

# NAP POD USAGE POLICY

UGA CoP students, faculty and staff are welcome to use the nap pods during building operating hours. The nap pods are available on a first-come basis. No appointment necessary. There are two nap pods installed at two locations at the College of Pharmacy (Pharmacy South, 2nd Floor Student Lounge and Pharmacy South, Kroger Learning Center). The nap pods are intended for brief 20-minute naps to restore concentration and focus. The aim is to allow as many people as possible to use the nap pods.



## INSTRUCTIONS

- Prior to use, participants must review the **“How to use the Pod”** Guide.
- If you are ill or not feeling well, please do not use the nap pod.
- One participant in a nap pod at a time.
- The maximum weight limit for a nap pod is 350 pounds.
- Users may not use the nap pod for more than 20-minute cycle at a time.
- Food and beverages are not permitted.
- The use of cameras & video recording devices, including cell phones is prohibited.
- Users can bring their own headphones, but they will need to plug them in the standard auxiliary jack of the nap pod. Participants can also connect headphones to their phone and listen to their own music and mute the nap pods.
- Use the disinfecting wipes nearby to clean the nap pod after use.
- Remove all personal belongings before leaving the nap pod area.



### HOW TO USE THE POD



UNIVERSITY OF  
**GEORGIA**  
College of Pharmacy