



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.

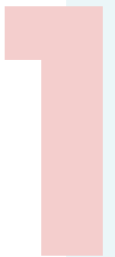


— Tips on How to Nap — More Effectively



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.

2



Do you already follow this tip?

If so, add a tally mark below.



Nap in a sleep-inducing environment

A dark and quiet environment can improve sleep quality.

3



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!

4



Do you already follow this tip?

If so, add a tally mark below.





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SOURCES

Lavie, P., 1986. Ultrashort sleep-waking schedule. III. 'Gates' and 'forbidden zones' for sleep. *Electroencephalography and clinical neurophysiology*, 63(5), pp.414-425.

Gillberg, M., Kecklund, G., Axelsson, J. and Åkerstedt, T., 1996. The effects of a short daytime nap after restricted night sleep. *Sleep*, 19(7), pp.570-575.

Milner, C.E. and Cote, K.A., 2009. Benefits of napping in healthy adults: impact of nap length, time of day, age, and experience with napping. *Journal of sleep research*, 18(2), pp.272-281.

Mednick, S., Nakayama, K. and Stickgold, R., 2003. Sleep-dependent learning: a nap is as good as a night. *Nature neuroscience*, 6(7), pp.697.

Lahl, O., Wispel, C., Willigens, B. and Pietrowsky, R., 2008. An ultra short episode of sleep is sufficient to promote declarative memory performance. *Journal of sleep research*, 17(1), pp.3-10.

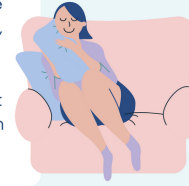
Faraut, B., Andrillon, T., Vecchierini, M.F. and Leger, D., 2017. Napping: a public health issue. From epidemiological to laboratory studies. *Sleep medicine reviews*, 35, pp.85-100.

LAYOUT



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Tips on How to Nap More Effectively

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