



**TIP #**  
**9**

## LIMIT NAPS TO 20 MINUTES

A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Strategically napping is one great way to get a better night's sleep.

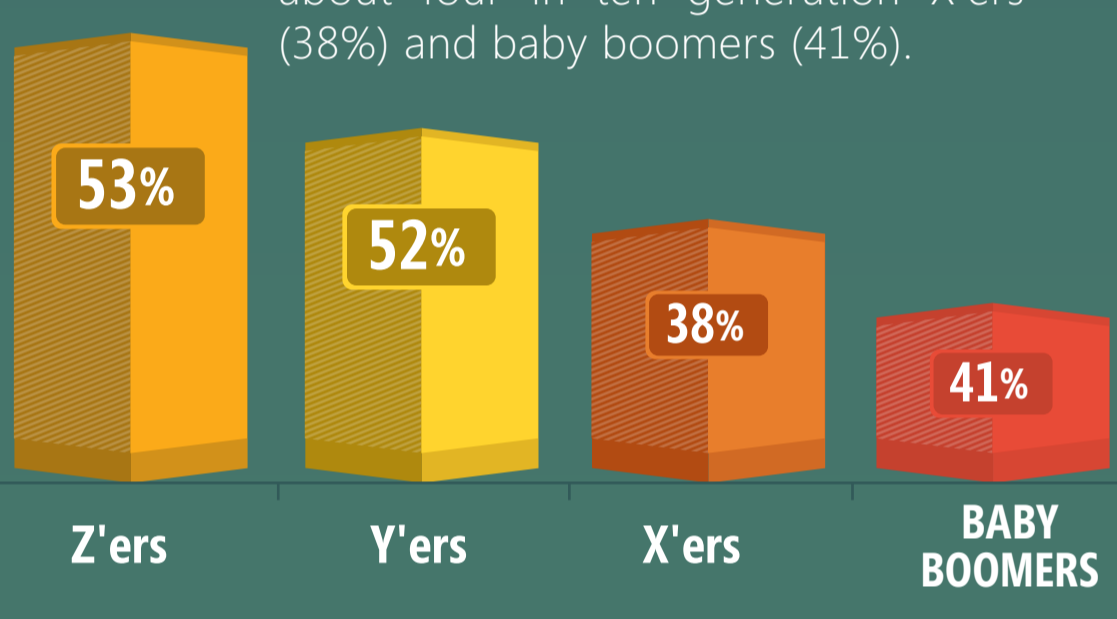


### HOW COMMON IS NAPPING?

Napping is common in all age groups.

The two youngest groups report slightly more napping during the week.

More than half of generation Z'ers (53%) and generation Y'ers (52%) say they take at least one nap during the work week/school week compared to about four in ten generation X'ers (38%) and baby boomers (41%).



### WHY DO WE NAP?

There is not a single reason why we nap. Here are a few of the more common reasons:



Some of us are nappers and some of us are not.  
Some of us realize the benefits of napping and some of us do not.



### BENEFITS OF NAPPING



Naps as short as 30 minutes to as long as 4 hours improve alertness and performance for up to 2-3 hours after napping



Shorter naps are more effective than longer naps...even a 10-minute nap



Memory consolidation improves after napping for newly acquired information

### ARE YOU A STRATEGIC NAPPER?

#### ASK YOURSELF THESE QUESTIONS



- Do I nap to alleviate afternoon sleepiness?
- Do I nap to stay on the cutting edge of performance and alertness?
- Do I nap to improve my memory of newly acquired information?
- Do I nap for safety?

**WARNING**

Do not nap close to going to bed if you want to fall asleep easily.

Strategically napping is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!