NAP LIKE A PRO

WHAT MAKES AN IDEAL NAP?

WHEN:
★ Best time to nap is 2/3pm during your body’s natural energy and blood sugar dip.
★ Around 7 hours after you wake up.
★ No less than 3 hours before bedtime.

DURATION:
★ 20 minutes is the prime nap length.
Body has entered lightest non-REM stage to help you awake easier.
★ Helps improve alertness, enhance performance, and have a better mood.
★ 90 minutes equals 1 complete sleep cycle.
Your body goes from the lightest sleep to the deepest sleep and back again so you wake up easier.
★ Helps boost memory and creativity.
★ Waking up between 20-90 minutes makes you feel groggy.

Napping may not be helpful if you have insomnia. Visit with a counselor at Health Services for support.