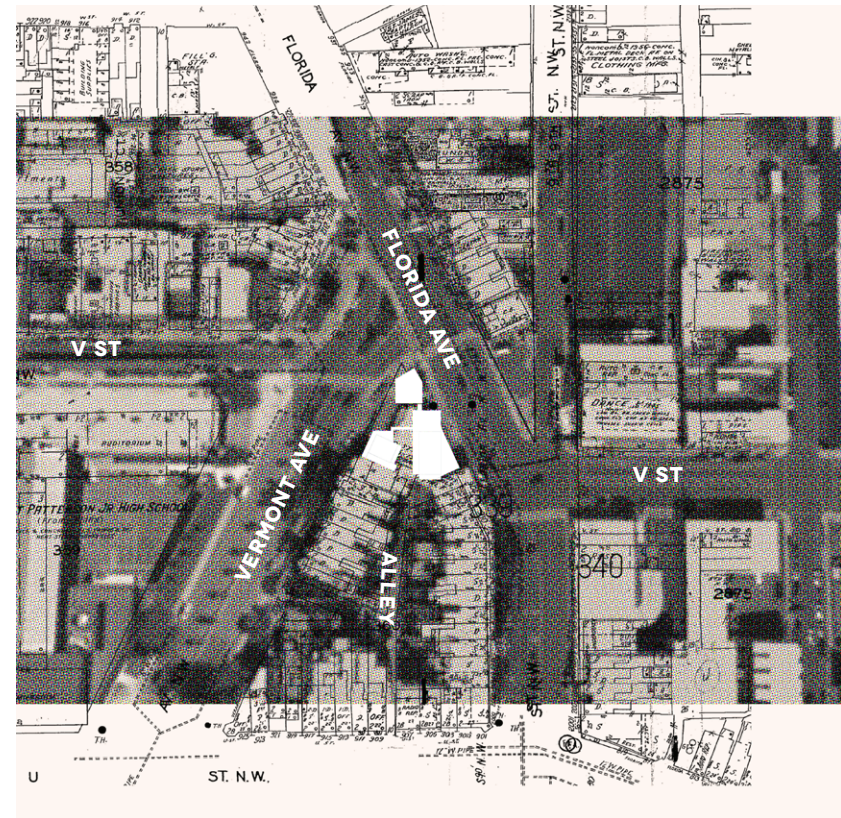
U Street during the night

panorama of gas station site



Florida Ave & Vermont Avenue & V Street intersection

HUNCH >> architecture can encourage a reconnection with the natural rhythm and be an active participant in the healing process
SITE >> a triangular gas station in downtown DC
PROGRAM >> a healing center combining western and holistic medicine



SUNRISE: WAKING

Bedroom :: Balcony

MORNING: EXERCISE

The Body: temple ground floor: vinyasa classes

The Mind: corner building: library / workspace

The Soul: temple second floor: meditation

DAY: EATING

The Body: corner building: third floor eatery

The Mind: corner building: library / workspace

The Soul: hidden garden: soaking up the sun

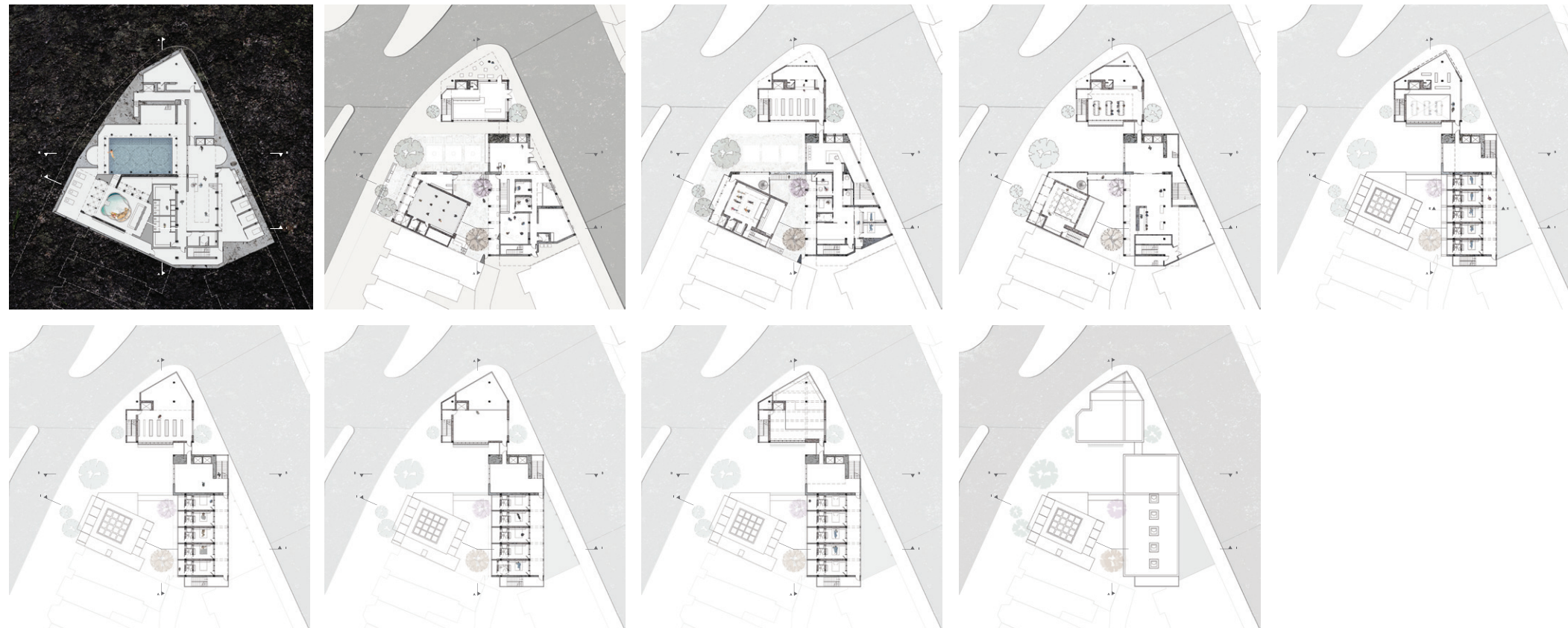
AFTERNOON: EXERCISE

SUNSET & EVENING:

