



# The “Power” in Power Naps

While naps do not necessarily make up for inadequate or poor quality nighttime sleep, a short nap can help to improve mood, alertness and performance.

- ★ **A short nap is usually recommended (20-30 minutes).** This type of nap provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.
- ★ **Your sleep environment** can greatly impact your ability to fall asleep. Make sure that you have a restful place to lie down and that the temperature in the room is comfortable. Try to limit the amount of noise heard and the extent of the light filtering in.
- ★ **Don't nap in the evening.** If you take a nap too late in the day, it might affect your nighttime sleep patterns and make it difficult to fall asleep at your regular bedtime. If you try to take it too early in the day, your body may not be ready for more sleep.