

# EPSILON

JANUARY 2021 | SUDDENLY WORKING FROM HOME?



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# CREATING FURNITURE ADAPTED TO THE WORK-FROM-HOME ERA

VINCENT MORISSETTE

Senior Industrial Designer for Bestar-Bush

Vincent has over 25 years of experience in the world of furniture design and manufacturing. He has been happily working for Bestar, a thriving company from his native region of the Eastern Townships, for more than a year and a half now.

The situation we are currently facing is certainly bringing about changes in all aspects of our lives. These changes are reflected in our homes; many people now have to set up a workspace at home. As an industrial designer, I need to take this unusual situation into account.

Under normal circumstances, a request from the marketing or sales department sets the furniture design process into motion. Once this request is received, I begin to look for inspiration, keeping in mind what is feasible in our factories. I start by exploring the latest trends on inspirational and prestigious furniture sites. Like fashion designers, I take inspiration from more conceptual and unconventional ideas to create a version that is more adapted to the client's needs.

I then create drawings and sketches that are sent to the research and development department, which ensures that my ideas are realistic. My ideas are also often presented to potential customers who comment on the

furniture, which can lead to some alterations. A prototype is then created. It allows us to see if the furniture is aesthetic and functional in reality. This prototype undergoes various tests to ensure that it is solid and easy to assemble, among other things. Adjustments can be noted for the final product. Then, the furniture can go into production.

The furniture design process remains virtually the same regardless of the current situation. However, recent requests are, of course, more oriented towards work from home, and the deadlines are tighter. While home-based workers used to choose this lifestyle, customers are now buying office furniture because they have no choice but to work from home. They don't necessarily have a dedicated workspace at home nor a large budget for their home office. These are concerns to keep in mind when designing new home office furniture.

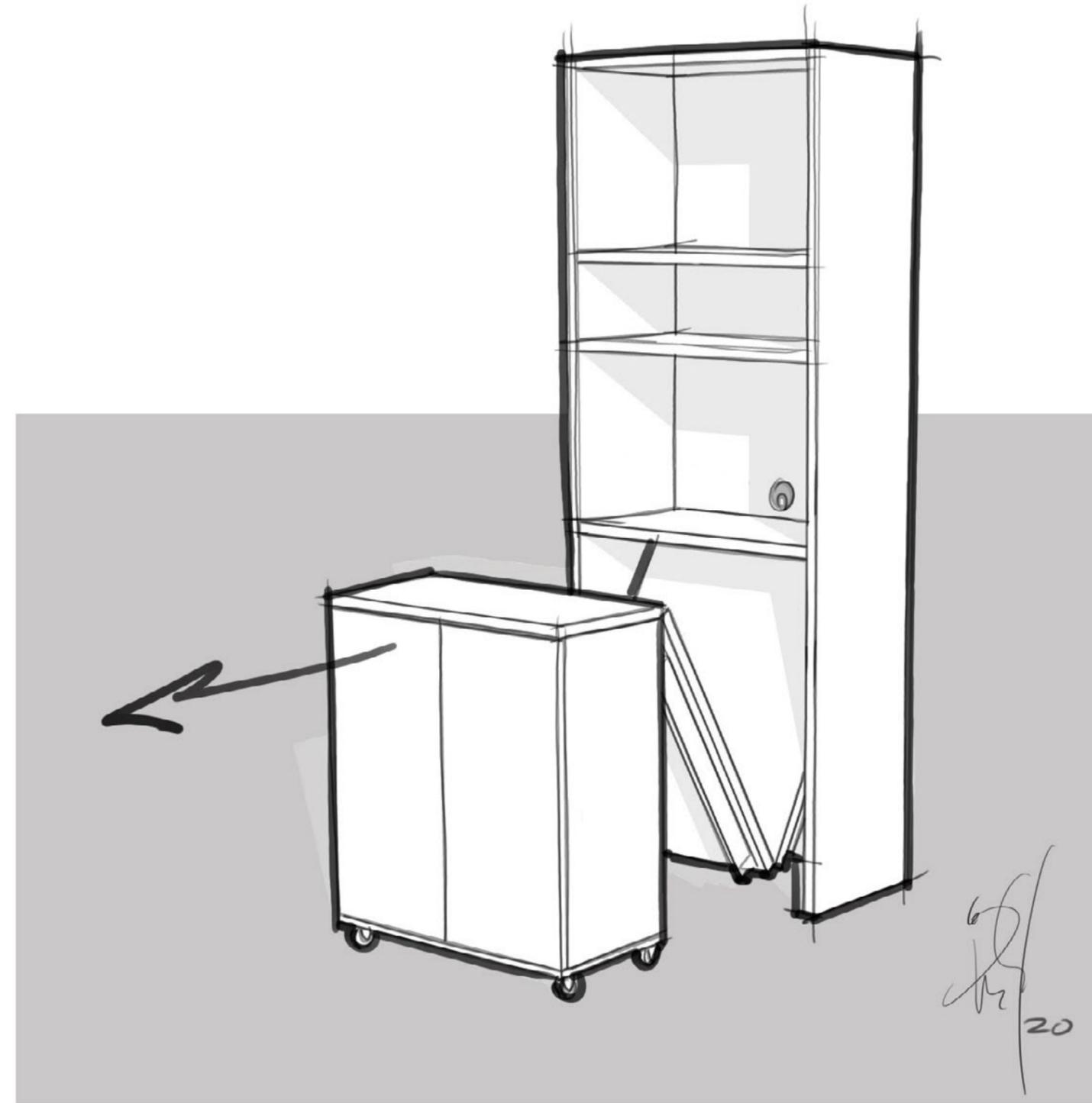
It is mainly in this respect that furniture design is influenced by the pandemic.

