



MARK'S TIP OF THE WEEK

Benefits of Napping



Our country seems too sleep-deprived and we are not sure why. Could it be our busy lifestyles, are we over-caffeinated or is something else going on? Either way, short naps could benefit many of us.

Naps of 20-30 minutes can improve your mood, your performance, and your alertness. That being said, naps might not always make up for our poor sleep habits. Taking naps too late in the day may interrupt your sleep at night and can start a cycle of sleep deprivation.

To create an environment conducive for naps, remember a few things:

- Make sure the area is comfortable and quiet
- Choose an area that has minimal light
- Set the temperature that is right for you

If you know you will be up later than normal, take a pre-planned nap so you can stay alert longer. If you are finding it hard to stay alert when driving, you may need to pull over and get a quick nap so that you are able to continue safely on your way.

Naps do come with possible drawbacks. A nap could leave you with sleep inertia: that groggy, disoriented feeling that you get just after awakening. This is especially true if the nap is longer than 30 minutes. People that nap may be labeled as lazy or having no ambition.

Bottom line: if you are tired and can find a nice safe and comfortable spot, dim the lights, turn off your cell phone and take a quick nap.

Source: The National Sleep Foundation

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