Zen Pod® Medium

Designer: Staffan Holm

Zen Pod small, quiet rooms are more than merely a retreat, a place to catch one's breath. More than just peace and quiet. It is a space to be enjoyed — elegantly and sparingly designed using welcoming, sympathetic materials such as wood, wool, glass, aluminium, and steel.

Zen Pod is a smart quiet room range equipped with plenty of functionality — and nothing superfluous. The room is easy to assemble and use and is designed to blend in with its surroundings. The sparse and harmonious design of the room itself is inspired by Japanese interiors.

Zen Pod can be mirrored left or right

Acoustic qualities:

Absorption   **Attenuation**

Product range: Silent Rooms

Visit the product page for more information:
Zen Pod® - Abstracta

Content[1]:

Material	Specification	Weight (g)	Share (%)	Disposal
Glass	Wall and door	139 000	27,5	Recycling
Polyester	Acoustic polyester and anti-vibration pads	108 954	21,6	Recycling[2]
Aluminium	Frame profiles	94 365	18,7	Recycling
Wood[3]	Chipboard, solid pine frame, oak veneer table	92 385	18,3	Recycling
Steel	Screws, connections, hinges, plates	45 002	8,9	Recycling
Fabric	Upholstery and carpet	14 048	2,8	Recycling[2]
Plastic	Wheel suspension, diffuser, sealing strips	5 073	1,0	Recycling
Electronics	LED lighting, sensor, fans, control unit, power cord	4 048	0,8	Recycling
Zinc	Fittings	1 476	0,3	Recycling
Adhesive	Adhesive film	276	0,1	Energy Recovery
Total		504 627	100	
Packaging – Wood	Pallet and wood boards	82 260		
Packaging – Cardboard	Cardboards	26 114		
Packaging – Plastic	Bags and protection	2 284		
Packaging – Other	Straps and paper tape	674		

[1] Zen Pod Essential Clean Medium

[2] Can be recycled when returned to Abstracta

[3] Weight may vary

abstracta

Zen Pod Included Furniture

Clean
Supplied unfurnished

Communicate
Meeting room furniture

Focus
Work room furniture

1 Fixed Desk (1070x350 mm)

1 Fixed Desk (1070x350 mm)
1 Bar Stool (A22 Lammhults Möbel)

1 Fixed Desk (1070x350 mm)
1 Work Chair (Atlas Lammhults Möbel, 5 feet incl. castors)
2 Extra Power Sockets (230V)

Zen Pod Small Specifications

Dimensions

External: 1200x2320x2310 mm
Internal: 1020x2126x2100 mm

Walls

Two angled walls with upholstered sound-absorbing panels on both sides. The wall contains a sound-blocking and sound-absorbing element of recycled acoustic filling.

Glass door and walls

Sound control laminated glass. Self-closing, left-hung door on hidden hinges. Handle made of oak.

Floor

Woven contract bouclé carpet. The floor contains a sound-blocking sandwich element of chipboard, heavy-layer and recycled acoustic filling. Height-adjustable, hidden feet and wheels for easy adjustment.

Ceiling

Upholstered, sound-absorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow-angle LED lighting integrated within the entire inner ceiling frame.

Frame

Coated, post-consumer recycled aluminium.

Ventilation

Adjustable three-level ventilation flow
Capacity: 54 l/s

Control location:
Without fixed desk – located on inner wall
With fixed desk – located on the desk

Lighting

Shallow-angle LED trailing light in ceiling:
7.2 W/m
3000 K
880 lm/m
Center LED light in ceiling:
7.2 W/m
3000 K
880 lm/m
LED light length: 8.2 m

Spotlights (only Zen Pod Advance):
2x4.5 W
3000 K
300 lm
36-degree angle

Control location:
Without fixed desk – located on inner wall
With fixed desk – located on the desk

Power sockets

2x230 V
Located on inner walls
Standard sockets: EU Schuko, DK, UK, or USB.
5 m power cord connected to roof or 2.5 m cord to floor.