A good way to create furniture adapted to the current situation, where many people have to spontaneously create a workspace, is to design small furniture, as it can easily be placed in a living room, bedroom, or any other space. Another interesting solution is the design of intelligent furniture that transforms and camouflages itself. These pieces of furniture allow the workspace to "disappear" once the customer no longer needs it — at the end of the day, for example. This furniture offers a certain separation between work and home, even if everything happens in the same place. Having been a remote worker at Bestar for about a year and a half myself, I have a good understanding of what working from home entails. When I design furniture, I imagine how the customers will use the product, and I try to find solutions that will make life easier for them. When working from home, I consider a desk that has grommets, power outlets, and USB ports built into the work surface to be very useful. This way, customers don't have to worry about finding a place that offers several power outlets nearby. Most people now use laptops with an accompanying monitor, especially when working from home, as this type of computer can be easily transported. Desks must therefore be able to accommodate both of these items. Monitor arms can be very useful in this case.

Ultimately, furniture design is a creative process guided by the needs of the customer. Therefore, the unusual situation we are currently experiencing undoubtedly influences the creation of new furniture.

# SUDDENLY WORKING FROM HOME?

COVID-19 has prompted a host of changes in the lives of millions across the globe. If one thing remains certain, it is that our homes are now more than ever a central part of our lives. Nothing truer can be said for those of us who now work from home. The transition to home office has forced us to rethink more than just our work habits; with this change comes the inevitable redesigning and redecoration of space. That is why we are dedicating this issue to the sudden revitalization and development of the work-from-home lifestyle.



# SUMMARY

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**MISSION:** Create inspired, sophisticated, and cultivated content and images on the latest trends in the world of home and office furniture, design, and decor \*

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\*The opinions expressed herein are not necessarily those of Bestar ([bestar.ca](http://bestar.ca) and [bestar.com](http://bestar.com)).



## 7 Easy Ways to Create a Comfortable and Productive Home Office

In light of COVID-19 disrupting our lives, many people all of a sudden find themselves working from home. But how do you continue to be effective in a space that does not typically accommodate your work? With a little bit of planning, some creativity, and the right accessories, you can create a comfortable and productive workspace in no time.

