

# RELAX

... it's a Svenstol

The Svenstol® formula to  
prevent muscular strain



## SVENSTOL® X6 BLACK EDITION:

Limited special edition

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## (DISRUPTIVE) FACTORS AFFECTING OUR PERFOR- MANCE CAPABILITY:

Ergonomics tips from our new  
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How do you like  
your Svenstol®?  
Black.

Svenstol® X6  
**BLACK** edition



Our new Svenstol® X6 office model combines an upright, timeless design with exclusive Svenstol® comfort. Perfect for switching between focused work and relaxing.

And if you're looking for something even more exclusive, there's now the X6 Black edition. With a cover that combines leather look with a modern fabric design, black powder-coated aluminium parts and castors created by star designer Philippe Starck.

Strictly limited to 100 chairs. The stylish chair is rounded off with high-quality features including Svenstol® armrests, a comfort headrest and pneumatic lumbar support. All with our 10-year full warranty for office models.



The headrest support, armrest support, aluminium fittings and base are all coated black.

Cover with a high-quality leather look and comfortable fabric feel.



The castors are perfectly designed by Philippe Starck, like real wheels made from one piece.

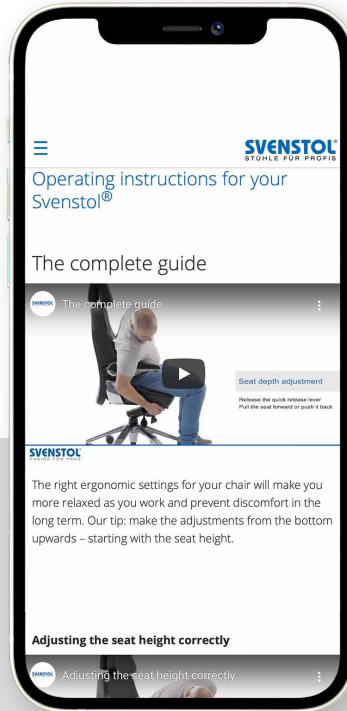
Limited to  
**100 chairs**

€1.599 plus VAT



## New features: Protective cover and QR code

Scan and go! Users of the Svenstol® take the shortest route to reach their destination.



### New: New: protective cover for the Svenstol® armrest



It's a shame to hide something as beautiful as the Svenstol® armrest. But there are demanding workplaces where it makes sense to protect the upholstery and aluminium support of the armrests from damage. The protective cover with Velcro fastener® is quick and easy to get on and off. The cover material is hard-wearing, easy-care artificial leather, and the armrests are not restricted in any way with the cover on. It also acts as additional comfortable upholstery on the armrest.

### New: QR code for the video guide on every Svenstol® 24-hour chair



You're wondering how to adjust your chair's seat depth, but can't find the instructions. With all Svenstol® 24-hour chairs this problem is now a thing of the past. Simply use your phone to scan the QR code on the label stitched on the right side of the seat, and you'll be able to access all the video guides for our models. A smart idea, especially for 24/7 workplaces with different chair users.

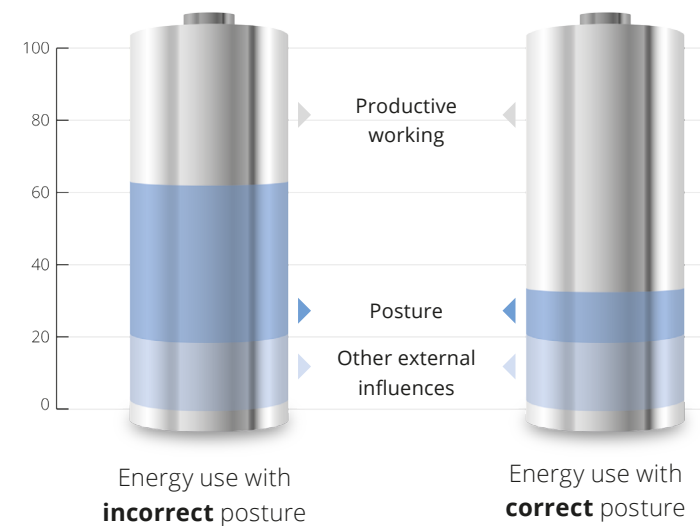
## The Svenstol® formula: Active sitting + comfort = LESS stress

Relax,  
it's a  
Svenstol®

Sitting for long periods at work is both tiring and the cause of muscular strain. This makes it difficult, even impossible, to concentrate. Studies prove that stiff, bad posture at work causes stress and can reduce our productivity by up to 40%. A Svenstol® combines optimal sitting comfort and active sitting, effectively

preventing muscular strain. It's user-friendly, making it easy to change your seating position throughout the working day. Developed for 24/7 workplaces, a Svenstol® meets the requirements of all users. Even over long, long periods of time.

