

A GUIDE TO A GOOD NAP^{zzz}



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 increase alertness
- Naps can be more effective than caffeine at improving performance
- Naps can improve your memory and retention

How to Nap More Effectively

- Take short naps (under 30 minutes)
 - Prevents you from entering a deeper sleep stage and feeling groggy
- Nap in the early afternoon
 - Timing impacts your circadian rhythm
- Nap in a sleep-inducing environment
 - A dark and quiet environment can improve sleep quality



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!

EXPLORE OHP RESOURCES!

References

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