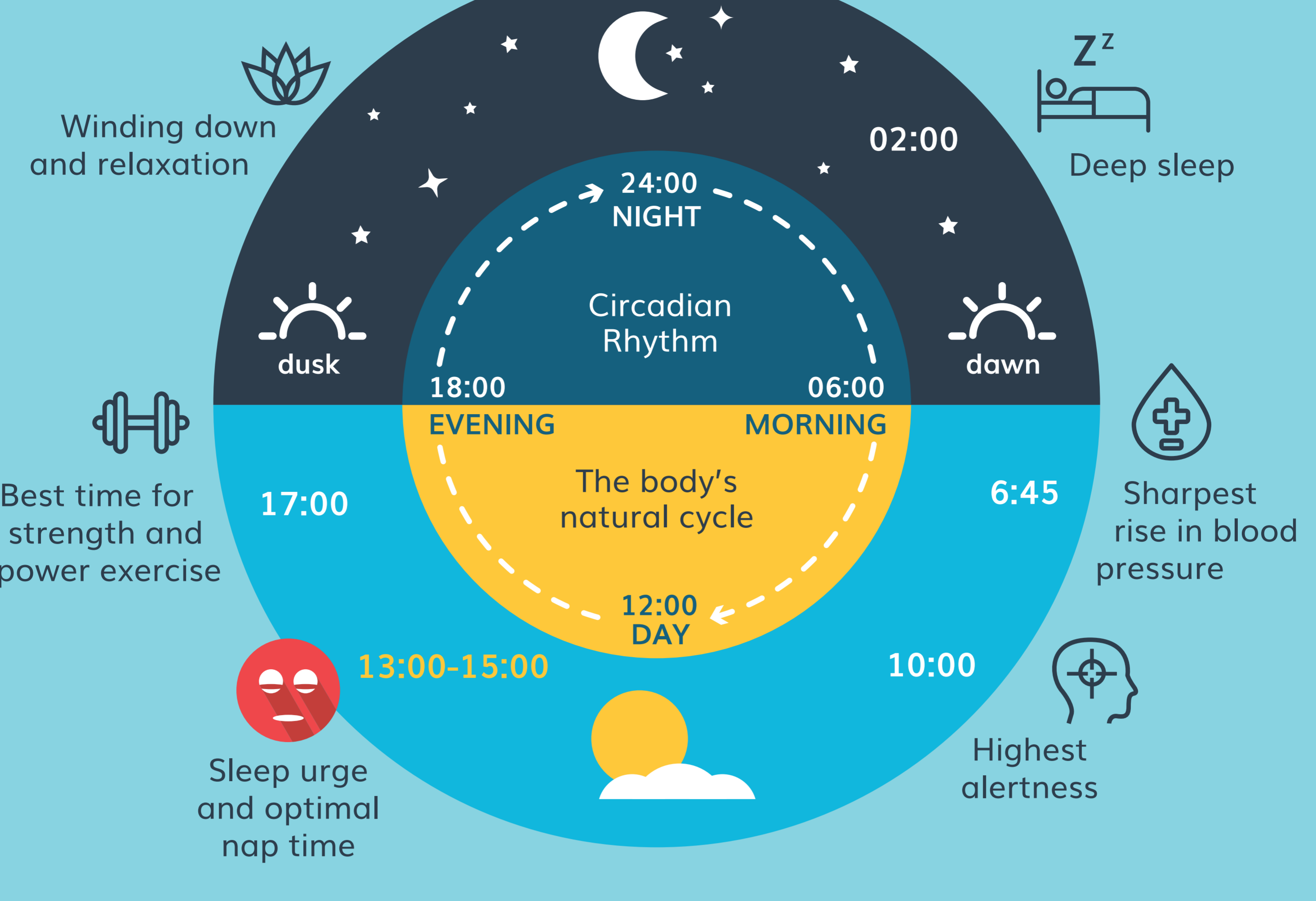


# Recharging Hacks for the C-19 Working Day.



At certain times of day, your body is physiologically predisposed to particular activities so take advantage of this while you can. For example, notice your natural early-afternoon dip in performance and give yourself permission to take a 20-minute nap to recharge, refresh and reset your mood and energy levels.



