6 TIPS TO NAP BETTER

How To Take A Daytime Nap So You Feel Better And More Energized

1. **A nap should be roughly 10 – 20 minutes,**
   Longer than this can typically result in grogginess & a disruption of your normal sleep / wake cycle.

2. **Ideally, your nap time should come 12 hours after the midpoint of your sleep cycle.**
   There is a natural circadian rhythm low at this point in your day.

   a. Example: If you sleep from 10:00pm.- 6:00am, your nap should be at 2:00pm

3. **Nap in the same place every time.**
   Your body uses environmental cues to jumpstart its internal processes to prepare for sleep. Designate a 'nap space' so you can easily relax and fall asleep.

4. **Quieten your brain down with white noise.**
   Using phone apps for white noise can be a huge benefit to help quieten down your brain.

5. **Do a guided meditation before or during your nap.**
   There are tons of both free & paid apps that exist today that will guide you to sleep with calming voices, music & breathing protocols.

6. **Reboot the body upon waking.**
   Do 1-2 sets of 2 x bodyweight exercises or walk outside for 5-10 minutes to get right back into your day with more energy & vitality.