Performance in %



According to the latest studies in the field of ergonomics, deficiencies in the working environment and the resulting poor posture reduce performance by 40%. In control centres in particular, staff are required to maintain exceptional focus and concentration.

A high-quality control centre swivel chair helps to prevent the avoidable symptoms of physical and mental fatigue. The user can focus fully on the task at hand, reducing the risk of errors.

### Active sitting

An upright position is the foundation of ergonomic sitting. However, in order to prevent health problems, we must move away from our established habit of sitting in a rigid, fixed position. Our activePlus mechanism was designed to enable the user to move around intuitively to find balance and identify the best position for their needs. Static sitting becomes active sitting – without taking the user's focus off their work.



### Relaxed sitting

Give your intervertebral discs a chance to really relax. Lean back to relieve all pressure on your spinal column and back and stomach muscles. Your feet remain firmly on the ground.



# (Disruptive) Factors affecting our performance capability



Chair, table and monitor are correctly adjusted, you've slept well and colleagues know to only disturb you as a last resort. Now, if the lighting, acoustics and room environment are also right, the report or the new app will practically write themselves.

- 1 The ideal room environment:** Temperature is 20-22°C, humidity 40 – 60%.
- 2 Sufficient daylight** is both stimulating and motivating. Ensure there is sun protection to avoid glare on your screen and high temperatures.
- 3 Optimal lighting** is a combination of indirect overhead lighting and a desk lamp positioned to the side.
- 4 White walls** have a stimulating effect. For other colours, it's best to check first what kind of impact they can have on mood.
- 5 Sound-absorbing** elements or pictures on the wall help to reduce background noise.
- 6 Regular impact** ventilation supplies oxygen and prevents the air from becoming too dry – especially in winter.
- 7 Green** plants are a great way to increase humidity in the office.
- 8** Keep your **desk organised:** make sure it's tidy and if possible limit it to only the absolute essentials.
- 9 Eating:** fresh fruit, vegetables or nuts boost concentration. Conversely, a rich midday meal is fatal for concentration
- 10 Drinking:** water is the best way to quench your thirst. It is best to keep a bottle of water with a glass on the table. Coffee increases short-term concentration, but more than two cups of caffeine a day can lead to health problems.
- 11 Movement:** chewing gum or a short walk boosts concentration.

**Eat the Frog:** Don't put off difficult tasks that require a relatively high level of concentration. Once you've taken care of the frog you will find it much easier to work.

**Printers** should be kept in an adjoining room so that you aren't distracted by the noise.

Find out more about how your environment can boost productivity in our new ergonomics brochure



Our new Svenstol® X6 office model with an attractive design.

This special model is strictly limited to 100 chairs, and you've got a chance to win your very own.

Simply answer the following question:

**How many minutes do we spend sitting down on average per day?**

**Hint:** You'll find the answer in our ergonomics brochure.

Send us your answer using our web form (please give your email address) or by email by 30/11/2021 [info@stolcomfort.com](mailto:info@stolcomfort.com).

The judges' decision is final.

**5 years full warranty on Svenstol® 24 hour chairs**

Chairs in control centres are under a lot more strain than chairs in normal offices. So for our Svenstol® chairs we offer a 5 year warranty covering all costs incurred, including material, labour and travel. For our Svenstol® Manager office model you even get a 10 year full warranty with immediate effect. Our company service team will provide a fast, reliable response to deal with any problem. In addition to our service there is also the option of having your 24 hour chairs serviced annually. The chairs are checked over, adjusted correctly and also wet cleaned if required.



**WIN NOW:**  
An X6 Black edition



**Would you like to test a Svenstol® for 4 weeks for free?**

We will be happy to help: Email [info@stolcomfort.com](mailto:info@stolcomfort.com) or call us on +49 5261-28897-0