

SONATA: Adaptive Workspaces, Better Health



SONATA
situation aware orchestration
of adaptive architecture

The SONATA project is investigating the health and wellbeing benefits of adaptive architectural technologies for those most vulnerable to poor workspace design – the workers themselves. This EU-funded project is researching how a range of architectural technologies, including adjustable acoustic ceiling panels, height-adjustable desks, automated robotic partitions, tinted glass windows and lighting, can be orchestrated and equitably distributed among workers to maximise their health benefits within unpredictable workplace situations. A key aspect of SONATA is that workers' preferences are fundamental to the project methodology, ensuring that workers will maintain autonomy and control within the automation process.

Through this research, SONATA is developing a series of person-centred, evidence-based recommendations, which will empower workers to make positive changes to their working environment, leading to better health, wellbeing, and organisational performance.

SONATA is now entering its third year, with many exciting developments underway. Subscribe to our newsletter to keep updated with all the latest news on our pilot studies, recommendations, tools, and more. The newsletter is available on LinkedIn: <https://www.linkedin.com/newsletters/7405993789473140736/>, or if you prefer to receive it directly in your inbox, you can sign up to the mailing list: <https://sonata-horizon.eu/subscribe/>.

If you would like to take a deep dive into our research, our deliverable reports are also available via our website: <https://sonata-horizon.eu/resources/?wpdmc=project-public-deliverables>

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