



Weekly Safety Tip

A Nap is a Good Thing



A Nap is a Good Thing



A nap can be a good thing, so long as it is not too long...

If you enjoy an afternoon nap, researchers say go ahead and indulge.

It can be good for you, just be sure it's a short one — **30 minutes or less**, which is often referred to as a **"power nap."**

Snoozing beyond 30 minutes can contribute to obesity, metabolic syndrome and high blood pressure, according to a new study.

"Not all naps are the same. The length of time, position of sleep and other specific factors can affect the health outcomes of a nap," said study co-author Marta Garaulet, a visiting professor in the division of sleep and circadian disorders at Brigham and Women's Hospital in Boston.

Those who slept more than 30 minutes also tended to have a higher BMI, more heart disease and diabetes, researchers said.

<p>5 REASONS TO NAP TODAY</p> <ol style="list-style-type: none"> 1. Improve Productivity Worn out? A nap can fix that 2. Increase Creativity A nap is a wake up call for your brain 3. Boost Alertness You'll feel super perky once the woozy wears off 4. Lift Your Spirits Power nap your way to a smile 5. Zap Stress 20 minutes of me-time can be miraculous 	<p>Per the Sleep Foundation</p> <p>How Long Should a Nap Be?</p> <p>In general, the best nap length for adults is about 20 minutes and no longer than 30 minutes.</p> <p>Sleeping for 20 minutes allows the napper to get a bit of light sleep to boost alertness without entering into deep sleep.</p> <p>Waking up from deep sleep can cause grogginess and actually worsen sleepiness.</p>
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Additionally, from Sleep Foundation, in some cases a longer nap of around 1 – 1 ½ hour may also be beneficial. This length of time allows the body to cycle through the stages of sleep and avoids interrupting deep sleep. This type of longer nap may be especially helpful for emergency workers and **shift workers** who are trying to avoid fatigue.

SOURCES: [Drugs.com April 27, 2023](#) and Sleep Foundation



David A. Varwig, MA Org. Mgt., CSP-retired, CUSA for

Weekly Safety Share



May Is National

Better Sleep Month!



HEALTH & WELL-BEING SHARE



May Is National Better Sleep Month!

Ensuring a good night's rest is vital for overall well-being, but establishing healthy sleep habits can be a challenge. You can enhance your sleep quality, if you:



Go to bed and wake up at the same time everyday



Practice a relaxing bedtime ritual, like taking a warm shower



Exercise regularly but finish well before bedtime



Keep your room dark, cool, and quiet



Avoid harsh light at night



Nix caffeine after noon



Minimize late night, heavy meals



Don't use electronics in bed



Limit afternoon naps to 20 minutes



Avoid alcohol and stimulants before bed



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