

# Wellness



SOLAR PANELS TOP THE GROUNDBREAKING PROTOTYPE.

## GOOD WORKS

### Scrub In

Some five billion people around the world lack access to affordable, safe surgery. To help close that health-care gap, Mount Sinai Hospital, working in collaboration with New York-based Kliment Halsband Architects, has debuted Uganda's **Kyabirwa Surgical Facility**: an innovative prototype that can be replicated worldwide. Modular, locally sourced, and entirely self-sustaining, the building is also attractive, with façades of red-clay tiles and patterned bricks, and an undulating steel-frame roof. (Its shape references local banana plants.) "Simplifying the project, identifying essential elements, and eliminating the rest were key," says architect Frances Halsband, who toured high-tech operating suites in Manhattan to determine the best medical equipment, systems, and program. Solar panels and an on-site generator allow the facility to exist anywhere, while a gray-water system recycles rainwater. For Halsband, distance only made the heart grow fonder: "Designing for a place thousands of miles away gave us the conceptual distance to rethink our preconceptions and to focus on precisely what would fit the context."

—ELIZABETH FAZZARE

## SLEEP

### WAITING FOR TONIGHT

"I'd rather have a good mattress than a car," says *Rodman Primack*, who directs clients to *Coco-Mat's Proteas* model, stuffed with eco-friendly coconut fiber, horsehair, eucalyptus, and more ([COCO-MAT.COM](http://COCO-MAT.COM)). "It's the best investment for your health." *Monique Gibson* couldn't agree more. "A beautiful bedroom is not enough," she says, recommending *Savoir's No. Two* mattress ([SAVOIRBEDS.COM](http://SAVOIRBEDS.COM)). "There are hands tailoring each bed to your body." Whereas *India Mahdavi* chooses *Tempur-Pedic* ([TEMPURPEDIC.COM](http://TEMPURPEDIC.COM)) for a good night's rest, *Joe Nahem* swears by *Vispring* ([VISPRING.COM](http://VISPRING.COM)). "All the springs are tied and sewn by hand," he explains. "Plus, they use all-natural materials like sheep's wool and horsehair." After rave reviews from his clients, he splurged on one for himself. "I now dread getting out of bed," he says. But a great mattress doesn't have to break the bank, according to *Brigette Romanek*, who chooses direct-to-consumer pioneer *Casper* ([CASPER.COM](http://CASPER.COM)). "Everyone who has slept on ours loves it." —HANNAH MARTIN



AD100 DESIGNER RODMAN PRIMACK'S MEXICO CITY BEDROOM.

FROM TOP: BOB DITTY; STEPHEN KENT JOHNSON