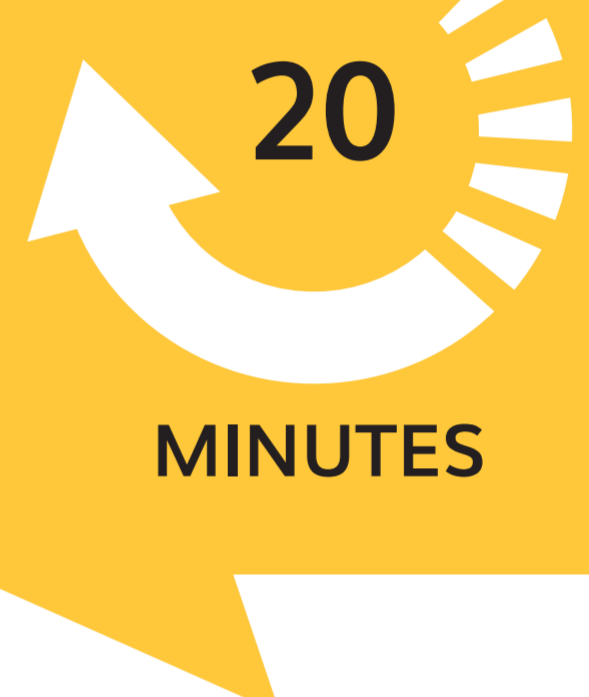
## Do I really need a nap....?

....Yes, a nap will help you if you recognise yourself in at least 5 of these statements.

Physical	Cognitive	Emotional
<b>Productivity</b> I'm lacking energy and feel less productive	<b>Concentration</b> I can't focus or pay attention as I need to	<b>Tension</b> I feel irritated and uptight
<b>Posture</b> I'm becoming stiff and hunched	<b>Responsiveness</b> I'm not thinking sharply or quickly enough	<b>Motivation</b> I'm feeling less interested in achieving my tasks
<b>Sensation</b> I feel sluggish and my head has a low, dull ache	<b>Decisions</b> I'm less able to fully consider and analyse my decisions	<b>Stress</b> I have a sense of anxiety and becoming overwhelmed
<b>Dexterity</b> I'm less able to manage detailed or fine movements	<b>Judgement</b> I'm making mistakes and missing things	<b>Collaboration</b> I want to withdraw and interact less with other people
	<b>Communication</b> I'm stumbling when speaking and can't find the right words	

### 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 and productive so you'll have more energy for your evening hobbies, your loved ones and sleep better as a result.



## Why nap at this C-19 time?

"We all know naps are great for improving our motivation, attention and accuracy but there are some particular benefits of napping which are especially useful for us at this unique time."

**N A P P I N G**

- nicer to others
- alleviates anxiety
- positive outlook
- problem solving
- immunity maintained
- nurturing energy
- gift of me-time

## How to nap well at home

- Length:** Aim for 20 minutes only. That way you'll gain the energy-boosting benefits and stay in the lighter stages of sleep and you'll avoid grogginess on waking.
- Where:** Go somewhere dimly lit rather than completely dark, or pop on an eye-mask. Make sure you are quiet and cosy, at your normal room temperature, and rest semi-reclined, somewhere comfortable. Grab your headphones, breathe in a relaxing scent from an [aroma inhaler](#) and listen to a [guided nap meditation](#) to support you in drifting off quickly and awakening refreshed after 20 mins.
- Mindset:** We know you have many new considerations in your life currently. Your priorities may be challenged by having children, dependents, finances and food to organise. Giving yourself permission for even 10 minutes to privately close your eyes in the midst of all the chaos is a gift of self-care and self-compassion which will increase your resourcefulness for loved ones and challenges ahead.

## Still need convincing?

- Don't you lose if you snooze?**  
 Your mind is doing important restorative work while your body is at rest.
- What's the point, 20 minutes isn't worth it...**  
 You can boost your energy and concentration even with a 10-minute nap.
- I'm too busy to nap...**  
 Spend one of your coffee breaks having a nap rather than trying to power through.

Our mission at ProNappers is to normalise napping in the workplace even if that workplace is currently at home. We're dedicated to inspiring and educating people about the benefits of napping for productivity, physical and mental wellbeing and creating spaces where napping for healthy high-performance is respected and enjoyed. Stay safe and happy napping from all of us at ProNappers.



Remember, if you have chronic insomnia, a day-time nap must only be on the advice of your doctor. Sources: Faraut et al, The Journal of Clinical Endocrinology and Metabolism (2015), Dr. Sara.C. Mednick, Salk Institute. (2006), Rajiv Dhand and Harijot Sahal (2007) Milner and Cote. Journal of Sleep Research (2009), Takahashi et al (1998)