

Nightingale Highlights

NOVEMBER 2019



MIKEY 1500

7 Ways to Master Your Mornings

Let's be honest, mornings aren't for everyone. While some people face mornings with a spring in their step, others prefer not to face them at all.

If your morning is currently filled with groaning and rolling over, there is in fact good news!

Believe it or not, there are ways to make mornings a more pleasant experience.

Whether you're a seasoned morning extraordinaire, or a night owl novice that's trying to get a grip, these 7 tips will help start your day right!



1. PLAN AHEAD

Instead of scrambling to get things organized the moment you wake up, take some time the night before to prepare what you'll need. Choose your outfit. Pack your lunch. Ready your work bag. These actions will ensure your mornings go off without a hitch. Avoid facing tough early-morning decisions, or worse, time-consuming dilemmas (like realizing you should have done laundry). Instead, reserve your brainpower for more important choices to be made later in the day!



2. AVOID SCREEN TIME

In the early moments of the morning, stay away from your phone. Checking emails and social media as soon as you wake is a surefire way to feel stressed before the sun's fully risen. Instead, ditch the phone as you start your day. This tech-free breather will make sure you aren't bombarded with information and pending items before you've even fully opened your eyes. The longer you can withhold, the better, but a solid 15 minutes without your screen will do wonders!



3. DRINK LEMON WATER

Lemon water is a great way to start the day! There are so many benefits to enjoying a glass, especially in the morning. For starters, lemon water speeds up your metabolism, helping your body burn fat at increased rates throughout the day. It's also superb for your digestive health, as lemon assists the liver in flushing away toxins. To top things off, lemon water is also a rich daily source of immune-system enhancing Vitamin C!

NIGHTINGALE HIGHLIGHTS



4. STRETCH

When you wake up, take a moment to give your muscles a good stretch. Stretching yields numerous benefits for the body including increased blood flow, better range of motion, and injury prevention. Stretching is also a great exercise for the mind — it often brings about mindfulness and stillness that helps lower anxiety levels.



5. CHANGE THE ALARM

Getting woken up by a rude, obnoxious alarm can be one of the most irritating parts of the morning time. Do yourself a favor and make waking up a little more pleasant by changing your alarm's ringtone. Try setting it to a happier tune, natural sounds, or a song you like. Even if you're fine with your current alarm tone, see if you can opt for the "fade in" feature — anything to make it less abrasive.



6. MAKE THE BED

Making the bed might seem unimportant, maybe even bothersome, but doing so sets a positive tone for the rest of the day. In the words of Navy Seal Admiral William McRaven, who gave a commencement speech at the University of Texas, "If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and will encourage you to do another task — and another. And by the end of the day, that one task completed will turn into many tasks completed." Moral of the story, make your bed, and set your goals in motion!



7. DO SOMETHING INSPIRING

Even if it's just for 10 minutes, fit one thing into your morning routine that you absolutely enjoy! Take time to read a book, do a crossword puzzle, listen to a podcast, write in a journal, walk the dog — anything you like! The idea is to start your day doing something that resonates with you and encourages you to take on your day with a happy, renewed perspective. Morning times don't have to be all about rush and stress, they can also be a great time for reflection and relaxation.



CorporateLiveWire
**INNOVATION
& EXCELLENCE**
AWARDS 2020



Nightingale Receives Innovation & Excellence Award

The 2020 Innovation & Excellence Awards has named Nightingale as their pick for “Specialist Seating Designer & Manufacturer of the Year”. This awards competition, hosted by Corporate LiveWire, seeks to recognize the pioneers, ground-breakers, trailblazers, and out-of-the-box thinkers of the corporate world. Winners were nominated by other businesses and corporate professionals, magazine subscribers, and/or magazine contributors, and decided upon by an internal panel of judges.

According to Corporate LiveWire, “Each of our award-winners have changed the world in some way, both in large and small quantities by creating new technologies,

setting new trends and evolving industry standards. The judges at Corporate LiveWire have taken multiple aspects of success into account when choosing their winners, which range from marketing strategies to eye-opening insights.”

As a result of this award win, Nightingale will be featured in the Innovation & Excellence Awards Guide 2020, which will be distributed to over 90,000 businesses and professionals around the world.