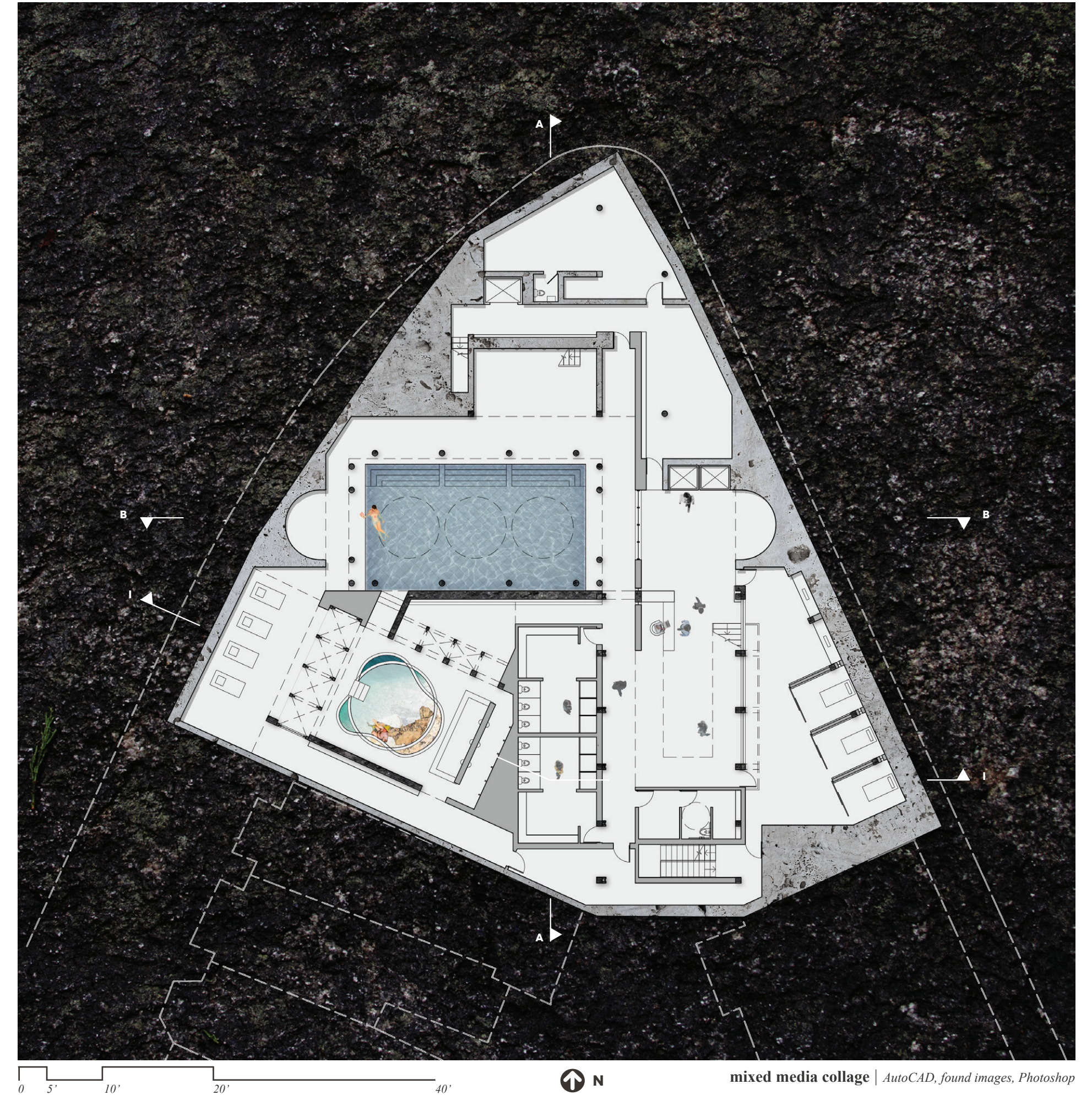
Reflection: Gong Service

Underground Bathhouse: Bathing

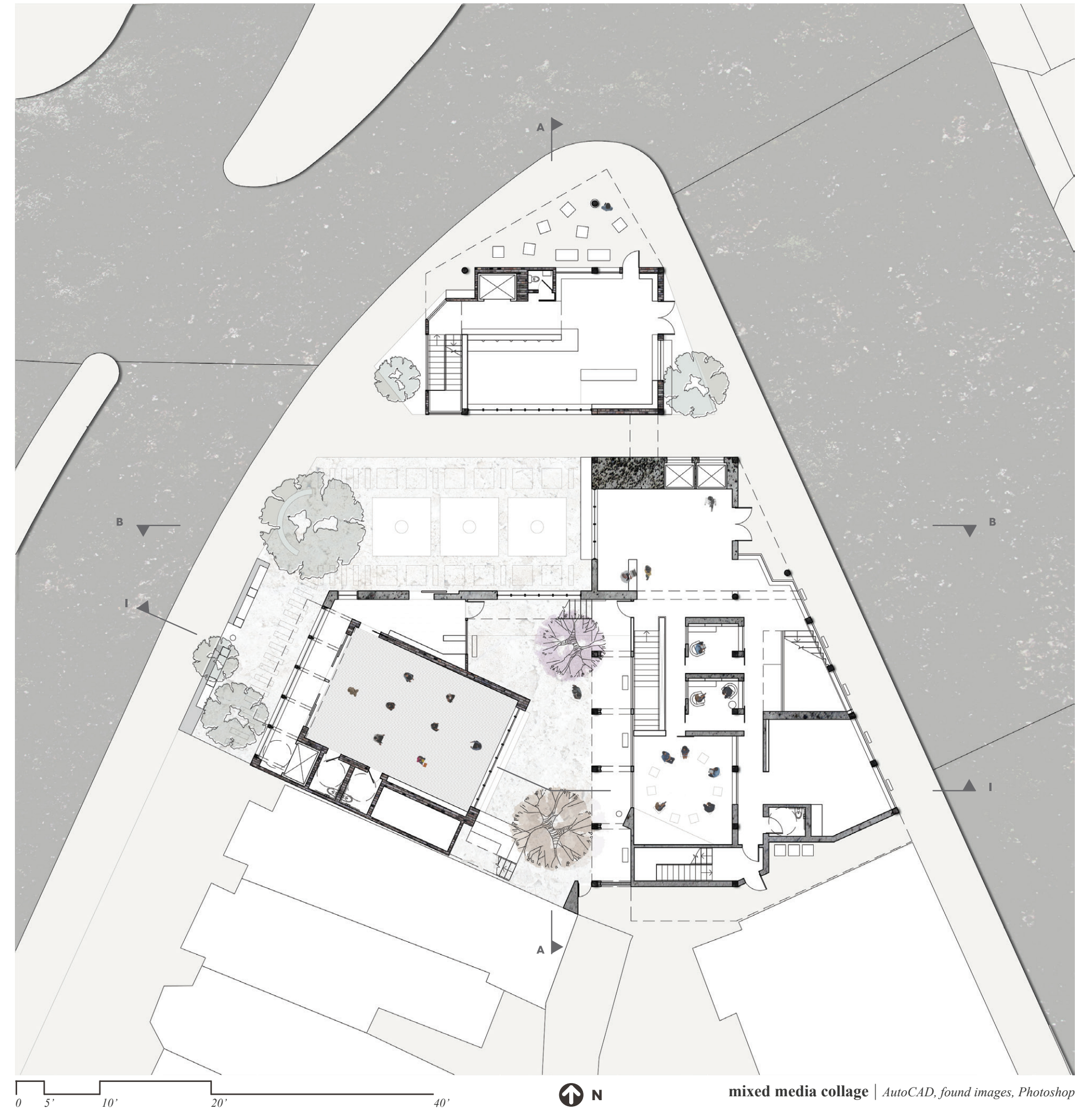
NIGHT: SLEEPING



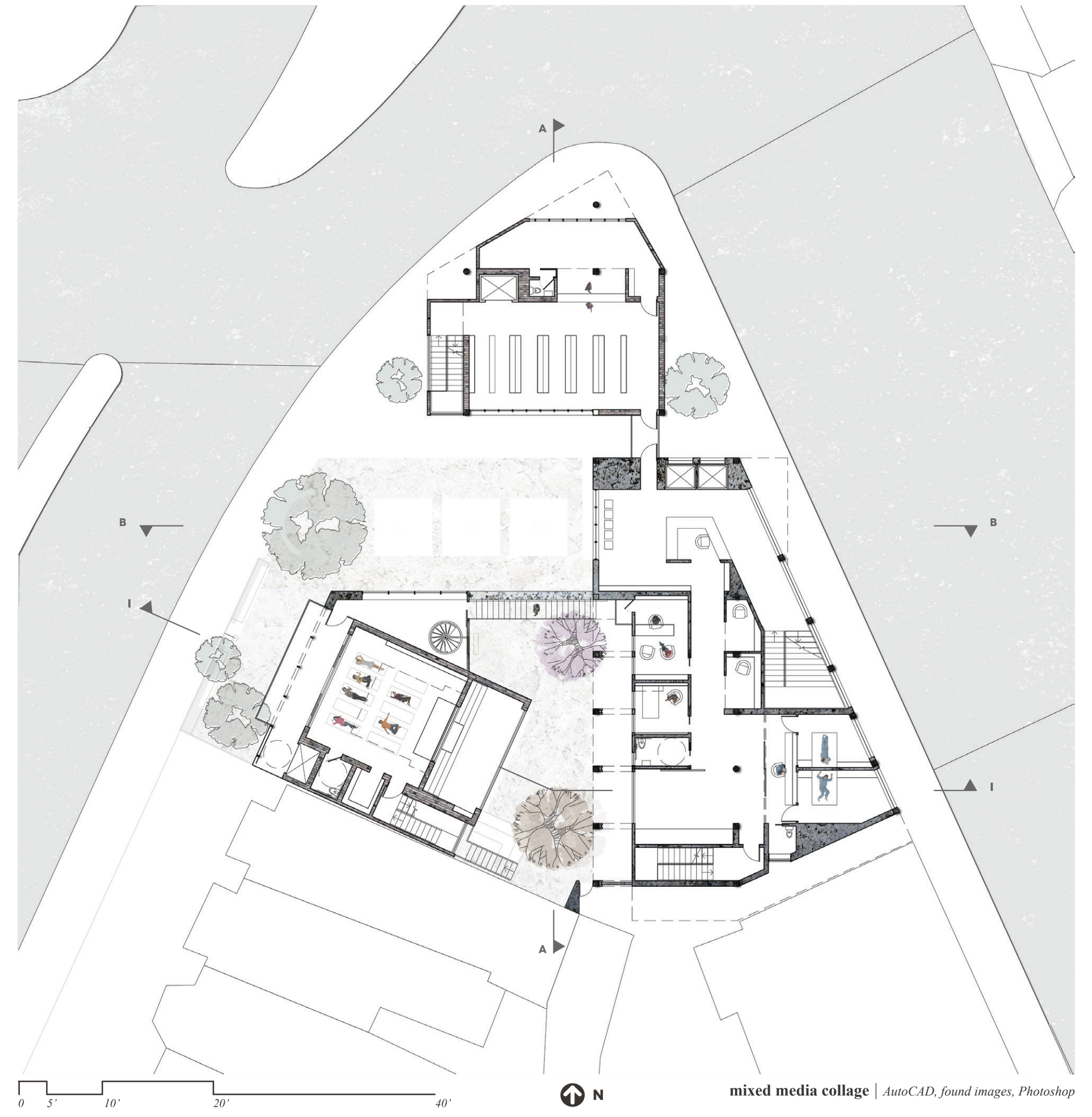
Underground Bathhouse:
grand pool
mud pool with open showers
changing rooms
massage rooms
staff rooms
lobby and reception



