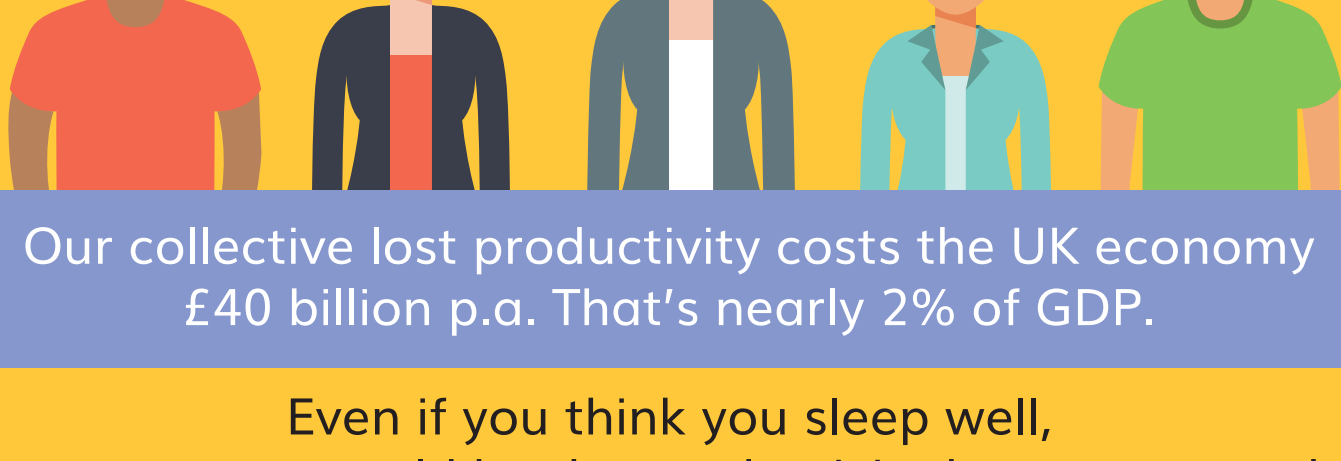




# Why a workplace nap can be a great thing to do

Did you know...

4 out of 5 of us don't get 8 hours sleep a night.