NIGHTINGALE HIGHLIGHTS



Nightingale's Enersorb™ Foam

In 1992, Nightingale took a risk. The company introduced Enersorb™ foam into its product line — a never-before-done move in the seating industry. It's safe to say, given how many Nightingale chairs now boast this game-changing foam, the company has never looked back.

So what makes Enersorb™ foam so revolutionary?

The answer rests within its cutting-edge composition.

Enersorb™ is not just a regular, everyday foam. Enersorb™ boasts a uniquely engineered formula, one that allows it to offer some pretty stellar benefits for end users. The foam contains silicone surfactants — instead of being petroleum based, as is typical — a substance which builds strength in the cell wall, and makes the foam more elastic in nature. This extra elasticity helps the foam withstand an abnormal amount of stress without damage to its struts.

This rare, special property allows Enersorb™ to offer a number of benefits that other foams simply can't.

The first of these benefits is a foam that keeps its shape for a long time. Enersorb™ won't "bottom out" after an

extended period of use, unlike other "sticky" petroleum-based foams that will look and feel great at first — only to compress permanently later. Enersorb™ on the other hand, returns to its original structure time and time again. Therefore, end users get the same level of comfort regardless of how long, or how much they use it.

Enersorb™ also dramatically reduces sitting fatigue. Sitting fatigue refers to the discomfort one feels when fatty tissues flatten out and distort while sitting. This creates pressure points in the lower half of the body, resulting in a loss of blood circulation. Enersorb™ curbs this problem in end users by having reinforced cell walls that disperse weight both horizontally and vertically — in contrast to most foams, which only distribute weight horizontally. Enersorb™'s unique ability to distribute weight more uniformly eliminates sitting fatigue altogether, and instead works to ensure proper blood circulation in seated individuals.

Enersorb™ boasts unique, advanced characteristics that puts it ahead of other foams in its class. This foam has been and continues to be an integral part of many of Nightingale's ultra-comfortable, long lasting chairs.

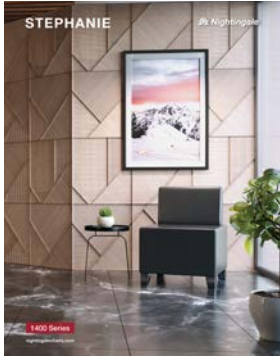


MOVEMBER IS HERE!

Movember brings men's health to the forefront during the month of November. Movember seeks to raise awareness around leading men's health issues — prostate cancer, testicular cancer, mental health, and suicide. The ultimate goal is to reduce the number of preventable men's deaths and encourage men take better care of their health.

Take part in this initiative and support men's health by growing a beard or mustache, or donating to someone who is!

NEW IN MARKETING



STEPHANIE BROCHURE

The Stephanie is a modular seating system that can be used alone or combined for a collaborative setting. Ideal for organizations that require multi-configuration in their office space or perfect as a lounge piece, the Stephanie will facilitate individual or social work.



STOOL BROCHURE

This top-grade stool is engineered for use in medical, dental, laboratory, or small-space environments where mobility is essential. Economical, hygienic, and comfortable, this seat ensures professionals are in the ideal position to do their best work.



SURGEON BROCHURE

The Surgeon Console chair was engineered to provide individual comfort and support for prolonged periods of time. The patented self-adjusting back and armrest support offers top-level ergonomic comfort that the user will appreciate.



BEETLE BROCHURE

The Beetle is a high-density, stackable chair. Comfortable enough for daily use and easy to store, the Beetle stacks up to 45 chairs high — a perfect solution for educational, institutional, or group seating needs.

TRULLO & DANFORTH II VIDEOS

Nightingale has released exciting new videos on the Trullo & Danforth II.

Click here to check out the videos.



NIGHTINGALE HIGHLIGHTS

DID YOU KNOW?

The NLC stool now features **auto-swivel!** Users can trust that the stool will comfortably and swiftly return to its original position once they've stood up.

Our innovative NLC stool keeps prep and clean up time to a minimum, ensuring a uniform, comfortable meeting experience.



NO TOOLS REQUIRED!

The Danforth and Trullo can be fully assembled without tools! No hammers, screwdrivers, or wrenches — only simple, hassle-free assembly thanks to parts that snap and lock into place. Another reason (of many) to enjoy these classic, stylish lounge seating models.