Here are seven ways to set up a great home office so you can transition to remote work quickly and easily, no matter how long you are likely to work from home, without compromising comfort or productivity.

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### Choose a Quiet Corner in Your Home

Where you choose to set up your work life at home is one of the first decisions to make as you transition to a home office. If you are at work while your family or roommates are home, try to find a quiet, low-traffic area or corner in which to set up. If you do not mind sacrificing natural light, consider the basement if it is the area in your home where you will encounter the fewest distractions.

Ideally, you want to work in a calm environment. Create a space you can enjoy as you do not want to feel anxiety or stress merely from setting foot in the room. Bring plants into the space to improve air quality as well as to bring brightness and warmth. For those of you without a green thumb, spider plants, peace lilies, aloes, or snake plants are beautiful, low-maintenance options.

Incorporate the benefits of aromatherapy. As with the impact of color on your space, the right scent can have a positive effect on your state of mind. An aroma diffuser or scented candles can help you focus on your work, help alleviate stress, and energize you.

Distractions threaten productivity, so you should have a plan to help keep you focused when working from home. Start by setting boundaries for family and friends. Make everyone aware of ground rules as to when you are available and when you cannot be disturbed.

Need help with noise? Consider noise-canceling headphones or listening to white noise to help block out distractions and stay focused.

### Make the Most of Light and Space

An organized, well-arranged workspace is integral to your work-at-home success. Consider the space you have to work with and do your best to optimize it. For instance, if you are fortunate enough to have a window, try to position your desk nearby as natural light can help with concentration.



UNIVERSEL SKU 65857

Keep essential tools, accessories, documents, and files close at hand to streamline your workflow. Give yourself room to move around your desk where you will not feel cramped or claustrophobic, particularly in smaller spaces.

You may want to choose a specific wall color to promote ease, energy, and productivity – make it a pleasant and welcoming place to be. For instance, blues and greens are the best colors for efficiency, concentration, and focus.

Consider the importance of lighting. If you have ample natural light, consider yourself incredibly fortunate! If not, do not toil away under inadequate lighting as it could cause eye strain and headaches. Avoid bright fluorescent bulbs in favor of several sources of light – a desk lamp and a nearby floor lamp, for example – to provide good lighting no matter the time of day.

### Your Desk is Vital – Choose Wisely!

You could spend hours sitting at your desk, so make sure it is a good one! When you are looking for the right desk, consider that it should be able to hold everything you need during any given workday. Your home office may not accommodate the size of the desk you enjoy at work, but not to worry, you can

still find a modest one with various storage solutions.

Choose your desk thoughtfully. It should have ample surface space for your laptop, monitor, and keyboard, so you avoid having to arrange and rearrange your work surface throughout the workday.

Do you enjoy freedom of movement as you work? Consider a standing desk to provide the flexibility you need.

### Choose a High-Quality, Adjustable Chair

A good home office is about more than just the desk. You need a comfortable, supportive, and adjustable office chair to help you work best. An ergonomic office chair can help improve more than just your comfort; a good chair can impact your mood and productivity as well.

If you choose a chair that does not provide adequate comfort and support, you risk suffering as a result. The wrong chair can be the cause of poor circulation, muscle pain, nerve damage, and other maladies.

A few things to keep in mind as you consider your new office chair:

- It should be adjustable: you should be able to move the chair up and down, and both the seat and armrests should be adjustable.



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When seated, feet should be flat on the floor, and the armrests should be level with the surface of the desk.

- It should help maintain back health: the chair should offer solid support for your middle and upper back as well as lumbar support. Your chair should also support the natural curve of your spine.
- It should be able to recline: this should help relieve pressure on the back muscles and spine, allowing you to sit for more extended periods of time in comfort.
- It should be comfortable: check the materials to ensure you get a chair that meets all of your comfort criteria.

#### Use a Whiteboard or Chalkboard

Are you a lover of to-do lists? A whiteboard or chalkboard near your desk can help with notes and reminders, keeping them front of mind. Hang motivational or inspirational sayings, keep appointments, and jot important project details – the act of writing things down will help you remember them.

