

**Important design features for Highly Sensitive People (HSPs).**

Information was obtained via a Pilot Study conducted with a group of people (of size 13) who have been identified with the trait known as Sensory Processing Sensitivity (SPS). The purpose was to measure the level of impact, ranking from major impact to no impact, of features that enable a person with SPS to feel at ease within the built environment. The information was collected via a questionnaire and some additional interviews. This table shows only the features that were ranked as having a major impact. For example, all respondents find that Fresh Air has a major impact on enabling them to feel at ease, whereas about 40% of the respondents find that Seating has a major impact on enabling them to feel at ease.

Feature	Attributes	Comments
Fresh Air (100%)	Provide easy access to fresh air i.e. windows, balconies, terraces	Avoid creation of draughts i.e. from air conditioning units
Vantage (100%)	Provide access to a place or position affording an overlook onto an area, either through a window, from a raised area or another vantage position.	
Plants (77%)	Enable people to commune with nature, to incorporate plants beyond the aesthetics of decoration.	
Lighting (77%)	Natural light	Provide access to daylight. Create dappled light Invite morning and afternoon light Ensure protection from glare and midday light
	Gentle, artificial light (diffused; bounced; filtered)	Provide wall, standing and table lights Avoid ceiling lights (any type) Avoid unconcealed light bulbs
Wood (as a material) (61%)	Enable people to commune with nature.	Ideally untreated and unvarnished wood  Avoid exposure to (unconcealed) steel
Sound (54%)	No sound	Not anechoic
	Good Acoustics	Low reverberation  No audible echoes; use soft absorptive materials
Spatial Dynamics (46%)	Position seating in locations that enables people to feel more relaxed. That is: Against a wall Next to a window In a corner	Avoid positioning seating:  Near a thoroughfare In the middle of a room
Canopy (where required) (45%)	To protect from glare and rain and to imply a boundary	
Watercourse or water feature (46%)	Enable people to commune with nature.	
Seating (38%)	Provide comfortable seating for people for whom the popliteal height and depth, of standard size chairs, is too great.	The provision of proportionate seating sits in the category of Physical Comfort.
	Provide seating that both enables the feet of the sitter to be placed flat on the floor, without placing pressure on the underside of the thighs or backs of the knees, and to rest the length of their back against the seat back.	
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