

Do YOU/CAN YOU

Do THIS?

SHORT WELLNESS SELF-  
CHECKS

## Do You Do Naps?

### KEEP IT UNDER ONE HOUR

The research is all over the place when it comes to napping. Generally speaking if naps are kept between 30 to 60 minutes there are more benefits than risk. A recent study though finds that over 60 minutes may be not so great, but that is only in cases where people get less than 6 hours of sleep a night. The study, which was presented at European Society of Cardiology Congress, found that long naps (more than 60 minutes) were associated with a 30% higher risk of all-cause death and 34% increase in the likelihood of cardiovascular disease compared to no napping. Other research on the link between naps and negative health effects has produced conflicting results. A recent study found that people who napped once or twice a week almost halved their risk of a heart attack or stroke, compared to people who didn't nap. But another study showed the naps that were longer than 90 minutes were 85 per cent more likely to later have a stroke than moderate nappers. According to the Sleep Foundation in older adults, certain adverse health effects have been associated with very long, mid-day naps (more than an hour in duration). The foundation suggests that researchers have linked long naps with an increased risk for diabetes, heart disease, and depression. This may be because long midday naps in adults is a signal that nighttime sleep is of poor quality. More research is needed to understand how taking long naps and sleeping longer hours at night affects your health, but in my opinion if you are going to nap keep it under one hour.

**According to the Sleep Foundation Naps lasting 10 to 20 minutes are considered the ideal length. They are sometimes referred to as “power naps” because they provide recovery benefits without leaving the napper feeling sleepy afterward or getting an ill effects from long Naps over 1 hour.**

### BENEFITS OF A SHORT NAP

According to a 2009 report by the Pew Research Center, a third of U.S. adults nap on any given day. **According to WebMed a short nap in the mid-afternoon can boost memory, improve job performance, lift your mood, make you more alert, and ease stress.** Studies have shown that sleep plays an important role in storing memories. A nap can help you remember things learned earlier in the day as much as a full night's sleep. It could help your brain draw connections between things you find out. It helps with making you more consistent. It can also lift your spirits. A nap as short as 10 minutes can be beneficial, but some suggest keeping your nap to 30 minutes or less so you don't have grogginess, which some called called sleep inertia, which makes hard to transition back to wakefulness. Some studies suggest that compared to caffeine, napping can bring better memory and learning. If you're under a lot of pressure, a short nap can release stress and improve your immune health. A nap can also help your body recover from pressure-filled situations. Studies in older people show a 30-minute nap between 1 p.m. and 3 p.m. combined with moderate exercise, like a walk and stretching in the evening, helps improve nighttime sleep. Naps are critical for learning and development in children. Children who nap regularly are better able to recall things they learned. Naps only improve certain types of learning when the person takes them regularly

**Solving problems before they happen.**