Ground Floor:
corner tea shop
open courtyard
yoga studio with front porch
private garden
clinic lobby
therapy rooms

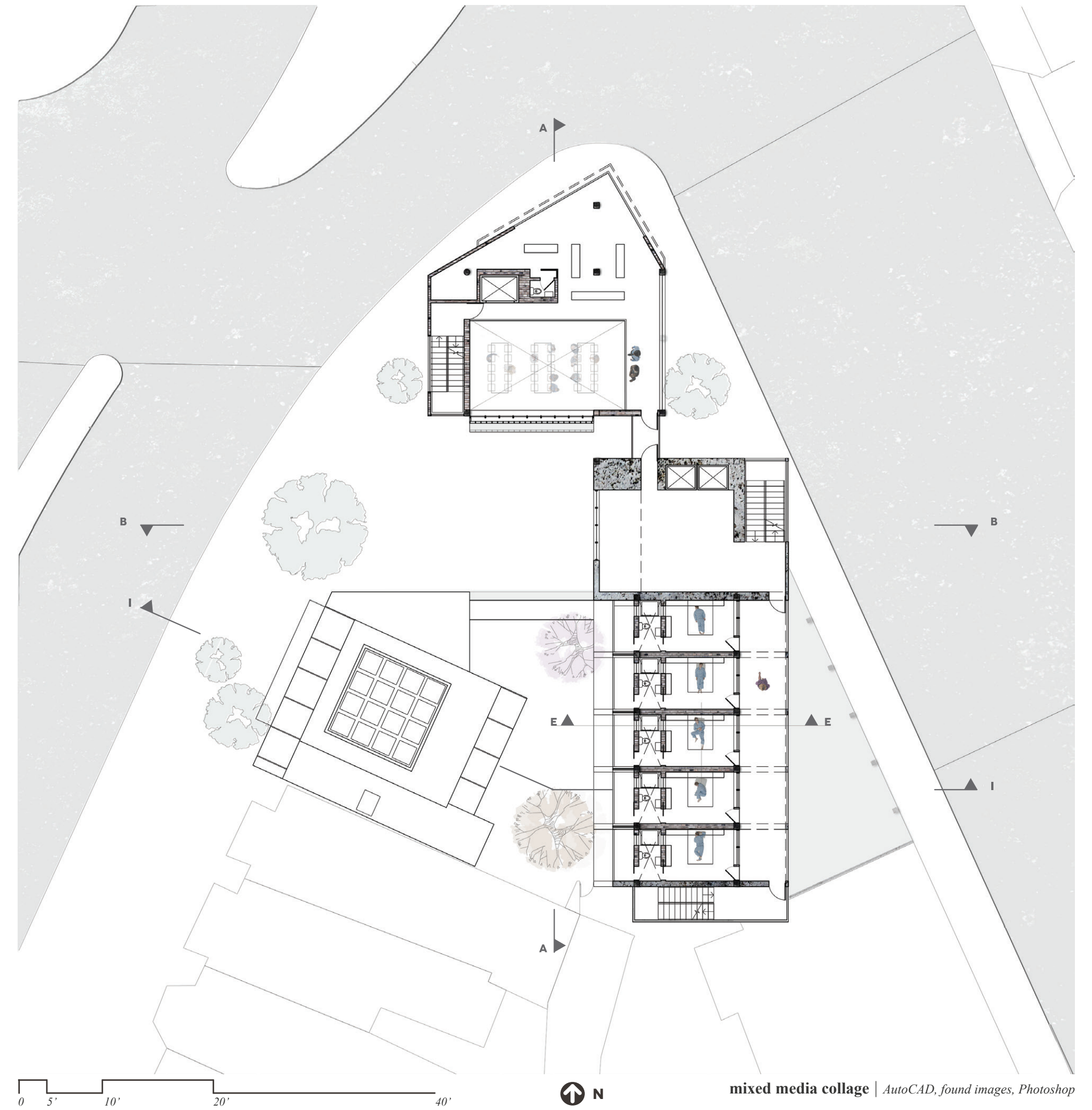


Second Floor:
corner pharmacy
gong healing room
doctors' offices with overnight rooms

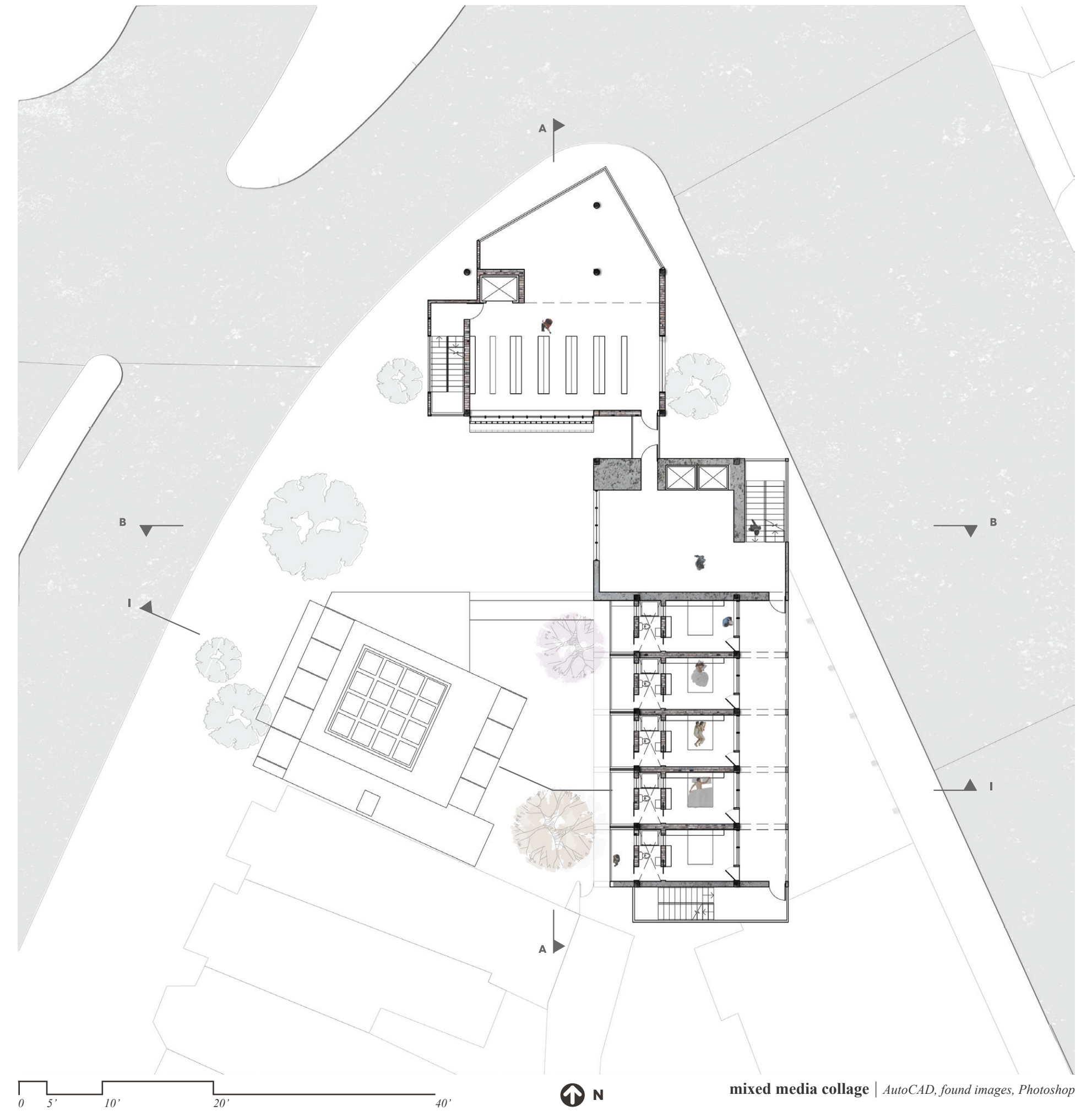


Third Floor
corner dining hall for patients
gong healing room mezzanine
open terrace for outside gatherings (with tea bar)

