

POWER Napping 101

Why would you even consider snoozing during the day? Perhaps you missed out on a good night's sleep due to anxiety, interruptions caused by your child's health issues or you simply imbibed a bit too much earlier in the evening. As a result, your body may be begging for a little lapse in activity to rejuvenate itself.

Next time you feel that mid-afternoon crash coming on at the office, wouldn't it be great if you could take a 20-minute power nap while you are on the clock? It's not impossible. In fact some companies are recognizing the benefits of napping and are finding ways to allow their employees to get a little "shut-eye" in the afternoon.

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Research by the National Commission on Sleep Disorders suggests that napping is a normal function of the human body's circadian rhythms. A brief respite mid-day can enhance both temperament and mental acuity. Toddlers nap. Elderly people nap. People in other cultures – particularly those in equatorial regions – enjoy siestas. So why do many Americans suppress the need to nap during the day? Undoubtedly, it is because work schedules don't allow it. Time is money.



A few companies, however, are beginning to adopt a pro-napping policy in order to enhance the productivity of their employees especially those who work 10-12 hour shifts. One organization has created multiple napping rooms for their 200-plus employees. Another has simply designated a comfortable couch in a quiet room as "the place to go when you feel the need to nap."

But the most intriguing location you'll probably ever find for a power nap is in New York City's Empire State Building. It's called MetroNaps. Inside you can slip comfortably into a space-aged sleep pod for a rest like none other. Inside, you'll recline on a comfortable, leather lounge with a bubble-like hood to reduce light and provide white noise or music, as you prefer. At the end of your 20-minute session, you'll be awakened by a gentle vibration and increasing light. Not only will you feel refreshed but also you will only be out-of-pocket about fourteen dollars. MetroNaps locations are springing up globally; but if there isn't a studio near you, you could talk your boss into ordering a sleep pod for your office breakroom through the web site metronaps.com.

For more information on the power of napping check out the following resources used in this article: www.women.timesonline.co.uk; www.csmonitor.com and "Wired, profiting from Nonproductiveness."