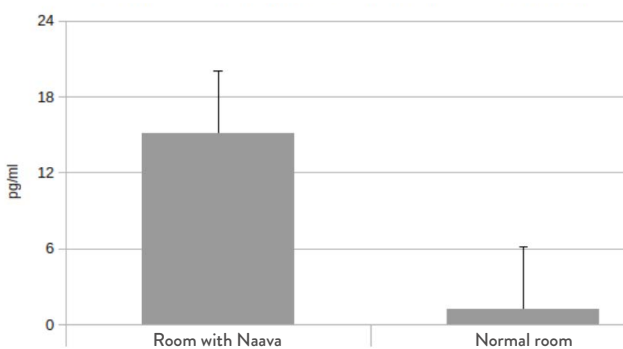


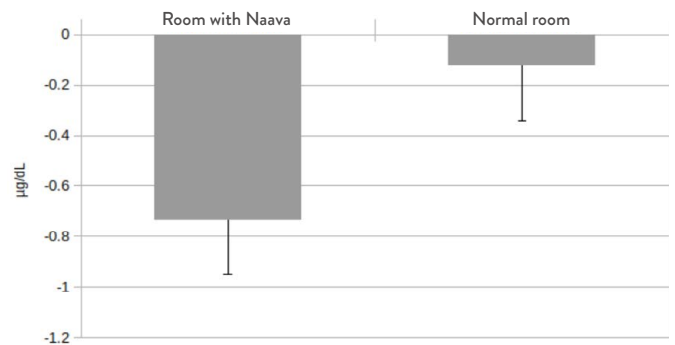
Better focus with Naava smart green wall

Case study shows that a room with Naava makes you happier and less stressed, enabling you to decrease the chance of mistakes by 41% in tasks requiring high cognitive brain performance.

Change in saliva oxytocin level



Change in saliva cortisol level



The stress relieving effect of nature has been long known. We studied whether Naava can bring some of that same natural stress relief indoors to create healthier, happier and more inspiring workplaces.

The results:

- Less mistakes in cognitive performance tasks
- Increased levels of oxytocin, the happiness hormone
- Decreased levels of cortisol, the stress hormone
- Increased environmental comfort in Naava room
- Increased heart rate variability (HRV) indicates better recovery from stress



Read the whole case study: Effects of Naava on stress parameters in natural settings [from here](#)