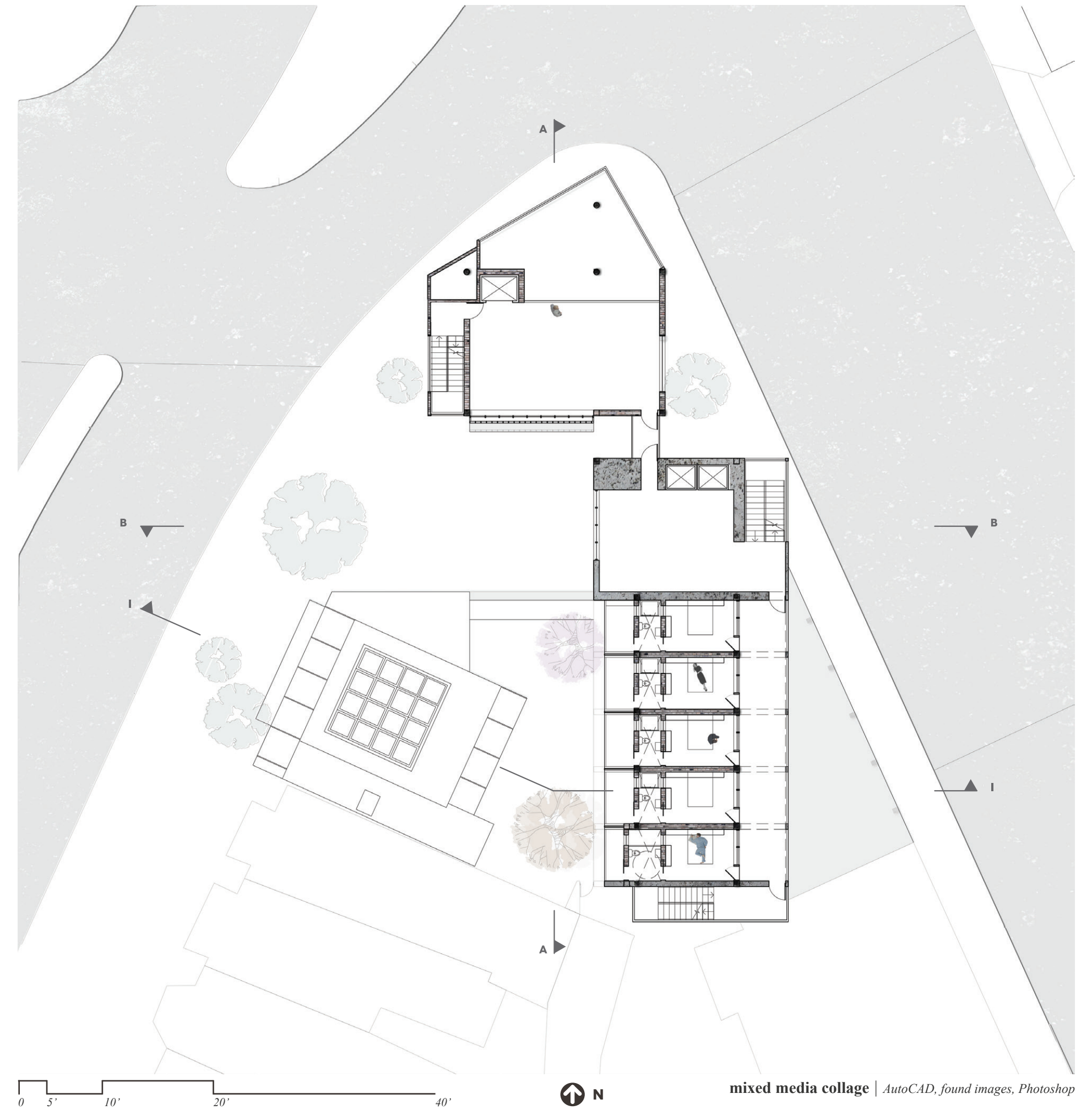




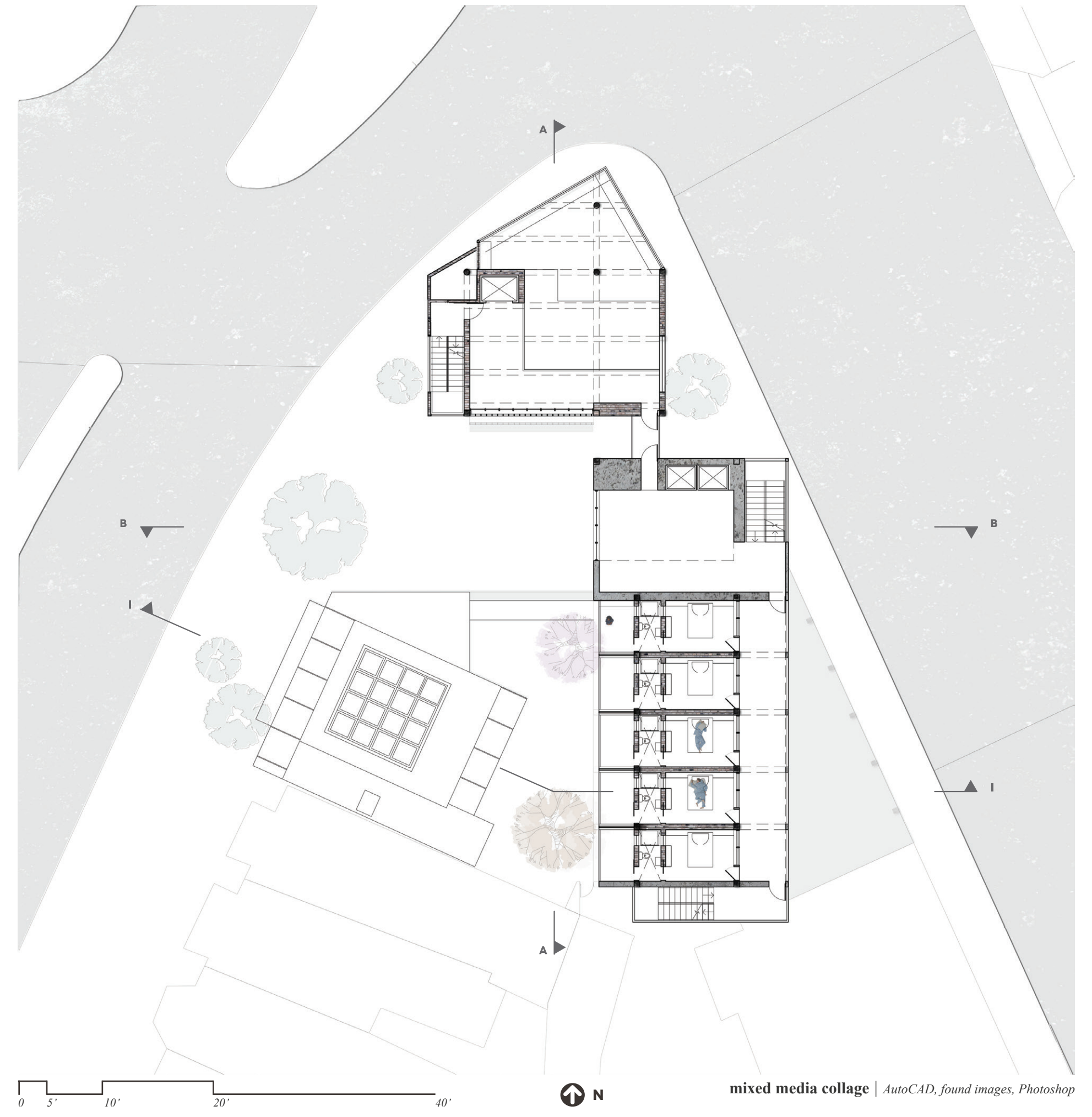
Fourth Floor
corner library (first level)
dormitorium (first level of patient rooms)
rooftop of yoga studio