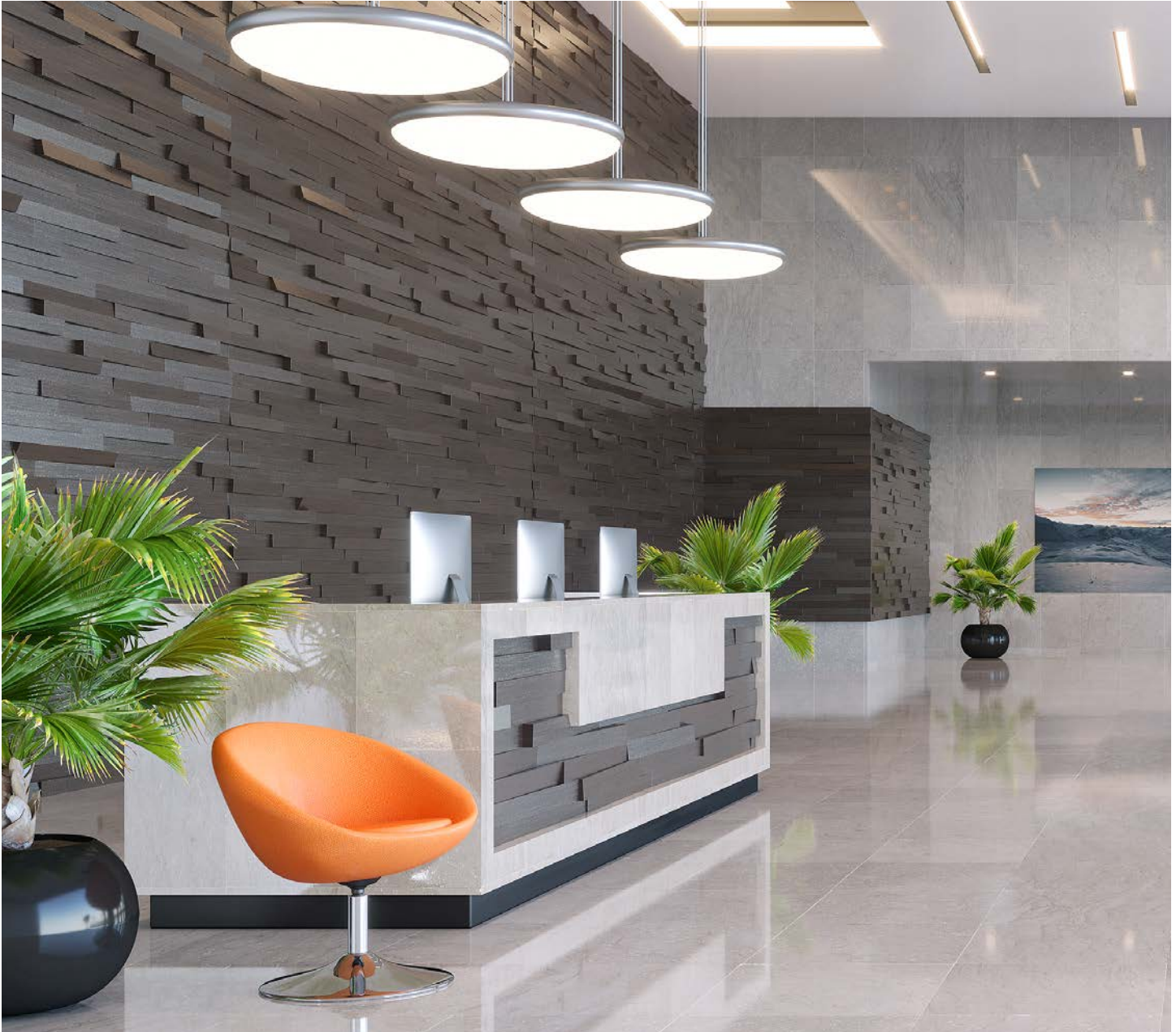


ABOUT US

Founded in 1928, Nightingale is a leading office seating manufacturing company with a growing global presence. Premium quality products are hand-assembled in our cutting-edge facility. Our commitment to comfort, quality, and innovation has driven our vision to be a global industry leader.

 **Nightingale**

 **BEST
MANAGED
COMPANIES**



MIKEY 1500

CONTACT

General Information

Main Office

(905) 896 3434

info@nightingalechairs.com

www.nightingalechairs.com

Sales Inquiries

Customer Care

1 (800) 363-8954

customer care@nightingalechairs.com

ISO 14001 & 9001 CERTIFIED
TB117-2013 COMPLIANT

