

NAP TIME.. *DO YOU NEED IT?*

The pros and cons of sleep.



Let's take a nap!

Taking a nap in the afternoon can serve as a reset button for some people, allowing them to wake up feeling refreshed and ready to finish their day.

Do you feel that healthy?

Here you will get an insight into studies on sleep benefits and risks.

Sleep and Health Research Program at the University of Arizona in Tucson reports that "A power nap, between 15 and 45 minutes, can improve memory and reduce fatigue for the rest of the day," *Dr. Michael Grandner*. Some companies- including Google and NASA- arrange a naptime into the daily schedule for workers.

Some studies even compare the benefits of a midday nap to a cup of coffee. The health effects of napping include:

- Improving cognitive performance
- Enhancing short term memory
- Improving mood
- Reducing sleepiness and fatigue
- Boosting athletic performance

ALERT! NAP AS HABIT IS A RISK

The long term examination of napping in 2019 as reported by the British medical journal [Heart](#) provided alarming data. They tracked the napping habits of nearly 3,500 people over five years and reported that those who napped once or twice a week were 48% less likely to have a cardiovascular event than those who didn't. Conversely, a meta-analysis of 11 studies published in the journal [Sleep](#) in 2015 showed people who nap for an hour or more a day had 1.82 times the rate of cardiovascular disease than people who didn't nap.

The association of naps with disease risk and especially cardiovascular disease is yet to be established.

NAP AND THE SLEEP CYCLE

To track napping habits, you must monitor why you need to take a nap?

If you're napping because it helps you tackle the day feeling more alert and refreshed, may have benefits. But if you're napping because you are either not getting enough sleep at night or your sleep might be disturbing.

The Centers for Disease Control and Prevention warns serious health deterioration including heart diseases, diabetes, obesity and depression in one-third of U.S. adults just because they don't get enough sleep. If the sleep time seems adequate, the individual needs to be evaluated for sleep disorders or medical diseases.

Napping too long during the day can disrupt the overall sleep cycle. One must maximise the sleep during night.

This is generally seen in the youth. They stay up at night and then they either wake up late or nap a few hours during the day. This is a terrible solution.

For those working all day long, laying down your head on the workstation provides a sound time for appreciating short naps!

In The era of hustle and bustle, we jot down the unproductive time and try to drag ourselves from sleep. This is an unhealthy approach.

Sleep is a part of our biological activities including diet and physical and mental health. Take some time to appreciate the adventures in dreams and set your body and soul free!