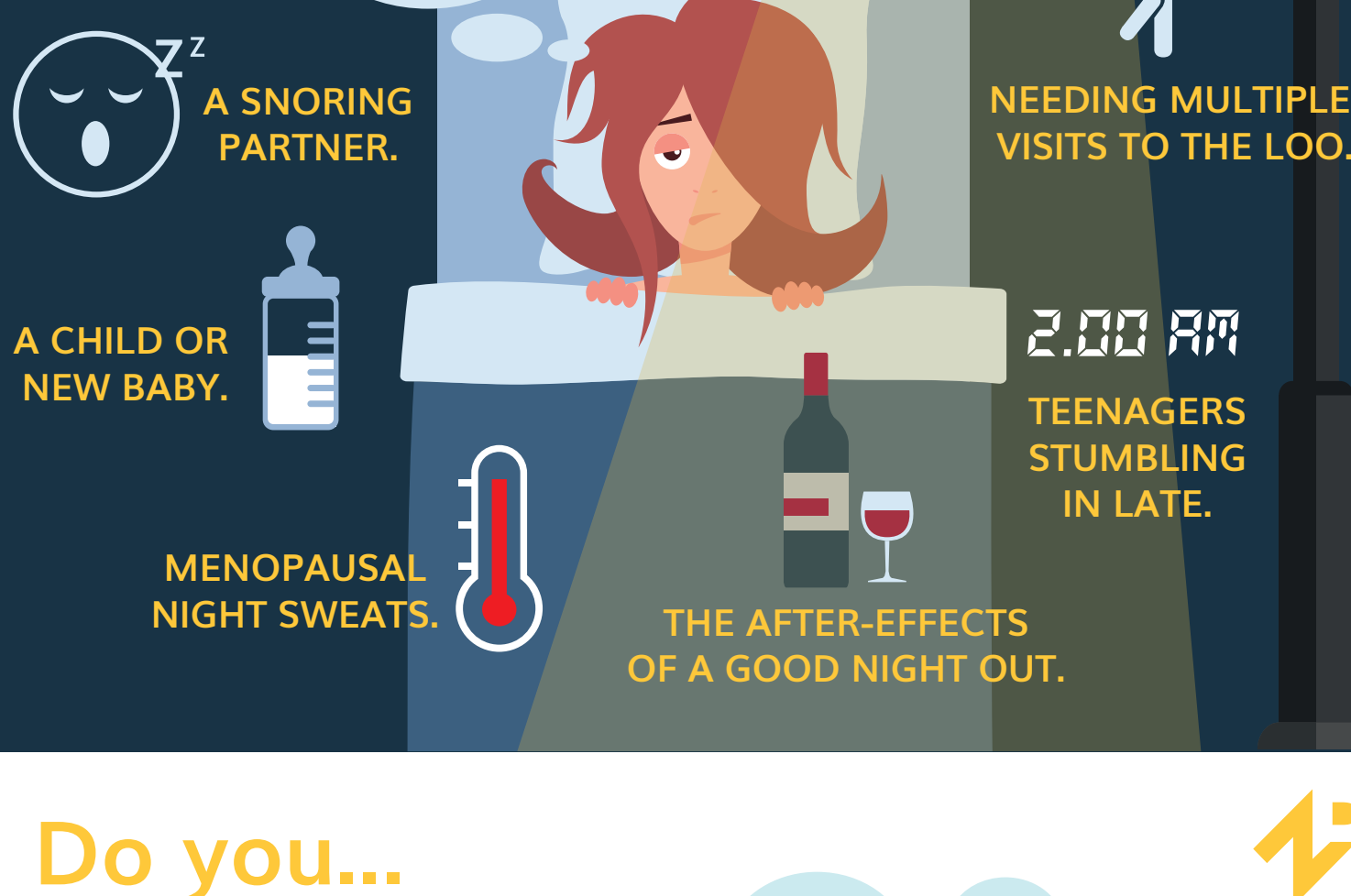


Our collective lost productivity costs the UK economy £40 billion p.a. That's nearly 2% of GDP.

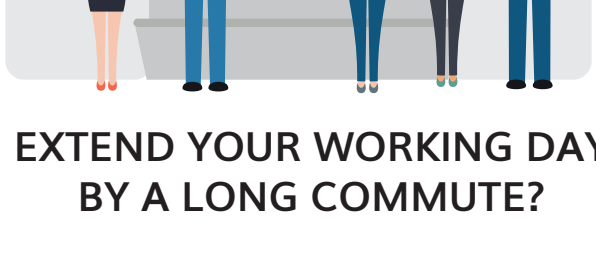
Even if you think you sleep well, a power nap could be the productivity boost you need.



## You could be in fatigue denial if you're often woken by...



Do you...



EXTEND YOUR WORKING DAY BY A LONG COMMUTE?

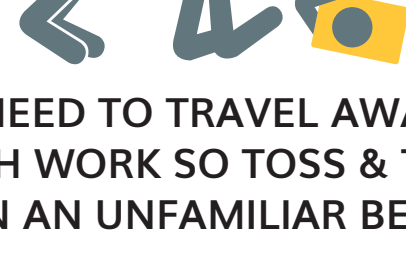
GET GOING WITH A COFFEE & KEEP GOING WITH FIZZY DRINKS?



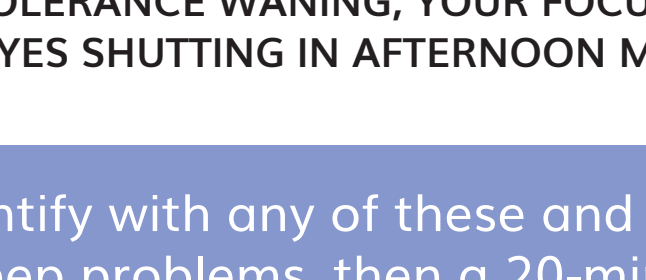
NEED TO BE ONLINE EARLY IN THE DAY OR LATE IN THE EVENING?



REMAIN PLUGGED IN LATE INTO THE NIGHT?



