

General guidelines for creating an interior that promotes
neutralizing the symptom of sensory deprivation
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These recommendations are a continuation of the authors' studies in the field of the influence of the interior on a person and are part of the developed methodology for creating a healthy interior of a room in accordance with the basic principles of interior therapy® (complex and gradual impact of the interior with the aim of positive correction and normalization of human life).

To carry out research we use the equipment of the company "IMEDIS" at our disposal, namely: the apparatus "MINIEKSPERT-DT" and "IMEDIS-BRT-A". By as we already told at last year's X conference with the help of this equipment, we have the opportunity to clearly demonstrate to our clients the effect on the body of certain objects in the interior, and even individual zones, and in parallel diagnose, for example, mental stress and many other general indicators that form ultimately the emotional state and state of mind of the client, which allows you to make the right decision regarding the design.

The practice of recent years has shown us that after returning from vacations spent outside the city, where beautiful nature and clean air contribute to the rapid recovery of the body's resources in the best possible way, and a calm, slightly relaxed pastime distracts from the bustle of the city, many rather quickly begin to experience the feeling fatigue, and burdened with worries, sometimes even more than before the vacation.

On the one hand, this is quite explainable by the usual pollution of the city air and the burden of newly piled daily duties, but at the same time, such a change in sensations is an alarming symptom of a person's sensory deprivation, which can be translated as "sensual hunger". This symptom, unfortunately, is found in almost everyone who regularly strives for suburban outdoor recreation.

This disease, which is widespread, especially in big cities, in a rather short form can be explained by the fact that for a very long time a person as such developed precisely "in nature". Nowadays, being placed in a "stone jungle" and cut off from a harmonious environment, from the natural visual range, natural smells and sounds, the human body loses the opportunity to experience those feelings that were inherent in it before, and its sensors do not receive sensations to which they are prepared by nature, and in fact "starve", which is usually expressed in the form of unpleasant sensations: slight but constant discomfort, dissatisfaction and increased irritability.

Not always understanding the true reason for what is happening, we try to "feed" our sensors with various strong emotions and impressions, and thus invigorate the body, and, as our practice shows as interior designers, quite often this is expressed in the spontaneous acquisition of bright colors for our home. disturbing and even aggressive objects that, at first glance, corny cheer up, but

in fact, these items, being a potential source of stress sensations, have a dangerous destabilizing effect on our health and psyche.

And therefore, if earlier a elementary shelter, whether it is prehistoric now cave or a hut (what represented we unite under the concept of "house"), the for a person most reliable and at the same time the most a comfortable place in the world that absolutely contributed to full rest and recuperation, but now, as a result of elementary mistakes made in the arrangement and decoration of the interior, our city house is increasingly becoming an aggressive and even hostile environment. In this environment, the body constantly requires additional efforts to recovery, and many of us constantly strive to leave the city for nature, where the sensors briefly "come to life", but upon returning home, an unwanted feeling of discomfort and dissatisfaction suddenly reappears, literally a few days after returning.

However, according to our observations and the results of research and experiments, a correct and competent interior may well neutralize a dangerous symptom, which will in no way interfere with continuing to receive general pleasure from communicating with nature, however, it will help to avoid unpleasant sensations upon returning, and will also contribute to an overall positive tone in during the entire working period.

And besides, you can achieve the amazing effect of a complete absence of dependence on trips outside the city without special need, thus protecting your body from at least toxic poisoning, which inevitably occurs when changing the composition of the respiratory mixture in the city and outside the city, not to mention serious psycho-emotional loads that accompany any trip.

Below we give several general recommendations for arranging the interior of a room, each of which can be considered separately and in more detail.

As a first step, it is necessary to pay much more attention to the entrance to the apartment, since the proportional and harmonious forms of the hallway and its correct lighting will a priori contribute to a cardinal positive perception of the whole room as a whole.

Long and narrow corridors should be avoided, and sometimes it is even worth sacrificing the area of the adjacent premises in order to create convenient and comfortable passageways that facilitate free relocation of all family members and their guests.

The layout of the kitchen should be rational and functional, since the convenience of using kitchen equipment depends precisely on the correct positioning of the stove, sink, desktop and refrigerator relative to each other, and the total area of the kitchen plays a much smaller role than it initially seems.

At the same time, in families with traditions of joint dinners and Sunday lunches, much more attention should be paid to the dining area and its competent communication with the kitchen and seating area (or living room).

The size of the bedroom area is not of fundamental importance, and even vice versa - especially large bedrooms are not recommended for a full-fledged

rest, because during sleep, the sleeping person's sensory system continues to automatically scan the space for its own safety, and more energy is involuntarily expended to "check" the larger bedroom, which leads to less effective rest.

Large wardrobes should be preferred to create dressing rooms and pantries, and their location and size are always individual and completely depend on the habits and foundations of each individual family.

At the same time, special attention should be paid to bathrooms and toilets, and if it is not possible to allocate a room for them with a window that provides fresh air and natural daylight, then artificial lighting and decorative floristry should be carefully considered.

Thus, on the basis of a competent planning, using the correct colors and small architectural forms, with an individual approach to the choice of furniture and interior items, even in a small city apartment it is quite possible to create a special microclimate that contributes to the full recovery of the human body after a working day. Then the intensity of the positive sensations received from spending time at home will be quite comparable to outdoor recreation, due to the neutralization of sensory deprivation, which, in turn, will help improve well-being and achieve stable positive emotions and good mood.

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"IMEDIS", 2005, v.2 - C.387-391