#### Have a Home for Everything You Might Need

Organization is key to creating a home office that promotes productivity. Make sure you include storage solutions with your workstation. These can be storage options that come as a part of your desk, such as drawers, cubbies, or a hutch, or options you can add to your workspace such as a mobile pedestal, a credenza, or a bookcase. You want to keep all necessary work

tools, documents, files, electronics, and other items easy to access but not necessarily in view or on top of your work surface.

#### Conquer the Clutter

For some, procrastination can stem from clutter. Fortunately, there is an easy fix: get rid of what you no longer need!

Tidy, sort, give away, recycle, or throw out excess – documents, paperwork, etc. – to help remove unnecessary items from your workspace. Be sure that the stuff you need to keep has a home that is out of the way, and that it is not taking up valuable surface space. Use shelves, drawers, a hutch, or a filing cabinet to organize all of the items you need to keep in your office.

Keep your desk clean to help encourage productivity and ease at work daily. A clear, tidy workspace will do wonders for your mind, spirit, and well-being – elements that influence your productivity.

By carefully examining your new home office space, you can get a good sense of your needs. Many of you might be in a rush to set up your new remote workspace due to current events, but it remains important to take the time to consider your comfort and your well-being. Doing so will go a long way in improving your work-from-home experience.



UNIVERSEL SKU CHA-REG21038



MEROPA SKU 129400



TALITA SKU 104400



13 PLUS SKU 160885

## 5 Reasons to Choose a Standing Desk for Your Home Office

One of the best ways to ensure ultimate comfort and great productivity rates when working at home is with a standing desk, also known as a height-adjustable desk or a sit-stand desk. These ergonomic desks allow the user to lift the desktop with the simple push of a button, so they can work in a standing position. The opportunity to switch from sitting to standing while working can significantly improve the work-from-home experience by providing users with a host of benefits.

### Pain Relief

Arguably, the most exciting benefit of having a standing desk in your home office is its ability to relieve stress and tension in the body. Did you know that prolonged sitting can contribute to unpleasant health issues such as heart disease, diabetes, and more? Sitting is not an ideal position for the human body, and when you work eight hours or more at a desk, it can be difficult to find reasons to stand and move around.

With a standing desk, however, the opportunity to move and stretch your legs is always present! Moreover, standing can encourage you to maintain a better posture. When sitting, even if our desks are adjusted at the proper height, we tend to lean towards our computer screens, which results in a hunched posture. This can create tension in your neck, shoulders, and back, which can lead to long-term muscle pain.

When in a standing position, it can feel more natural to maintain a straight posture. The key to ensuring this healthy posture, however, is to set up your desk so that your shoulders are relaxed and your elbows are bent at about a 90° angle when your arms are resting on your desk. You might also find that alternating between a sitting and standing position a few times throughout your workday will relieve pressure on your hips as well.

### Versatility

Standing desks are also perfect for a home office because they are extremely versatile. They come in a variety of sizes, which make them equally suited for small spaces or large office areas. If you happen to have an entire extra room that is designated to become a home office, then perhaps you will want a larger standing desk.

Some models are designed like L-shaped desks, and you can choose between a version where the entire L-shaped surface moves up and down or where the L-shape is created by combining a regular standing desk with a standard desk at a 90° angle. The latter allows you to adjust one desktop while the other stays at a regular seated height. This kind of flexibility provides you with both the opportunity to stand while working and a spot to place heavier office equipment such as a computer tower or a printer.

We also understand that you may not have all that much space to set up your home office. That is when a regular standing desk comes in handy. Standard models can be as small as 24 by 48 inches, meaning you can easily fit one in a corner or perhaps even in a closet or a nook under the stairs. Most standing desks also have an open leg design which means you can easily fit a small filing cabinet or mobile pedestal beneath your desk.

### Increased Productivity

It might come as a surprise to learn that standing desks can help boost your productivity, but studies have shown that these amazing desks can indeed help. One logical explanation for this increase in productivity can be found in the health benefits. If you feel better, physically and mentally, when working, then it will show in the quality of your work as well.

