



Is daytime napping an effective strategy to improve sport-related cognitive and physical performance and reduce fatigue? A systematic review and meta-analysis of randomised controlled trials

Memas et al. 2023, *Br J Sports Med*

Meta-analysis of
N=22
studies

Sample size **7** N **20**

Nap duration **10** min **120**

Nap time **12:30** **16:50**

Age **18** years **35**

Athletes & recreationally active



During otherwise **normal sleep**, an early afternoon nap (most commonly **2pm**) **between 30 and 60 minutes** improves cognition, physical performance and fatigue.



Cognition

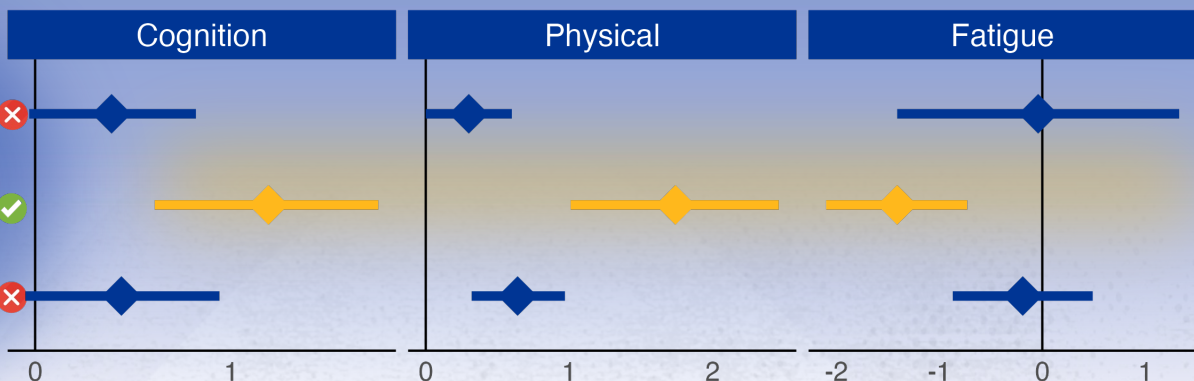
Physical

Fatigue

60 to 120min ✗

30 to <60min ✓

<30min ✗



Allow for

60

minutes after the nap
to optimize the effects



???

Unclear if effects
persist when sleep
deprived