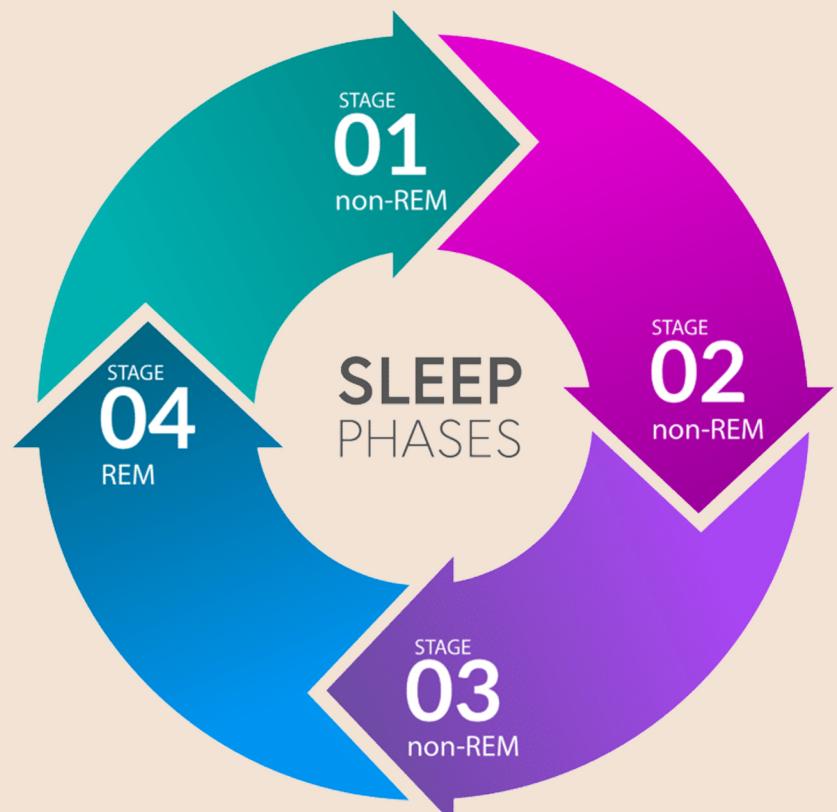


## THE IMPORTANCE OF NAPPING VARY FROM PERSON TO PERSON:

Short naps generally don't affect nighttime sleep quality for most people, but if you experience insomnia or poor sleep quality at night, napping might worsen these problems.

Mayo Clinic



Naps ranging from 30 min- 90 min are problematic because the body drops into a **deep sleep**, but does not complete a full sleep cycle. This can lead to **sleep inertia**, a groggy feeling.

SleepFoundation

## NAPPING LEADS TO INCREASED RISK FOR...

- Overall poor quality sleep
- Insomnia
- About 6% of adults suffer
- Heart Disease
- Includes heart attacks, hypertension
- Depression &
- Diabetes

Harvard Health Publishing,  
Harvard Medical School

## THE HIDDEN DANGERS OF DAYTIME SNOOZING

# NAP TRAPS *zzz*