Standing while working also gets your blood flowing, which in turn enhances your brain activity. This can affect your focus and creativity, ultimately helping you feel better equipped to handle the challenges you face during your workday.

Employers often worry about productivity rates dropping when they allow their staff to work from home, but in many cases, the opposite actually occurs. However, if employers want to ensure the highest possible increase in productivity rates, then perhaps they should encourage their employees to set up standing desks in their home offices.

### Modern Look

Your home is your comfort zone; it is a space away from work that reflects your tastes and your personality. So, when you have no choice but to bring work into your home and set up a home office, you want your desk to fit with your decor. Moreover, you want to feel at ease and comfortable in this new workspace. Luckily, standing desks are sleek, modern, and unobtrusive, which allows your new sit-stand desk to easily blend into your space.

Standing desks can come in a variety of colors and finishes to complement your existing decor. With their contemporary designs, these desks are sure to help upgrade your space, and your friends and colleagues will certainly envy your practical and modern home office setup.

### Overall Well-Being

Lastly, having a desk with so many benefits will only improve your overall well-being! If you feel comfortable and focused when working in your home office, then you are ensuring that you feel good for up to 8 hours. Less muscle pain and increased productivity will allow you to finish your workday on a high note every day and permit you to feel relaxed in the evenings. A standing desk is a great way to help yourself achieve that perfect work-life balance!

Not only are standing desks chic and modern, but they can also improve your entire work-from-home experience. Setting up an ergonomic workstation and a proper home office that benefits productivity is crucial for remote workers. Choosing furniture specially designed for comfort, durability, and style is without a doubt the most important part of establishing an efficient home office.



13 PLUS SKU 160610

UNIVERSEL SKU 65857





MODELO (Available online at [bestar.ca](https://bestar.ca) and [bestar.com](https://bestar.com) in early 2021)



I3 PLUS SKU 160885

## Why Should You Get a Murphy Bed for Your Home?

For many of us, our homes have recently become our workplaces, our living spaces, our teaching spaces, our learning spaces, and our relaxation spaces. We have had to adapt our homes to our lifestyles, regardless of if we have the space for these changes or not.

Moving furniture into a cramped space to accommodate these new changes can also be a challenge, but it does not have to be. A solution is to add a Murphy bed to your home. Doing so can help you avoid the stress of finding the right setup for your now overburdened space. A Murphy bed comes in many configurations and styles, so you are sure to find the right fit for you.

ORION (Available online at [bestar.ca](https://bestar.ca) and [bestar.com](https://bestar.com) in early 2021)



### Home Office Setup

Since many of us have had to bring our work home with us (literally), it might be a good time to think about setting up a home office. Working from home can be a challenge, especially when you lack the space to work efficiently. That being said, it is still possible to transform an extra room into a productive and functional home office.

Use a Murphy bed to transform any room into a dual home office/guest room. Once you have added a Murphy bed to your space, you can add additional pieces like a desk, a comfy office chair, supplies, and decorative items to the room. Some Murphy beds come with built-in desks, which not only allows you to save more space but also simplifies the shopping process. With the right Murphy bed and the right desk, your workspace will be tailored to your workflow but will not take up the whole room. Need a place to store your office supplies? What about your laptop for when the day is done? Some Murphy beds come with storage options such as cabinets, drawers, shelves, and nightstands. You will not ever have to compromise on space or on productivity; you will have everything you need on hand.

Maybe you need a bookcase or a filing cabinet to efficiently organize your work papers? No worries! The Murphy bed's compact and versatile design makes it easy to add other furniture to your space.

From the simplest Murphy bed to one with a variety of storage options, you can choose the best option for your work-at-home needs.

### Space (and Time) Saved

When transforming a spare room into a productive space, you want to avoid racking your brain by trying to find the right configuration for your space. A Murphy bed can help avoid the pain of deciding where furniture should go. Murphy beds fit right into any space—even smaller spaces. You simply have to choose the wall on which you want to install your new Murphy bed. When the bed is folded away, the Murphy bed takes up minimal space.

