



How To Have the Best Nap

While having a good night's sleep that lasts a solid 7-8 hours should be your goal every night, on days after a sleepless night your best chance at making it through the day is to have a nap.

Society has generally looked at naps as a sign of laziness but with more research and studies people's preconceptions about naps are changing for the better.

It's now been proven that napping is not a sign of laziness but actually helps you be more productive, decreases stress and helps you learn and retain that knowledge better.

Ideally, naps are best taken a couple of hours after lunch but no later than 4 p.m. or you risk having trouble falling asleep at night. You do have to find your own best time which researchers have pinpointed as 6-8 hours

after you wake up because it fits in with the body's natural circadian rhythms.

How Long of a Nap Do You Need?

Sleep experts have concluded that naps should be based on what kind of relief you are looking for. Unfortunately, researchers have also found that non-nappers can rarely make themselves learn how to nap.

10 minutes: A 10 minute snooze will make you more alert and your concentration levels should increase enough get you through the rest of the work day.

20 minutes: Waking after a 20 minute nap will make you alert, increase your concentration and it will increase your ability to remember important things.

45 minutes: If you are under stress and feel emotional napping for 45 minutes will make you calmer for the rest of your day.



There is no better feeling than sleeping on a comfortable new pillow.

60-90 minutes: This length of time is especially recommended for students and others who are learning something new. The deep sleep that an hour to an hour and a half long nap provides aids in helping the brain process what you are making it learn. The memories that are saved in the brain's short term memory or hippocampi are transferred to the

pre-frontal cortex where they remain permanently when you

nap for this long. A study undertaken at the University of California determined that a 60-90 minute nap greatly improved memory while drinking a cup of coffee didn't show any improvement and in most cases worsened the ability of people to retain what they are learning.

If you are one of those people who can't nap and if your sleep is interrupted night after night then come in to Sleep Experts and we may be able to help you find a way to solution to your sleepless nights. Once medical problems are eliminated getting a good night's sleep might be as simple as finding a comfortable mattress.

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