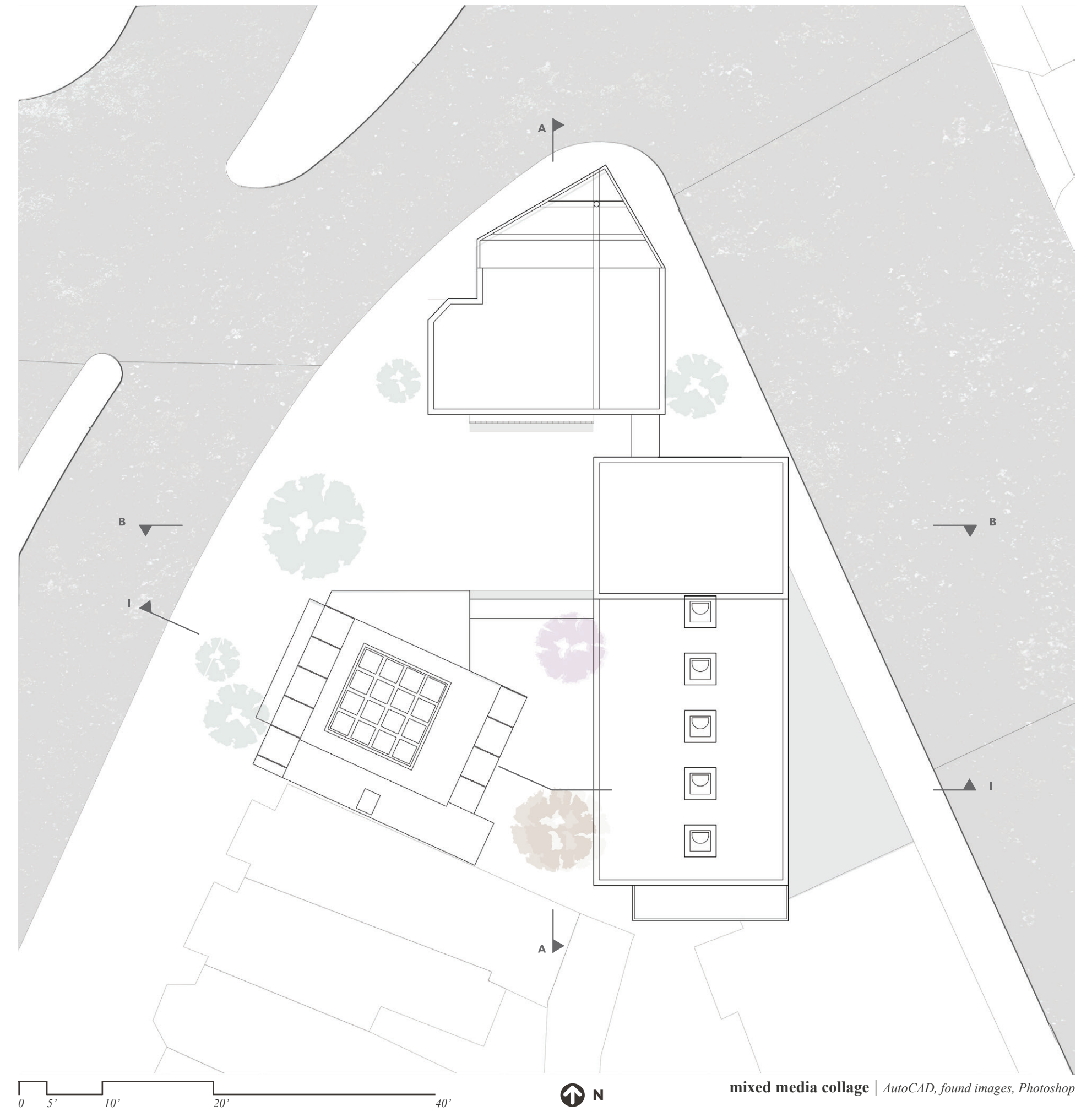
Fifth Floor
corner library (second level)
dormitorium (second level of patient rooms)



Sixth Floor
corner library (third level)
dormitorium (third level of patient rooms)



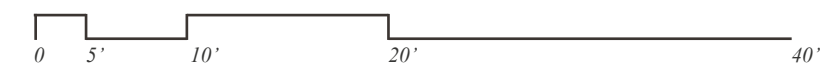
Seventh Floor
corner library (fourth and final level)
dormitorium (fourth and final level of patient rooms)



SUNRISE

(W A K I N G)

The following image shows the East elevation of the proposed building rising by Florida Avenue. As noted in the plans, the first two stories of the structure are oriented alongside the street to create a strong and consistent edge with the sidewalk. However, the larger dormitorium tower (structure on the left) rising above the third story is oriented facing the East. The column structure supports and also divides each sleeping room for the patients. They are able to access their rooms through these east facing open corridors (a cross section of this is shown in the following pages.) The dormitorium is connected to the corner building through an outdoor walkway, which continues to reinforce the notion that patients be exposed to the outside elements as they go about their day.

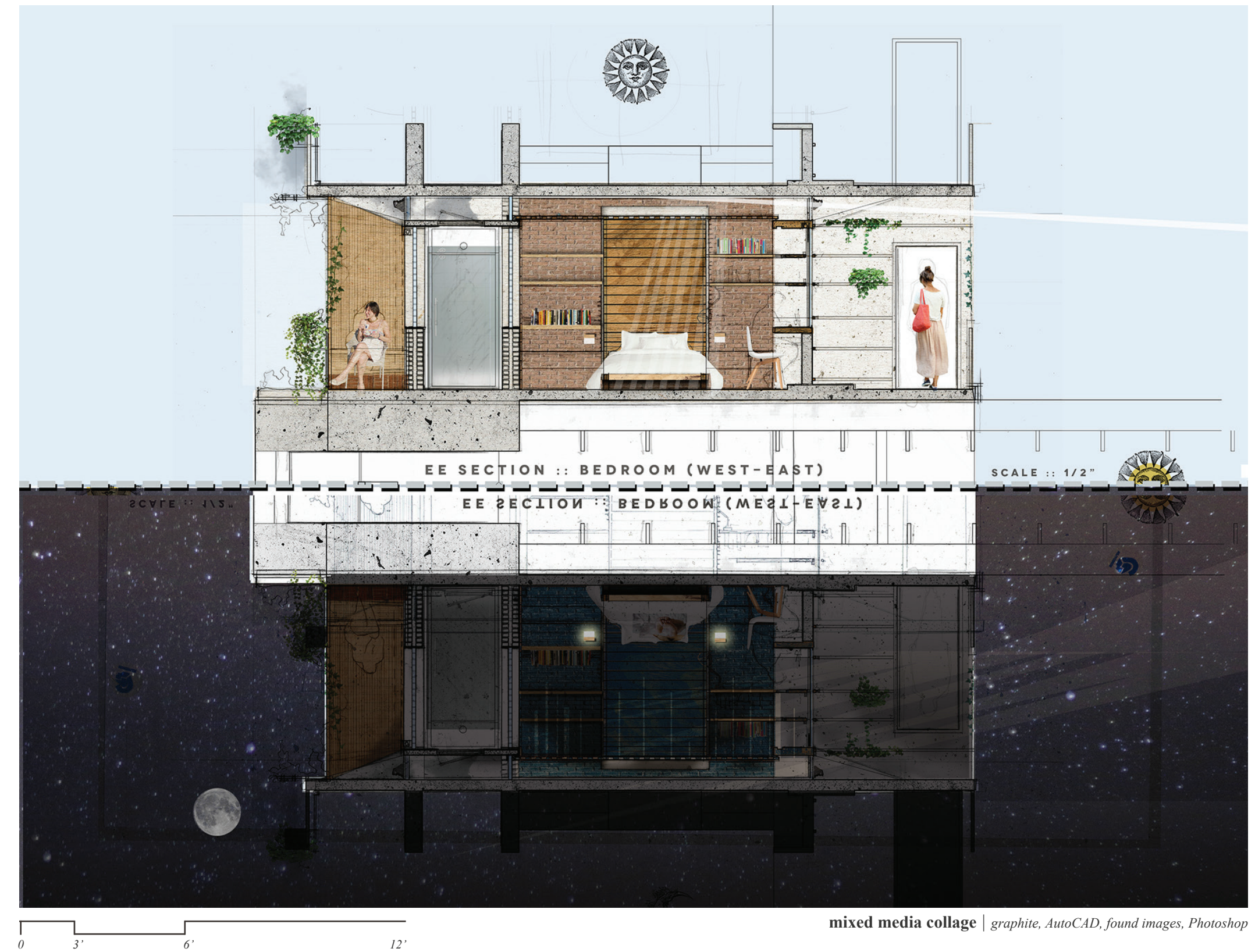


mixed media collage | graphite, AutoCAD, found images, Photoshop

SUNRISE (& SUNSET)

(WAKING / FALLING ASLEEP)