You might be wondering: what if I want to use the bed? How long will it take to get it ready for overnight guests? All you have to do is clear the floor, pull the bed down, and you are done! You do not need to blow up an air mattress, make the bed, and spend time away from your guests. You can even leave the linen and bedding on the Murphy bed when it is folded away.

A Murphy bed is a real space saver when you want to quickly clear the floor. Simply fold the bed away in the cabinet when you want to use the room. You can open up the entire room in a moment's notice and get back to working, exercising, or relaxing without any hassle or time wasted.

### Multipurpose Space

It can be difficult to try and create a space that fits all of your family and work needs. Maybe you are thinking of turning that spare room into a guest room, a playroom, or a home office. But what about creating a multipurpose space that can do all of these things? If you want to create a space that meets all of your needs, then a Murphy bed is a great option.

When you add a Murphy bed to a room, you can do anything you want with this space. You will never have to choose between what you want and what you need. By day, you can have a home office, playroom, or home gym and by night, you can have a beautiful guest room.

Since Murphy beds are compact, you can add pieces to accommodate everyone in this shared space. You could add a desk for your workday or a sofa for family time — the choice is yours!

You might even opt for a Murphy bed bundle that offers complementary shelving units. All of your belongings such as books, movies, linen, decor, toys, and media can be stored away neatly and out of sight. You can keep everything together and be ready for your next work shift—or the kids' next play date. From sleepovers and yoga sessions to a home office or study space, you can have a space for any of your needs.

### Stylish and Practical

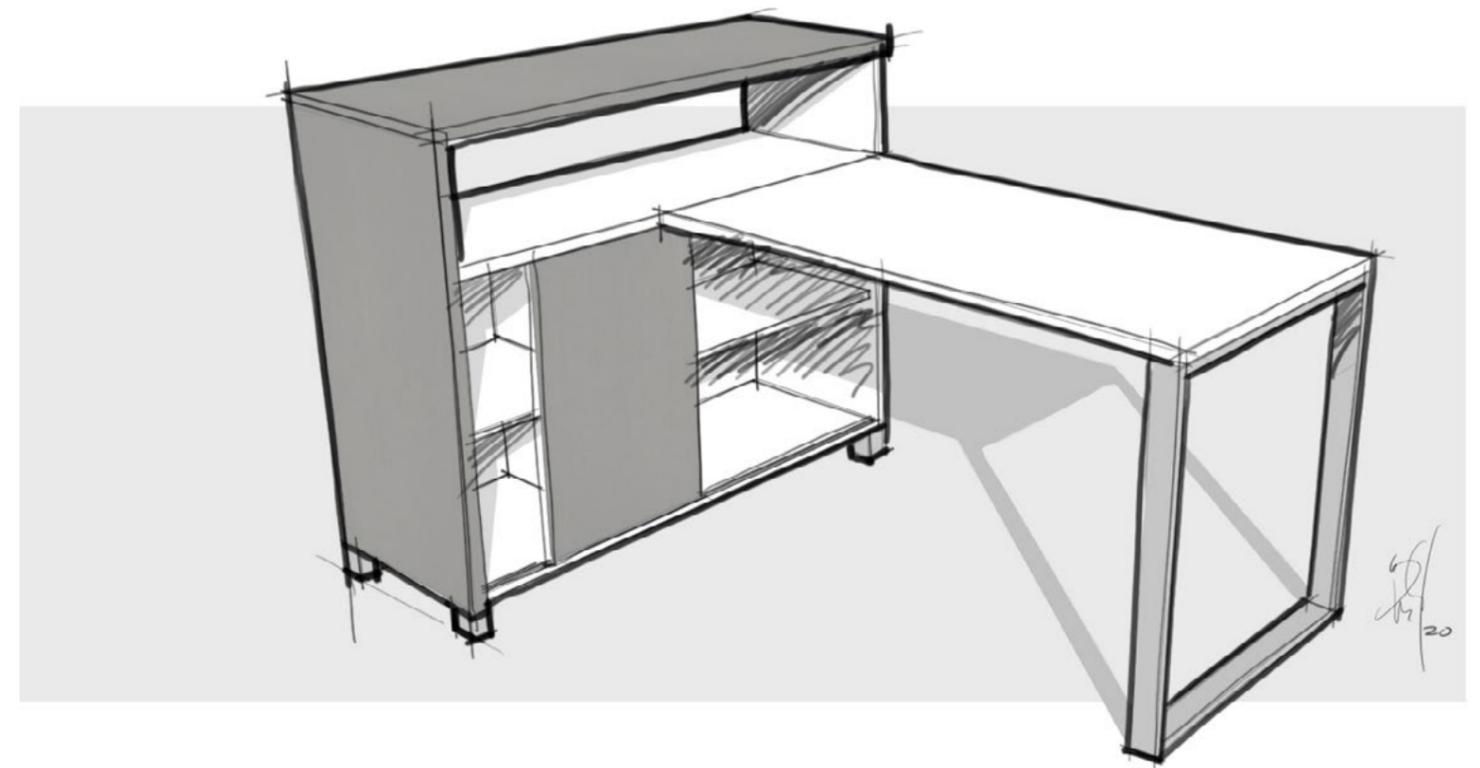
You might have more time to think about rearranging your space now that you are spending more time at home. Have you been wanting to refresh your guest room, but you were not sure how? Transforming that spare bedroom into a space you have always wanted has never been easier. A Murphy bed might be exactly what you are looking for.

