

Wind down like a Swede - new study reveals the significant health effects of Swedish nature

Swedish nature helps you become less stressed, according to a new case study from Sweden. By spending 72 hours in glass cabins on an island of their own, five people with stressful jobs got to experience the Swedish 'close to nature' lifestyle. "The participants decreased their stress levels with almost 70 percent", says Walter Osika, Researcher in Stress and also Associate Professor at Karolinska Institutet in Stockholm. Now, Sweden invites the rest of the world to wind down in nature like a Swede, making the glass cabins available for everyone to book for a 72 hour stay.

Sweden's life quality index ranks [high](#) and its 'close to nature' lifestyle is now proven to be part of the secret. Between the 7th and 10th of September, Sweden teamed up with researchers in stress, to study the effects on people's health whilst living in Swedish nature. For three days, five people with some of the world's most stressful [jobs](#), among them a French Taxi driver, a German Police Officer and a British Broadcaster, got to swap their urban city lives for an off-the-grid experience in Dalsland, West Sweden. They lived in custom-made glass cabins and took part in common Swedish outdoor activities, such as fishing, swimming and cooking.

- I am positively surprised by the result and it shows that a 'close to nature' lifestyle can improve people's well-being. On a 10-point stress scale, the participant's stress levels decreased from 5,3 to 1,7 points, corresponding to an almost 70 percent decrease of stress, which is remarkable, says Walter Osika, Researcher in Stress and Associate Professor at Karolinska Institutet.

Each participant stayed in a glass cabin of their own, in order to be as close to nature as possible. After 72 hours, they all showed a significant decrease in systolic blood pressure. Additionally, there was a drop in heart rate, and an increase in creativity and well-being.

- With this case study, we want to inspire more visitors to take part in our 'close to nature' lifestyle. In a stressed world, we can see an increased demand for authentic nature experiences, and Sweden's accessible nature is the perfect place to wind down and enjoy outdoor life, says Jennie Skogsborn Missuna, Chief Experience Officer at Visit Sweden.

The glass cabins are available for reservation from 9th October, 2017. Watch a short documentary about the case study and find out more about how to book a cabin and other 'close to nature' experiences on <https://visitsweden.com/72hcabin>

Explore the full results from the case study: <https://visitsweden.com/72hcabin-results/>

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