

THE SCIENCE-BACKED BENEFITS OF NAPPING

Catch Some ZZZs

Do you want to enhance your relaxation, reduce fatigue, increase alertness, improve your mood, and better your memory and cognitive function?

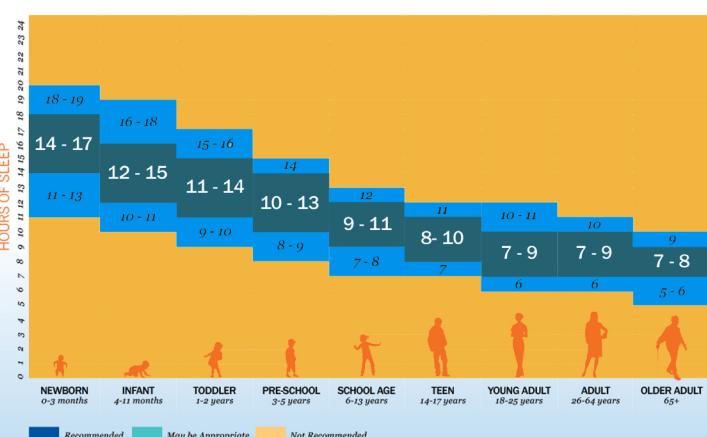
The solution is ...

DAYTIME NAPPING

"Better for you than coffee" - Belltower



SLEEP DURATION RECOMMENDATIONS



Adults need an average of 8 hours of sleep per night.

"The average person gets less than seven hours of sleep every night and 50 to 70 million adults in the U.S. are affected by a sleep disorder."

Marissa Walsh Pharm.D.

THE SECRETS TO NAPPING LIKE A PRO: HOW LONG TO NAP

15-20 minutes will give you a boost of energy and improve your mood



30 minutes may make you feel a little groggy, aim for 20 min, or a long nap



1 hour will improve your memory and cognitive function



1.5-2 hours will enhance your creativity and make you feel rested



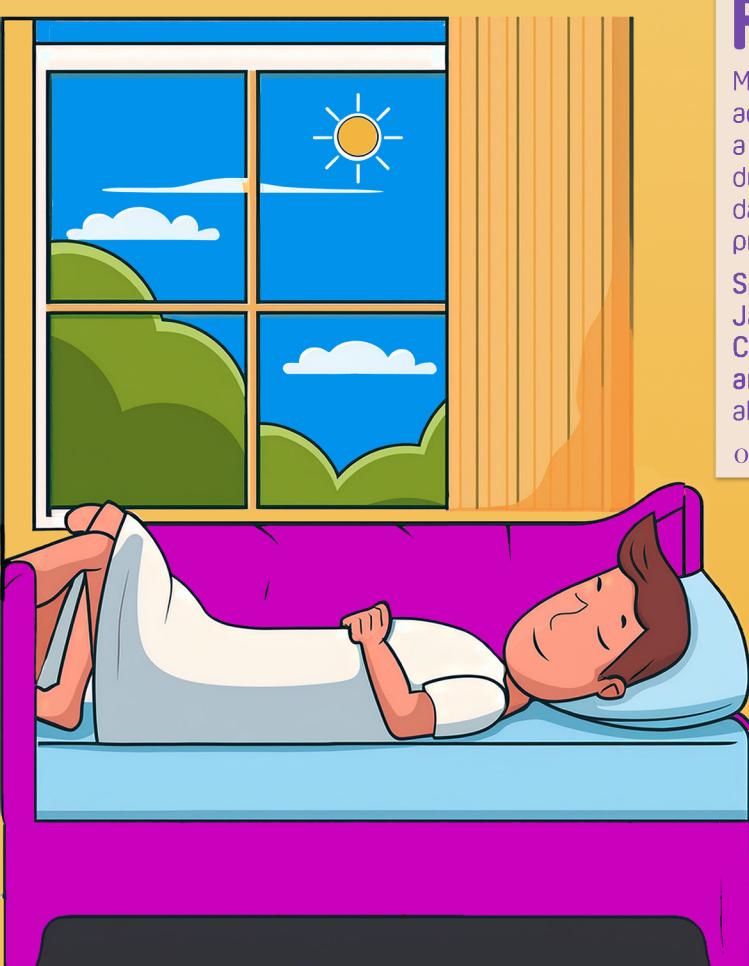
Techreport

FUN FACT

Many countries actually have a set naptime during the work day to increase productivity.

Spain, Japan, China, and Italy all do this.

Open Access Government



HOW TO GET THE BEST NAP:

Aim to nap around 1-3pm
- Sleep Foundation

Use a silk pillowcase to maintain soft hair and smooth skin
- Sleep Foundation

"Keep your room dark, cool, quiet"
- University of North Carolina