A GUIDE TO A GOOD NAP
Naps are an effective tool against daytime sleepiness. However, not all naps are created equal, and many factors impact how helpful naps can be.
Benefits of Napping
A 30-min nap can decrease sleepiness and increases alertness.
Naps can be more effective than caffeine at improving performance.
Naps can improve your memory.
Tips on How to Nap More Effectively
Take short naps (under 30 minutes)

Taking short naps prevents you from entering a deeper sleep stage and feeling groggy.
Do you already follow this tip?
If so, add a tally mark below.
Nap in the early afternoon

When you take your nap impacts your circadian rhythm.
Do you already follow this tip?
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Nap in a sleep-inducing environment

A dark and quiet environment can improve sleep quality.
Meet with a Sleep Coach

Everyone experiences naps differently. Schedule a chat with a sleep coach at the Office of Health Promotion to find the best napping strategy for you!
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scan me for sleep coaching


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