

Recharge and Conquer: The Power of Napping.

Good morning, everyone. I am Joy Kumar Ghosh.

What if I told you that some of the most successful people in the world—Google employees, NASA astronauts, and even LeBron James—rely on the same powerful tool to boost their performance? It's not a drug. It's not an expensive supplement. It's something completely free.

It's a nap. Today, I am going to talk about the power of Napping.

But here's the problem: most people think naps are for babies or lazy people. But a short nap during the day isn't a sign of weakness, it's a science-backed tool that can boost your brain, improve your mood, and increase your productivity.

NASA did a study on pilots and found that a short nap improved alertness by 54% and reaction time by 34%. That means Napping can literally make you sharper and more focused.

And what about students? A Harvard study found that naps can boost memory retention by 20%. So, if you want to remember that tough formula for your exam, a nap might be as effective as extra study time. Even big companies like Google and Nike have installed nap pods in their offices because they know a well-rested employee makes fewer mistakes and comes up with better ideas. If billion-dollar companies trust naps, why shouldn't we?

Even some of the greatest minds in history swore by naps. Winston Churchill, prime minister of the UK, led Britain to victory in World War II. He took daily naps and believed they helped him work long hours without burning out. And it's not just historical figures—NBA superstar LeBron James naps for up to three hours daily to keep his body and mind at peak performance. If one of the greatest athletes of all time prioritizes rest, maybe we should, too.

Now, you might be thinking, "I don't have time for a nap." But here's the secret: you don't need an hour. Just 20 minutes is enough. Sleep experts say that a 10 to 30-minute nap gives you energy without making you feel groggy. That's because short naps let your brain reset without entering deep sleep.

I also take naps. I first connect my earbuds and play soft romantic theme music, then set the alarm for 20 minutes, close my eyes, and try to feel the music. I play music to prevent myself from entering deep sleep. If your nighttime sleep is not well, you can enter into a deep sleep during naps. In that situation, you might feel groggy.

So, what's the takeaway? Next time you feel drained, skip the third cup of coffee. Instead, set a 20-minute timer, close your eyes, and wake up sharper, more focused, and less stressed. Just try it because genius doesn't come from endless hustle - it comes from knowing when to rest.

Thank you!