

Napping



Did you know that taking a 20-30 minute nap could improve your academic performance? The power nap effect is similar to when a computer makes a SAVE and stores the information: a short, well-timed nap will boost your alertness, productivity and concentration.

Napping Tips:

- Limit your nap to 20-30 minutes.
- Use your cell phone alarm clock to wake you in 20 minutes. Set it to vibrate, so it wakes you up gently and doesn't disturb anyone else in the room.
- Nap in the late morning or early afternoon. If you nap late in the day you may disrupt your nighttime sleep.
- Minimize sleep distractions with a dark and quiet place to nap. Use as eyeshade and earplugs.
- If you wake up groggy and disoriented, consider a shorter nap next time. For some, 10 minutes is just right for a nap. Even if you wake up groggy, you can do something quick to wake yourself up: splash water on your face, have a glass of water, go for a short walk.
- Decrease caffeine consumption to one cup of coffee, tea or soda a day, preferably four hours before naptime or nighttime sleep. Studies show naps improve memory consolidation better than caffeine.
- Nap before you work-out, take a long drive, perform on the field or on the stage, or go to a party. You'll have more energy, be safer, and get more out of an event if you are awake and alert.
- Keep in mind: if your nap creeps beyond 30 minutes, you fall into deep stages of sleep and this will affect your ability to get a good night's sleep.