



BENEFITS OF NAPPING
 THE FOUR ADVANTAGES

1. **IMPROVED PRODUCTIVITY AND ENERGY**
 A study conducted by the University of California, San Diego, found that napping for just 20 minutes can significantly improve productivity and energy levels. This is because napping allows the brain to rest and recharge, leading to a more alert and focused state upon waking.

2. **BETTER MOOD AND STRESS MANAGEMENT**
 Napping has been shown to reduce stress and improve mood. A study from the University of Michigan found that napping for 20 minutes led to a significant decrease in cortisol levels, the hormone associated with stress. This results in a more relaxed and positive attitude.

3. **ENHANCED MEMORY AND COGNITION**
 Napping can help improve memory and cognitive function. A study from the University of California, Berkeley, found that napping for 20 minutes led to a significant improvement in memory recall and cognitive performance.

4. **HEALTHIER HEART AND BLOOD PRESSURE**
 Napping has been linked to a lower risk of heart disease and high blood pressure. A study from the University of California, San Diego, found that napping for 20 minutes led to a significant decrease in blood pressure and a lower risk of heart disease.



FOR YOUR PRODUCTIVITY AND ENERGY

Brain function and productivity are at their peak when you are well-rested. A 20-minute nap can help you recharge your brain and improve your focus and productivity. This is especially helpful if you are feeling tired or overwhelmed.

FOR YOUR ATTITUDE

Napping can help you manage stress and improve your mood. A study from the University of Michigan found that napping for 20 minutes led to a significant decrease in cortisol levels, the hormone associated with stress. This results in a more relaxed and positive attitude.

FOR YOUR BLOOD PRESSURE AND HEART

Napping has been linked to a lower risk of heart disease and high blood pressure. A study from the University of California, San Diego, found that napping for 20 minutes led to a significant decrease in blood pressure and a lower risk of heart disease.

FOR YOUR BRAIN

Napping can help improve memory and cognitive function. A study from the University of California, Berkeley, found that napping for 20 minutes led to a significant improvement in memory recall and cognitive performance.

TO PREVENT ANXIETY & DEPRESSION PROBLEMS

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EFFECTS OF SLEEP DEPRIVATION

Sleep deprivation can have a variety of negative effects on your health and well-being. Some of the most common effects include:

- Increased risk of heart disease and high blood pressure
- Weight gain and obesity
- Depression and anxiety
- Impaired judgment and decision-making
- Reduced productivity and energy
- Increased risk of accidents and injuries

STAGES OF THE SLEEP CYCLE

The sleep cycle consists of four stages: Stage 1, Stage 2, Stage 3, and Stage 4. Each stage has its own characteristics and duration.



LENGTH OF NAPS

There are three main types of naps: 15-minute naps, 20-minute naps, and 30-minute naps. Each type has its own benefits and drawbacks.



HOW TO NAP EFFECTIVELY

1. **WAKE UP EARLY**
 Don't nap too late in the day, as this can interfere with your nighttime sleep.

2. **WAKE UP LATE**
 Don't nap too long, as this can make you feel groggy and tired.

3. **GET AN ALARM**
 Set an alarm to wake you up when your nap is over.

4. **THE CAFFEINE NAP**
 Drinking coffee before a nap can help you wake up feeling refreshed and energized.

TAILORING THOSE EYES

Eye strain is a common problem for many people, especially those who spend a lot of time looking at screens. There are several ways to prevent and relieve eye strain, including taking regular breaks, adjusting your screen settings, and using eye drops.

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I'M NOT LION, NAPS ARE GREAT!