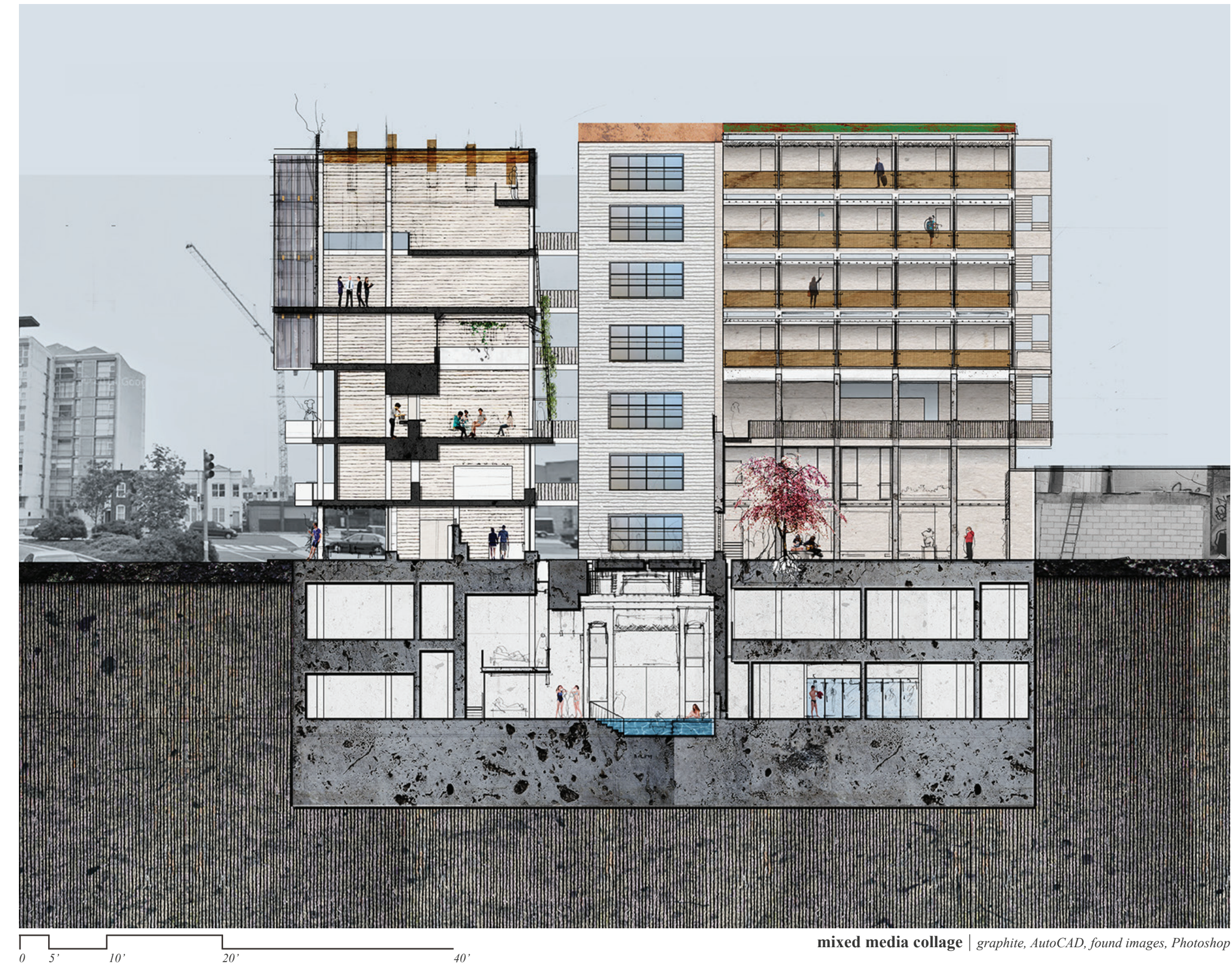
Each bedroom in the dormitorium tower - there are 20 total - is a place where patients can retreat from the chaos of the neighborhood while reconnecting with the cycles of the day and night. The bedrooms have east and west facing windows to catch the sunrise and sunset. Patients enter the rooms through a shared hallway which is meant to encourage them to get to know each other, however, each room also has a private bathroom with a shower, and a very private balcony which overlooks the secret garden below and the sunset.



MORNING

(E A T I N G)

The corner building hosts a tea shop, a pharmacy, a dining hall where patients can enjoy meals together, and a library dedicated to resources on sleeping and anxiety disorders. The tea shop at the very corner is not only for the patients to enjoy relaxing herbal concoctions but also everyone from the neighborhood to stop by and interact with the building. As soon in the plan, the proposed buildings are separated from each other creating outdoor courtyards and places to sit and enjoy some tea, a book, or some company. Or simply allow pedestrians to walk through. The pharmacy is also accessible to all people who can enter it through the corner building, or through the clinic (on the right) after they have gotten a prescription. The two buildings shown are connected by outdoor walkways. The dining hall faces south and has a view toward the private garden. This is a place for patients to come together if they please. After waking up, they could start their day by getting breakfast at the dining hall and continue with their day. Above, is the library with a large north facing reading room, which could be a working space for patients as well as neighborhood folk working from home, or needing a place to be in peace.



MORNING

END: DESIGN MANIFESTATION

// PERSPECTIVE: SHOWER CORNER WITH WINDOW TO BALCONY

This quick illustration omits the dividing wall between the bathroom and bedroom to show the shower connected to the balcony. While one of the lesser polished drawings in this book, the image shows the process of collage so instrumental to this thesis not just as a presentation style, but a means of desinging from seemingly separate parts to make a new whole. This collage uses images to create



mixed media collage | graphite, AutoCAD, found images, Photoshop

DAYTIME: WORKING OWLS

END: DESIGN MANIFESTATION

// NORTH (CORNER) ELEVATION: FLORIDA AVE. & VERMONT AVE. & V ST.

(EXERCISING :: THE MIND)

Another view of the teashop, pharmacy, and library stacked on top of each other at the northern corner of the site: the intersection of Florida Ave, Vermont Ave, and V St. This is the most publicly accessible branch of the building complex. The corner tea shop at the ground floor and pharmacy above could support the needs of the neighborhood at large as well as the patients. Everyone would be encouraged to also make use of the library. While the print collection could focus on medical topics, the digital resources of the library could be of use to anyone. It could also be a great place to get tea downstairs and go upstairs in the library area to set up and work from your laptop. The large north-facing windows would provide ample and diffused light and one could work uninterrupted. At night, the library would be reserved for the night-owls of the building, who perhaps can't sleep and want to escape the confines of their room for a little a while. Meanwhile the tea shop and pharmacy could stay open late. Pedestrians currently use the corner to cross from Florida Ave to Vermont and V, however the current gas station is not very well lit and it doesn't always feel safe. Activating the street with a tea shop that stays open after hours, and provides lights and eyes on the street could be a way to make the area safer for nightowls in the streets.



mixed media collage | graphite, AutoCAD, found images, Photoshop

DAYTIME: HANGING OUT IN THE GARDEN

It was important to provide a place - however small - to escape within the city, and within the building complex itself. A place where patients could be outside, surrounded by nature and away from the noise of the neighborhood. The south private garden is only accessible to patients and staff of the building and connects the yoga studios with the clinic. A weeping cherry blossom sits in a bed of gravel and grass, and there are benches where people can sit. The weight of the structure that hosts the sleeping rooms above comes down through a colonnade that also defines this private garden space. Through a metal gate on the north side, pedestrians may get glimpses of the secret garden but they won't be able to access it.

END: DESIGN MANIFESTATION

// GROUND FLOOR PERSPECTIVE: HIDDEN PRIVATE GARDEN



AFTERNOON: YOGA STUDIO

END: DESIGN MANIFESTATION

// WEST ELEVATION: VERMONT AVENUE

(EXERCISING :: MIND & BODY)

The west side of the building complex is located alongside Vermont Avenue. This is the more residential part of the triangle site populated by older typical DC row houses. To continue their language, the smallest of the three buildings (the yoga studio/ Temple of Nemo) was located next to the row houses. The yoga studio is separated from the corner building and east building with public and private courtyards. It was also significant to locate the yoga building towards the west because it houses the gong healing room on the second floor (shown a few pages ahead) as the gong is played every day at sunset to mark the day's end.

