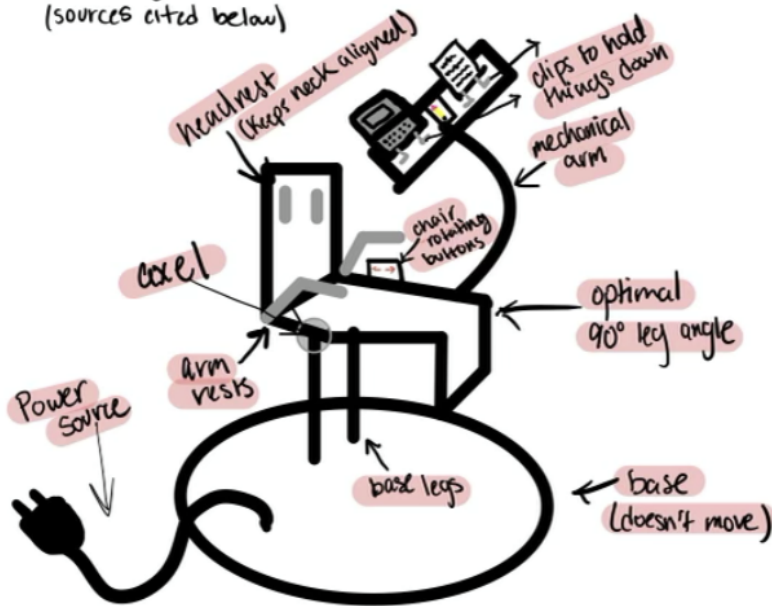
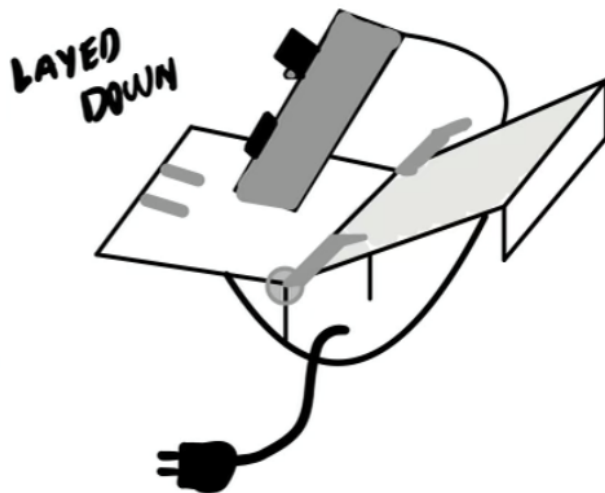


# LAY DOWN DESK

"For global public health, there is an urgent need to adopt an intermediate healthy / healthier behavior between too much time spent in the sitting and standing positions"  
(sources cited below)



- 80% of Americans will experience **BACK PAIN** at some point in their lives.
- In 2017, **BACK PAIN** was the leading cause of disability worldwide
- Sedentary jobs have increased **83%** since 1915 according to the American heart association



## How to Use The Lay Down Desk

1. Make sure the desk is plugged in
2. Secure your Laptop and notebook or any other materials to the desk using the platforms given and the adjusting clips
3. Take a seat and adjust the mechanical arm as needed for maximum comfort
4. Use the buttons on the side of the desk (button on the right) to rotate the desk clockwise until the wanted angle is achieved (note: maximum angle acquired is 90 degrees)
5. When done using, push button (button on the left) until in upright position again

## A World With the Lay Down Desk

Imagine a world where employees spend more time working on their 9 to 5 workday because they aren't getting up every five minutes to stretch or walk around. A world where students can study hours on end without getting frustrated about their pain/discomfort, or giving up altogether. A world where the disabled can find a comfortable way to be at a desk, allowing them to flourish and fulfill their passions regardless of their difficulties. I would want people to feel relieved and motivated when they use my design. Relieved to be in less pain and be more comfortable, and motivated to take advantage of that newfound comfort.

## Who Is The Lay Down Desk For?

The Lay Down desk is meant to create a comfortable environment where one can flourish in the workspace and in life. It targets people who work with computers for a living, students, and anyone who sits at a desk for a prolonged amount of time. The Lay Down Desk promotes human flourishing by allowing people to excel in the workspace and fulfill their passions regardless of difficulties with discomfort, pain, or having trouble concentrating. It allows its users to flourish in aiding them to accomplish their goals and exceed their expectations. The optimal arm and leg rests that the Lay Down Desk includes, provides the ultimate posture for preventing back pain/damage and other posture related injuries. Having your legs at a 90 degree angle allows for your pelvis to be rotated to a neutral position which benefits your back and hips. The pressure on your spine dramatically increases when your head is tilted forward, the Lay Down desk corrects this by coming with a neck holder and head rest. Although the design is primarily meant to combat back pain, the Lay Down desk is designed to address all types of discomfort, accommodating its design for joint pain and good neck, head, leg, and arm posture.

### Works Cited:

- Bonnet, Cé, and Jose A. Barela. "Health Issues due to the Global Prevalence of Sedentariness and Recommendations Towards Achieving a Healthier Behaviour." *Healthcare* 9.8 (2021): 995. *ProQuest*. Web. 3 Mar. 2022.