

Free Nap Guide:



Humans have been napping for a really long time.

Yet sadly rest became a bit of a taboo in a modern world which values productivity over self-care. Thankfully science now confirms that daytime naps can reduce stress and improve our health. And we're cottoning on to the fact that even a brief afternoon nap can increase alertness, boost creativity and memory, increase alertness and actually improve our productivity. Little wonder (corporate) 'nap' rooms are popping up around the globe to cash in on this seemingly 'new' commodity.

In increasingly stressful, uncertain and technological times napping is the antidote for surging anxiety and fatigue. It's also highly pleasurable. It amplifies joy and happy hormones which fast-track cellular repair. Win-win! And best of all it's free! Napping is an invaluable skill to develop. If you learn how to nap like a pro, I promise your future self will thank you. I have trained myself to move from a heightened sympathetic arousal to a deep parasympathetic state within minutes. It has changed my life.

How long to nap for?

Try 15 or 20 minutes if you don't have the luxury of time. As a treat (like on lazy weekends) don't set an alarm and let your body decide. Sometimes it will turn into a 'deluxe' nap for 40+ minutes or even an actual sleep of several hours. But not too late in the day or your sleep will likely be adversely effected.

Here's some of my expert tips to design your perfect nap:

Listen to your body and consider where you are, how long you realistically have, what commitments you have after your nap, what resources you have access to.

Set an alarm: if you need to return to work or life.

Unplug: turn off your phone, wifi, computer and electronics.

Dark: lights out, or cover your eyes with an eye pillow or dark cloth.

Warm: the body cools when we rest. Be sure to be warm. Use a shawl.

Quiet: Ensure you won't be disturbed. Earplugs work wonders in noisy places.

Calm mind: Try one of my guided relaxations or playlists if your mind is busy.

Lie down: Bed, couch, floor, grass, earth, hammock are all better than a chair.

NAPPING TIPS:

Find napping difficult? Nutrient rich rest can be just as curative as sleep. So just set up for a nap and enjoy the benefits - even if you don't 'nap' or doze off. It can take practice. Have fun. Be kind. Try different times, duration, positions, coverings, soft music. Mix it up. Notice your preferences. Note what works. In time you'll become fluent. Zzzzzz..... Enjoy the process!

Nap Types: what's **your** preference?

