



*(Picture courtesy of zPods)*

# Epic Empowerment Campus Dorm Room Solution Goes High

Epic Empowerment Campus welcomes zPods to be used in our Epic Dorm solution. We decided to improve our dorms with this innovative sleep system, which you can sponsor for a student this coming school year. These sleep capsules are equipped with a comfy twin bed, multi-led lights that can be adjusted to the mood, USB plug-ins, bluetooth speakers, smart TV, fan control, easy to assemble slide doors, and powerfully built and durable walls to keep our young leaders safe and secure in a personalized space of their own.

Why is this important? Good sleep improves your mood, health and even brain performance, which are necessary in a young person's development to be able to succeed. Not getting enough quality sleep regularly raises the risk of many diseases and disorders, such as - but not limited to - stress, heart diseases, obesity, dementia, and even chronic health problems. Sleep also supports growth and development in children and teens, and getting inadequate sleep over time can also affect how well you think, react, learn, work and get along with others.

Epic Empowerment Campus decided to approach this innovative sleep tool in order to help our young leaders to optimize their sleep performance, and to be able perform academically without any interruptions or setbacks. As we established in our pillars for next generation leadership, young people need these four elements (housing, education, employment and health) to reach an epic success, and are a foundation for anyone who wants to achieve any level of success leading a healthy lifestyle.

This foundation will help us guide them to these four essential anchors for leadership: adversity as fuel, engineering risk, enlisting a leadership coach, and servant leadership.



17795 Wild Horse Creek Rd • Chesterfield

(636) 300 - 9000

[epicempowerment.org](http://epicempowerment.org)

**How can you help? You could sponsor a zPods for students, please visit our website for more information. <https://epicempowerment.org/podsponsor/>**