

<div>Sleep fact and fiction</div>	
Notes & Cues:	<div>Article:</div> <div><p>Is a power nap or siesta a good idea if you're exhausted?</p><p>A siesta is not the same thing as a power nap. Siestas are a cultural norm in certain places (particularly in hot countries) where people take a brief rest after lunch. We can do this because our circadian biology (body clock) has a natural dip in the afternoon.</p><p>If we are extremely sleepy during the day then we should stop and take a nap – especially if our jobs require alertness (lorry drivers, for example). A nap of 15-25 minutes avoids getting into deep sleep, but can still renew levels of alertness and restore the brain's capacity for learning – and even improve mood. However, naps don't replace the need for night-time sleep.</p><p>Is an hour's sleep before midnight really as good as two after?</p><p>No, but everyone should make sure they get enough sleep. Don't burn the candle at either end.</p><p>Can we catch up on lost sleep during the week with a lie-in at the weekend?</p><p>To some extent, but it's important to remember our daytime performance during the week will be suboptimal when we have had insufficient sleep during night-time.</p></div>
Summary:	