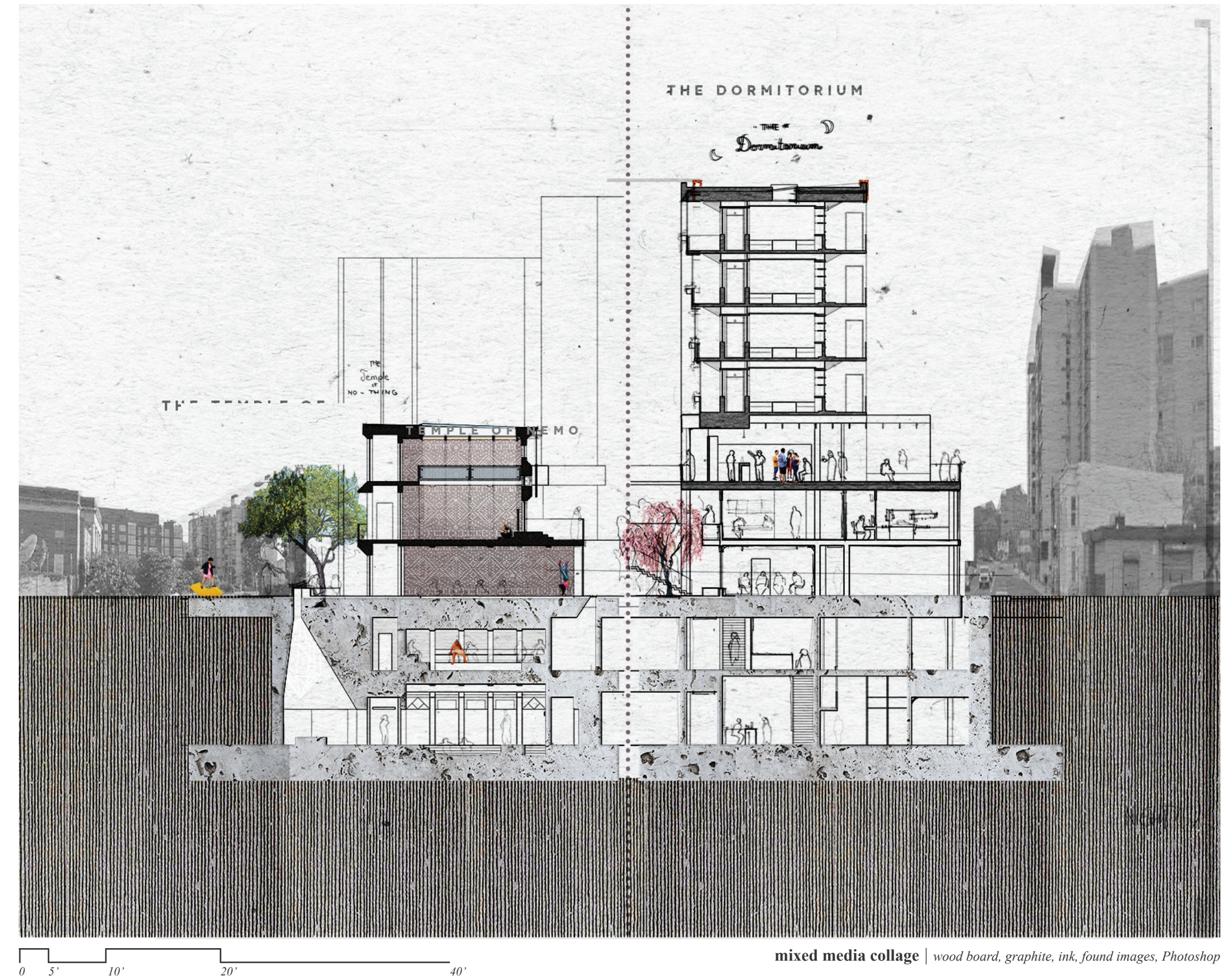


mixed media collage | graphite, AutoCAD, found images, Photoshop

AFTERNOON: YOGA STUDIO

(EXERCISING :: BODY)

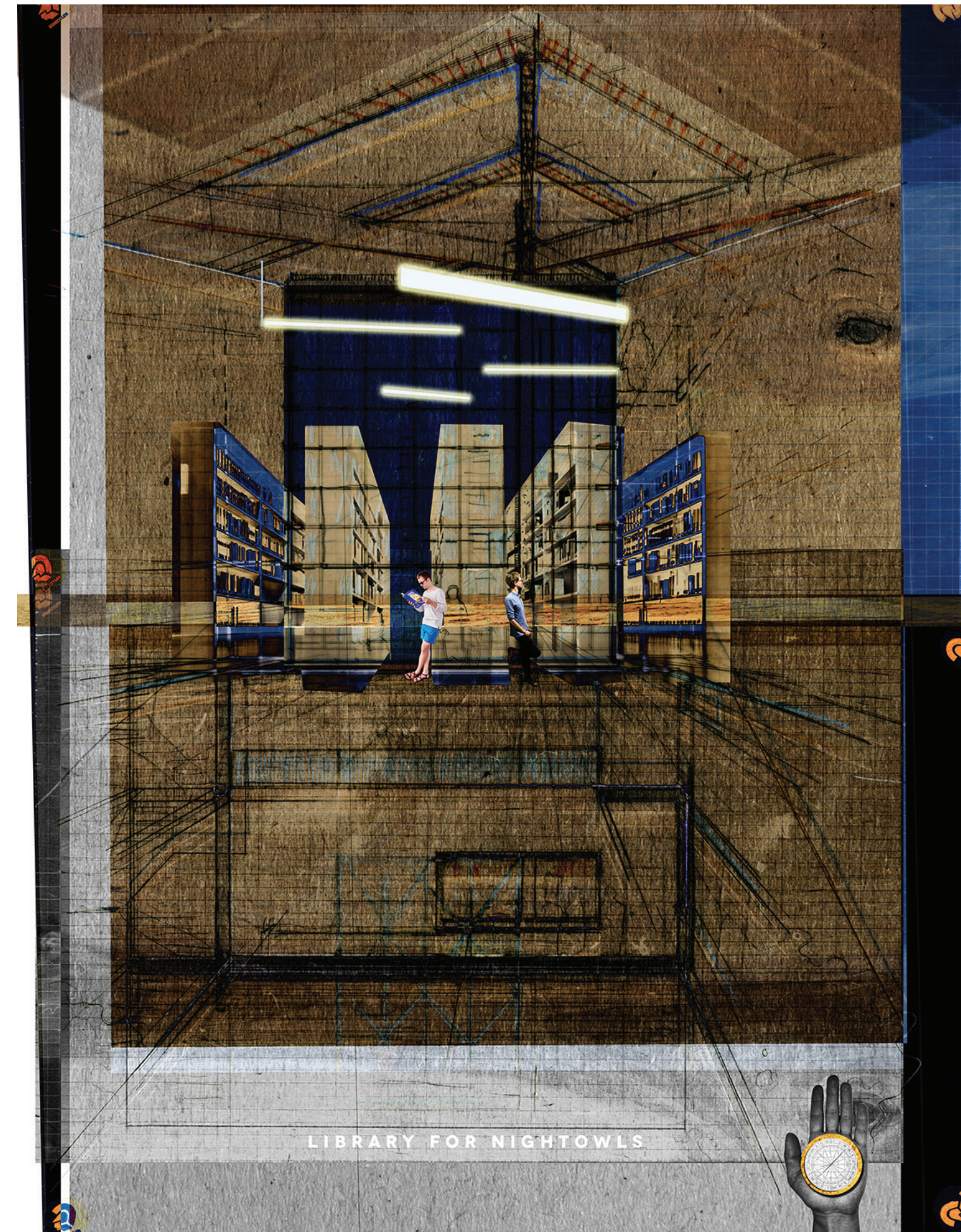
Portrayed next are the yoga studio (structure on the left), the private garden, the clinic and the dormitorium (structures on the right). Underground is shown the bath house and sauna rooms. Throughout the day-night cycle, patients can use different rooms in the building for a variety of healing practices as part of a healthy routine. While yoga and meditation classes can be offered throughout the day in the west studios to patients and visitors, in the afternoon, the studio will be specifically reserved for patients. Before sunset, this healing space could provide therapeutic yoga and meditation practices specifically catered to people with sleep and anxiety disorders. The muted colors of natural materials such as brick and wood help promote a calm environment. The east and west walls of the ground floor yoga studio are comprised of sliding glass doors which provide visual continuity between the open “front yard” and the back private garden. The first two floors of the right structure are the therapy rooms and the sleep clinic that is staffed 24/7 for the patients, but also serve the larger neighborhood through their outpatient services.



AFTERNOON: LIBRARY READING ROOM

(EXERCISING :: THE MIND)

During the day the library of the building is open to the rest of the public, however, after-hours the library is only accessible to the patients. This drawing shows the stacks and the north-facing reading room beyond at night. The top floor of the library is the tallest reading room with a timber pitched roof, an appropriate grand attic for our sleepless night owls.



EVENING: GONG HEALING ROOM

(EXERCISING :: THE MIND)

The gong healing room is a double height space with exposed brick walls and an end grain wood floor. The gong sits on a raised podium in front of a window screen at the head of the room. It is used in yoga and meditation traditions as a therapeutic instrument. When played the gong creates immersive sounds and vibrations which envelop the body, and that is why it is often referred to as a gong "bath." Bathing as integral part of relaxation and healing in this sleep clinic. As a daily ritual, the gong is played after sunset every day to mark the end of the sun cycle and start the cozy journey toward dreamland.