You can choose from modern or classic Murphy Beds to fit what you have in mind for your space. You will not only have a stylish room but also have a completely practical space.

Adding a Murphy bed to your home can help you get back to living your life. It is important, now more than ever, to create a space that meets all your work, family, and relaxation needs. You can spend more time doing what you love, and with those you love, in a space designed with you in mind.

# A GLIMPSE AT OUR WORK-FROM-HOME COLLECTIONS

Bestar offers several collections adapted to the needs of remote workers. We understand that your home office furniture needs to work with you and your space. That is why we create pieces that are suitable for a variety of people and their homes.





## Aquarius SKU 114400

### CONTEMPORARY STYLE

For attractive and sophisticated office furniture, choose the Aquarius Collection. Your home office should be more than just a place to work, it should also be a reflection of your style.



**Equinox** SKU 115855

**MODERN AESTHETIC**

For offices small and large, the Equinox collection offers clean lines, balanced designs, and neutral two-tone finishes. Pair simplicity with efficiency in your work-from-home space.



**Pro-Linea** SKU 120896

**MODULAR EFFICIENCY**

The Pro-Linea collection allows you to work with your space. Mix and match a variety of pieces to create a workstation that not only meets your needs but also complements your space.



**Pro-Vega** SKU 130853

**ERGONOMIC DESIGN**

The Pro-Vega collection offers an assortment of standing desks that can move with you throughout your workday. Choosing a Pro-Vega desk means putting your comfort first.

# 2021 COLOR INSPIRATION

As the year comes to an end, we thought you might like a glimpse at the colors that will inspire, animate, and influence our lives in 2021. The following designs are based on Sherwin-Williams's Colormix® Forecast 2021 and their four Rhythm of Color palettes: Sanctuary, Encounter, Continuum, and Tapestry.



# OAKMOSS

NATURE'S WARMTH

Oakmoss

SANCTUARY - SW 6180 (213-C6)



# BLUSTERY SKY

RAW ENCOUNTERS

Blustery Sky

ENCOUNTER - SW 9140 (221-C5)



# LIMÓN FRESCO

BRIGHT SPIRIT

Limón Fresco

CONTINUUM - SW 9030 (147-C4)



# JAI PUR PINK

DELICATE FERVOR

Jaipur Pink

TAPESTRY - SW 6577 (104-C3)



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