

## Everyone loves naps

### **Slumber Number Challenge Health Information** Fourth Quarter, 2015

Who wouldn't love to nap more? For those of us working, it can be hard to fit naps in, but consider napping on your days off.

### **Types of Naps**

**Planned Napping**—when you take a nap before you actually get sleepy. Planned napping can be done when you know you will be up later than usual, or to prevent you from getting tired earlier.

**Emergency Napping** – when you are very tired and cannot continue with the activity you were busy with. Helps fight drowsy driving or fatigue.

**Habitual Napping** – when you take a nap at the same time every day.

### **How Long Should You Nap?**

- 10-20 minutes—great for boosting alertness and energy. This length limits you to the lighter stages of non-rapid eye movement, making it easier to feel alert after you wake up.
- 30 minutes—might give you a sleepy feeling when you wake up. This feeling may last up to 30 minutes, which means you will not begin to feel the benefits of the nap until that sleepy feeling has gone away.
- 60 minutes—can aid in improving memory of faces, names, and facts. One negative effect of taking a 60-minute nap is that you may feel sleepy for a period of time upon waking.
- 90 minutes—long enough to complete a full cycle of sleep. This leads to improved emotional and procedural memory as well as increased creativity.

### **Tips for Nap Taking**

Pay attention to your napping environment.

- Your surroundings can have an impact on your capability to fall asleep. Try finding a relaxing place to lie down where the temperature is comfortable and noise is minimal.

*(continued)*



Take a nap at ideal times.

- If you try to take a nap early in the morning, your body may not be ready for more sleep. Likewise, if you take a nap too late in the day, it can interfere with your ability to fall asleep at your regular bedtime.

## **Benefits of a Nap**

- Restores alertness
- Improves mood
- Enhances performance
- Reduces fatigue
- Reduces mistakes and accidents
- Improves performance and memory
- Provides relaxation

*Source: Sleep Foundation*