NEED TO TRAVEL AWAY WITH WORK SO TOSS & TURN IN AN UNFAMILIAR BED?



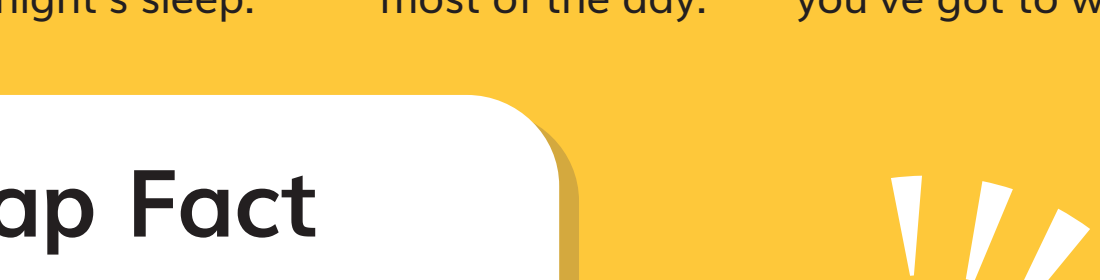
NOTICE YOUR TOLERANCE WANING, YOUR FOCUS WANDERING OR YOUR EYES SHUTTING IN AFTERNOON MEETINGS?

If you identify with any of these and you don't have chronic sleep problems, then a 20-minute power nap could be the energy top-up you need.



## Is napping normal?

Humans are meant to nap. Your bi-phasic circadian rhythm means you naturally feel tired in the afternoon so be proud and proactive and think about which type of ProNap will help you best.



A RECOVERY NAP

To get you back on track when life gets in the way of a good night's sleep.

A REFRESH NAP

To hit the pause, reset and boost buttons to make the most of the day.

A PLANNED NAP

To help you stay on top form when you know you've got to work late.

### Nap Fact

A lunchtime nap has been proven to have no effect on nocturnal sleep duration. In fact, catching 20 winks will make your afternoon more focused & productive so you'll have more energy for your evening hobbies, your loved ones & sleep better as a result.



MINUTES



## Why is a nap beneficial?

There are around 20 proven benefits to taking a short nap. Here are some of our favourites.

You will...



Increase your alertness.

NASA studies have demonstrated that alertness can increase by as much as 100%.



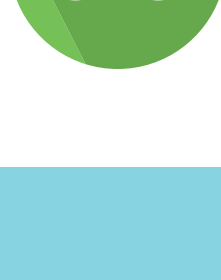
Improve your accuracy.

Making mistakes costs time, money & energy & is frustrating for everyone.



Make better decisions.

Whether the judgement you're making is simple or complex, your perception & rationale will improve.



Elevate your mood.

Sleep deprivation causes irritability so napping relaxes & creates a more positive outlook.



Manage your weight.

Sleepy people reach for high-fat, sugar-rich food to boost energy levels in the afternoon.



Preserve your looks.

Nothing ages you more than fatigue. There is such a thing as beauty sleep!



## How can I have the best workplace nap?



**Length:** Aim for 20 minutes only. That way you'll gain the energy-boosting benefits & stay in the lighter stages of sleep & you'll avoid grogginess on waking.



**When:** Natural nap time is between 1.00pm – 3.00pm depending on your waking & bed times. If you wake at 5.30am, a good nap would start at 1.00pm. If you wake at 7.00am, a good nap would start at 2.30pm.



**Where:** If you're lucky, you may have a nap room which is dark and quiet with somewhere cosy to rest in a reclined pose. If not, grab your nap pillow and headphones, find a comfy chair and set an alarm to gently wake you after 20 mins.

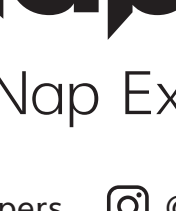


## Still need convincing?



Our mission at ProNappers is to normalise napping at work. We're dedicated to inspiring and educating people about benefits of napping for productivity, physical and mental wellbeing and creating workplace havens where napping for healthy high-performance is respected and enjoyed.

Happy napping from all of us at ProNappers.



ProNappers

The Nap Experts

Remember, if you have chronic insomnia, a day-time nap must only be on the advice of your doctor.