Zen Pod Essential Specifications

- Painted black RAL 9005. Wooden parts in black stained oak.
- Walls upholstered in Gabriel Focus Melange, choose between 6 standard colours
- Dark grey floor carpet from Fletco Carpets

Sustainability

As a part of our sustainability work, we are certified according to following standards and quality labels:

ISO 9001, ISO 14001 & ISO 45001

Management systems for quality, environment, and occupational health and safety.

We and our suppliers need to commit to Lammhults Design Group's Code of Conduct.

Abstracta's reuse service

We offer a recycling service for our customers. This means that we collect used sound absorbers and other products for renovation, reuse, or recycling. To facilitate circularity, our products consist of exchangeable parts, which

simplifies repair, reuse, and recycling. Contact our sales support team for more information.

5-year warranty and 10-year spare parts warranty.

Zen Pod Advanced Specifications

- Painted Nordic beige. Wooden parts in clear varnished oak.
- Walls upholstered in Kvadrat Re-wool 128
- Beige carpet from Fletco Carpet
- Beige recessed curtain
- Spotlights

Möbelfakta

This product has been declared and approved to criteria of Möbelfakta:

Quality: This piece of furniture must meet established international technical standards

Environment: All stages of the manufacturing process must be green, from raw materials to finished product.

Responsible supply chains: All stakeholders in the supply chain take social, environmental, and ethical responsibility.

Global Goals

The UN Sustainable Development Goals are the basis of our environmental work. We focus on the five goals to which we can contribute most.

Goal # 3 – Good health and well-being

Goal # 5 – Gender equality

Goal # 8 – Decent work and economic growth

Goal # 12 – Responsible consumption and production

Goal # 15 – Life on land

abstracta

Abstracta AB
Box 75, SE-363 03
Lammhult, Sweden
Phone +46 472 26 96 00
info@abstracta.se

Tests and standards

Acoustics

Absorption ISO 20189: N_{10} = 1.45
Speech Reduction ISO 23351:
$D_{S,A}$ = 31.2 dB, Class A

Quality

Follows Swedish Möbelfakta requirement specifications for furniture ensembles and enclosures. Tipping and safety according to EN 16121:2013+A1:2017 chapter 5.2.

Laminated safety glass according to EN 14449

Flame resistance

Glass, steel, and aluminium:
Non-combustible according to EU 1996-603 consolidated Decision A1

Acoustic filling:
EN 13501-1: B-s1,d0[1]

[1] CE Produkter Soundfelt

Carpet:
EN 13501-1: Bn-s1[1]

[1] Fletco Carpets Nordic Living

Upholstery:
EN 1021-1 & 2: Pass[1]

[1] Gabriel Focus Melange and Kvadrat Re-wool

Care instructions Zen Pod

Carpet
Vacuum regularly.

Glass walls
Lightly soiled glass surfaces can be cleaned with lukewarm water. Wipe dry with a dry cloth. Clean regularly with regular window cleaner.

Inner ceiling made of textile
To preserve color and appearance, the fabric should be vacuumed regularly with a soft nozzle.

Aluminum frame, interior
Clean if necessary with a clean and damp cloth, possibly with a little pH-neutral cleaning agent.

Outer roof, including fan grate
Vacuum with a soft brush regularly.

Fixed tabletop
Wipe off regularly with a damp cloth and pH-neutral cleaning agent, alternatively a mixture of water and soap.

Door hinges
Lubricated regularly, but at least once/year.

Textile walls
To preserve color and appearance, the fabric should be vacuumed regularly with a soft nozzle.

Stain Removal:

- Use plain paper towels or a dishcloth to soak up as much of the stain as possible.
- Dried spots should be vacuumed.
- Wet the stain sparingly with a clean white cotton cloth, lukewarm water and possibly a little pH-neutral detergent.
- Press a dry cloth or uncolored kitchen paper against the fabric so that moisture and dirt are absorbed.
- Repeat wetting and blotting until the stain is gone.
- Use clean water without detergents for the final cleaning.
- Finish with suction.

Stain removal for wool:

- Bathe or wipe gently with a clean, damp cloth.