



COCOON

MODE DE VIE

A neuroscience-based approach to how your home and workspace shape your brain, body, and longevity.

WHO WE ARE

What Cocoon Mode de Vie Does

Grounded in the Cocoon Method™, our proprietary neuroscience-based methodology, we are the only practice that starts with you: a personalized assessment of how your nervous system interacts with your environment. Applied to your specific space, it produces your Cerevra Blueprint™, a clear plan for exactly what to change so you think, feel, and recover better.

We believe your home and workplace should restore you, inspire you, and sustain your wellbeing, every single day. Our approach transforms spaces into sensory sanctuaries, attuned to the rhythms of your brain and body. Every recommendation is guided by science and tailored to your individual lifestyle and longevity goals.

Supported by a world-class team of experts in neuroscience, psychology, and medicine, we craft environments that awaken the senses and elevate the way you live. Our clients range from private individuals to property developers, corporations, and wellness partners, across New York, Los Angeles, Miami, and Paris.



Wellbeing Starts With Your Space

We believe a stress-regulated, healthy, and mentally resilient life is the foundation of longevity. Homeostasis, the state where mind, body, and environment are in balance, sits at the center of that foundation.

The spaces we inhabit shape how we think, feel, and age, influencing energy, focus, and long-term health in ways that are often invisible until someone points them out.

Our approach sits at the intersection of neuroscience, environmental psychology, and design. By understanding how the brain and body respond to light, texture, sound, and layout, we turn that science into a clear plan and see it through, whether alongside the professionals who already shape your space, or with our own network of design and delivery partners.

This is neuroarchitecture: designing for how the brain and body actually respond to a built environment, not for aesthetics alone.

“Longevity is the art of living with intention, where time, health, and meaningful experience shape a fulfilling life.”

Founded From a Simple Question

Cocoon Mode de Vie was founded by Sarah Morrissey, an Irish businesswoman balancing an international career with her own health and longevity goals. She found herself wishing for a service that could assess her environment the way a clinician assesses a patient: her own home, her own office, the specific spaces she actually lived and worked in, translating neuroscience and longevity science into practical guidance built around them.

Cocoon Mode de Vie was built on one belief: the places you live and work are already shaping your nervous system, your recovery, and your longevity. The only question is whether they're doing that on purpose.

COCOON MODE DE VIE

*Named for the feeling of
being restored and
understood, built around the
specific spaces where you
actually live and work.*

THE SCIENCE

What Is Neuroarchitecture

Neuroarchitecture is the study of how a built environment interacts with the nervous system: how light, layout, sound, texture, and material shape focus, stress, sleep, and recovery. It sits at the intersection of neuroscience, architecture, physiology, and psychology.

- **Physiology** How the body's systems respond to the space around them.
- **Emotion** How a space makes a person feel safe, calm, or on edge.
- **Behaviour** How layout and design shape everyday habits and routines.
- **Cognition** How light, sound, and material affect focus and clarity.

Who We Work With



For Individuals

*See how your home interacts
with your brain and body.*



For Developers

*Increase the value of your
assets, current and future.*



For Corporations

*Retain your best people by
investing in the environment
where they actually work.*



For Partners

*Add our expertise to grow
your business.*

FOR INDIVIDUALS

How It Works

A single, structured pathway. Each stage builds on the one before it.

01

Sensory Design Consultation

A focused first conversation. We assess sleep environment, work environment, stress patterns, and one space of your choosing, and leave you with recommendations you can act on immediately.

02

Longevity Home Starter

A full assessment of one key space, typically a bedroom, home office, or main living area, applying a focused set of our proprietary frameworks in depth.

03

Cerevra Blueprint™

A complete assessment of your primary residence across every proprietary framework, producing a full scientific profile of how your home interacts with your brain and biology.

04

Bespoke Integrated Programme

For clients whose goals extend beyond the home: a curated specialist team, coordinated across the year, working from the Blueprint as its foundation.

Every stage is credited toward the next. No client is asked to choose a tier in isolation; the pathway unfolds naturally as goals grow.

Longevity Is a Capital Shift

Longevity is no longer a wellness amenity. It is where capital is already moving. Health-certified buildings command a measurable rent premium, and dedicated wellness features add measurable value over comparable properties, independent of a building's age.

The Cerevra Blueprint™, scoped to a developer's unit types and shared amenities, defines exactly how the Cocoon Method™ applies to the project. Cocoon Mode de Vie convenes and directs that application throughout, whether alongside the developer's own architecture and construction teams or through our own network of design and delivery partners, with a dedicated Cocoon Mode de Vie project lead overseeing every phase.

The same rigor applies to mission-driven and affordable housing, where the science is not an amenity. It can be the difference between a resident's nervous system finding regulation or not. We welcome a direct conversation with mission-driven housing partners.



Retention and Performance, Not a Wellness Perk

Cocoon Mode de Vie works with corporate partners to apply neuroarchitecture principles to office and hybrid work environments. This is a retention and performance program, not a wellness perk.

Employees learn how their physical space affects cognitive performance, stress regulation, and long-term health, then apply that understanding to the environments they actually work in, delivered through workshops, personalized assessments, and expert consultation.

At scale, we deliver structured reports showing how a current workspace affects the people who drive performance, from top producers to directors, VPs, and EVPs, giving your organization a science-based framework to improve workspace strategy and strengthen retention across every office.

Our Partner Network

Cocoon Mode de Vie works alongside a network of partners who extend what a single practice can offer. Each relationship runs in both directions.

Design

Architects and interior designers who help apply the Cocoon Method™ to a Bespoke Project, whether as part of the client's own team or within our own delivery network, with Cocoon Mode de Vie directing how the science translates into design.

Wellness & Health

Longevity clinics, physicians, and somatic therapists, including our partnership with Clinique La Prairie, for clients whose goals extend into clinical longevity medicine beyond the home.

Hospitality & Lifestyle

Boutique hotels, private clubs, and concierge services, offering a warm referral channel and co-branded experiences.

Visibility & Talent

PR, talent management, and media partners who help tell a credible, specific story about how the home supports recovery and performance.

A LEGACY PARTNERSHIP IN LONGEVITY

Cocoon Mode de Vie × Clinique La Prairie

Clinique La Prairie has led the science of longevity since 1931, from its health resort on Lake Geneva in Montreux to a growing network of Longevity Hubs worldwide. Their work centers on advanced diagnostics, genetic and epigenetic insight, and precision medicine across four pillars: medical, nutrition, movement, and wellbeing.

Cocoon Mode de Vie is the science of individuals within their spaces. Clinique La Prairie is the science of individuals away from them. Together, they cover both sides of the same goal: a longer, better-lived life.

Health resorts in Montreux, Anji, Saudi Arabia (2026), Phuket (2026), and Hudson Valley, NY (2028), with Longevity Hubs across five additional cities worldwide.

Sarah Morrissey

Sarah Morrissey founded Cocoon Mode de Vie after years of balancing an international career with her own health and longevity goals. Trained in psychology and neuroscience, including an MSc in Psychology and Neuroscience at King's College London, she built Cocoon Mode de Vie around a simple premise: home and work are never neutral. They are constantly shaping the brain, body, and nervous system of the people who use them, whether or not anyone notices.

"I built Cocoon Mode de Vie not to make a home or office look better, but to make them work with your nervous system, on purpose, every single day."

SARAH MORRISSEY, FOUNDER, COCOON MODE DE VIE

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BOOK A SENSORY DESIGN CONSULTATION

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