END: DESIGN MANIFESTATION

// PERSPECTIVE: GONG HEALING ROOM



GONG HEALING ROOM
TEMPLE OF NO-THING



mixed media collage | wood board, graphite, ink, watercolour, found images, Photoshop

EVENING: BATH TIME

(B A T H I N G)

The sleep disorders clinic is an architecture with the mission to connect you back to nature and our circadian rhythm. It should really be titled the sleep re-order clinic. As a part of this re-order, I imagine that the tired inhabitants of this clinic can go through a series of daily activities, one of which is bathing before sleep. Because we are upright animals, we may forget that the earth is constantly supporting us. What we perceive though is the constant tiresome pull down. We feel and carry our own weight and build architecture and props to support us or to defy gravity. However, bathing is an experience where we can be completely supported. Our bodies are allowed to float. The slight pressure of the water comfortably hugs our skin. We're being held up instead of pulled down. We can let our thoughts float too. To access the bathhouse, the patient would first check in with a nurse on the ground floor and descend underground through a narrow staircase. The air feels damp and the grey stone is a bit serious but friendly. You walk through a dim lit hallway, seeing through the stained glass glimpses of water glistening under the full moon from the skylights above. You can smell water and hear it lapping the sides of the great pool. On the right is a wooden door to the changing area. In many years, the wood will swell up a bit and the door will always be jammed. But for now you walk through, and the floor is now rough. You won't slip here, don't worry. It smells like lavender for it was ground up and hidden in the mortar. You didn't realize it maybe, but its taken 7 turns to get to the bathhouse. A kind of labyrinth to help you forget where you came from, and now you can descend into the lukewarm water.



NIGHT: BATH TIME

END: DESIGN MANIFESTATION

// BB SECTION: BATHHOUSE AND OPEN COURTYARD AT NIGHT

(B A T H I N G)

As the night gets darker, the patients have the opportunity to descend into the underground bath chambers to continue to relax and unwind. The underbelly of the building is shown in the next image, with the grand pool of the bathhouse located directly below the outside courtyard. Built mainly with stone and wooden accents, the bath house is one of the darkest parts of the building complex. However, the grand pool room has 26' ceilings which are lit with three circular skylights (shown in the previous image). The ceiling is also perforated with valves, which allow the steam that accumulates in the bathhouse to escape and be released into the courtyard. As random passers-by walk through the courtyard to bar-hop in the busy street level, they may stumble upon the steam and the comforting aromas of the bath house below.



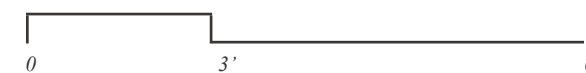
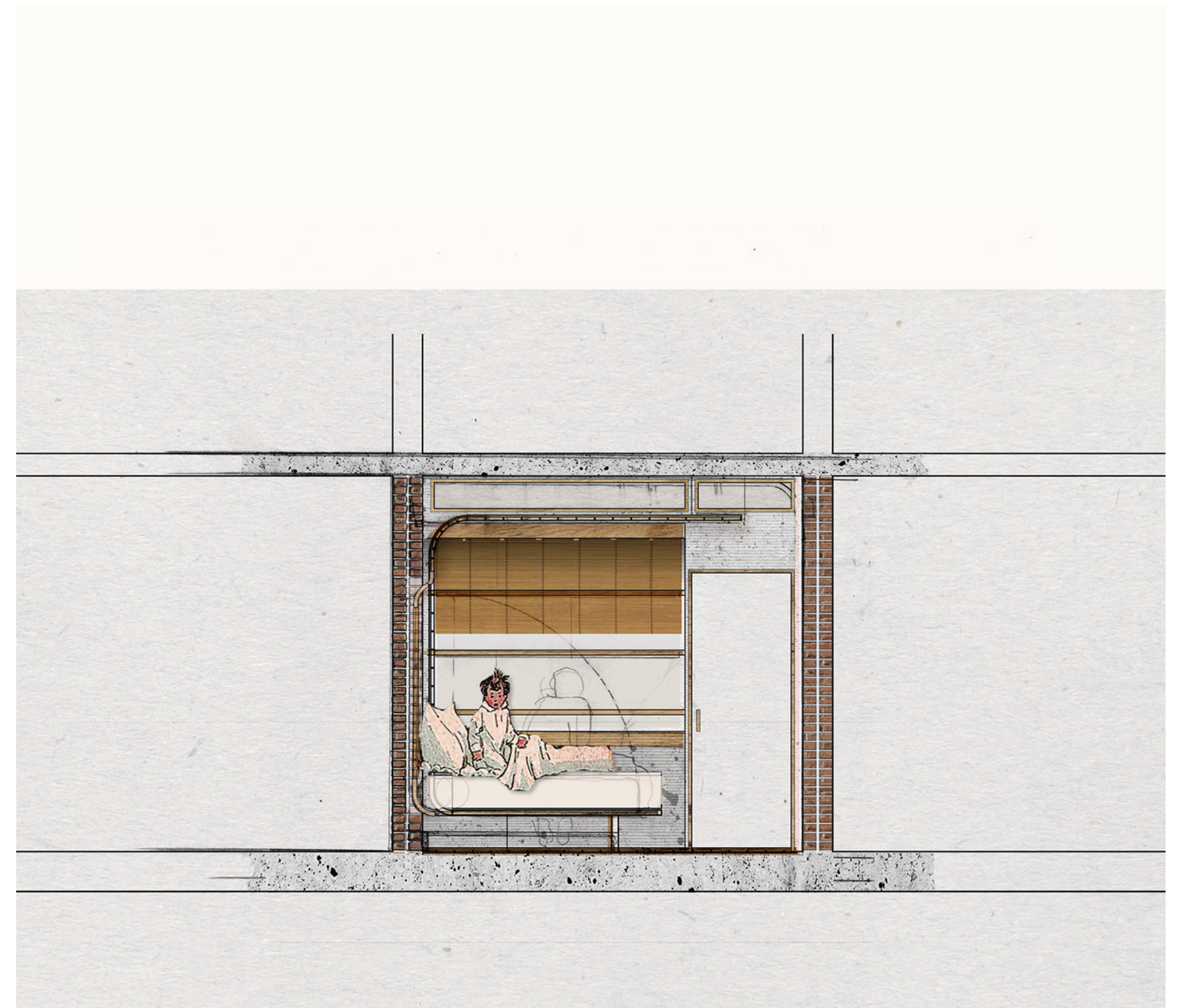
GOODNIGHT

(S L E E P I N G)

Each room sits within a concrete structure and is separated by double lined brick walls. The brick walls remain exposed and provide a warm atmosphere along with the aromatic cedar wood floor and the room furniture. The murphy beds are set against a wooden screen, which becomes a head rest and continues overhead to filter the light coming from the top windows. The patients can neatly stake the murphy beth into the wall freeing up more space. The wish for these rooms is that they are cozy but not cramped. Bamboo shutters in the background can block the east of west light if the patients need more rest.

END: DESIGN MANIFESTATION

// CROSS SECTION OF BEDROOM: BABY NEMO GOES TO BED



mixed media collage | graphite, AutoCAD, found images, Photoshop

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CITATIONS

- Page vi
Walter Benjamin, "Unpacking my Library" in *Illuminations, Essays and Reflections*. Edited with Introduction by Hannah Arendt. Translated by Harry Zohn. New York: Schocken Books, 1968. p. 67.
- Page 5
S. Frederick Starr, *Mel'nikov: Solo Architect in a Mass Society* (Princeton: Princeton University Press, 1978), p. 179.
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- Images
- Page 5
Mel'nikov's "Green City" competition entry, Communal Room in Mel'nikov House, "Sonata of Sleep" model
Source: Cabinet Magazine
<http://cabinetmagazine.org/issues/24/wood.php>
- Images of the Clinic**
Source:
<http://dprbcn.wordpress.com/2010/01/03/clinic-for-sleep-disorders-douglas-darden/>
- Darden, Douglas. "Clinic for Sleep Disorders." In *Condemned Building: An Architect's Pre-text*, 160 Pages. New York, New York: Princeton Architectural Press, 1993.
- Page 7, 8, 11, 12
Map of Washington, DC
Source: Sanborn Database, Virginia Tech Libraries, November 2015
- Map of Washington, DC**
Source: Google Earth, November 2015
- Map of Washington, DC**
Source: DCRA, November 2015
- Map of Washington, DC**
Source: GIS, November 2015
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Map of Washington, DC
Source: Google Earth, November 2015
- Page 41
Map of Washington, DC
Source: Sanborn Database, Virginia Tech Libraries, November 2015
- Map of Washington, DC**
Source: Google Maps, November 2015
- Pages 72, 74, 76, 80, 86, 88, 90
Scale Figures
Source: www.skalgubbar.se

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