

Beat: Lifestyle

## **NAP CAN BE A GOOD TOOL FOR SELF-IMPROVEMENT. 3 EXAMPLES OF COUNTRIES**

### **THE NAP STIGMA IS INCREDIBLY MISPLACED**

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**USPA NEWS** - While the pace of modern life may keep us from being the biphasic sleepers we were meant to be, the urge for a daytime snooze still hardwired into our biology. Naps are not for lazy and unambitious, or for retired with plenty of time on their hands. The man who falls asleep at work is still mocked.

Studies has shown that when people are put into an environment that lacks any condition of time, they will fall into sleep at night/shorter nap during the day pattern. Napping is often frowned upon in our workaholic culture. When we think of napping man we think of passed out on the coach after consuming food. The nap stigma is incredibly misplaced. Naps can be a good tool for self-improvement, can increase our health and well-being, as much as our productivity and intelligence. Three examples of countries can come to mind to give an idea about how seriously some could take the siesta.

For the first time, earlier this year, is introduced officially in SPAIN (town of ADOR with the Mayor Joan Faus VICTORIA) a naptime of 3 hours every afternoon. It will be between 2pm and 5 pm to allow the locals to take their afternoon siestas. Parents are told that their children should be kept indoors during that period. Tourists & residents are instructed not to make unnecessary noise. At first, it was a way for farm employees and manual labourers to take their break from work when temperatures reach their peak.

In JAPAN, Japanese firms encourage their dozy workers to sleep on the job. In JAPAN, where workers get less sleep on work nights than those in other countries, more and more companies are encouraging employees to sleep on the job convinced that it leads to better work performance. In JAPAN, INEMURI meaning «sleeping while present» is considered the preserve of employees exhausted by their commitment to hard work, rather than a sign of indolence. JAPAN's growing tolerance for undisguised dozing during office hours comes after the Government issued new guidelines on the importance of sleep, with the Health Ministry recommending that all working-age people take a nap of up to 30 minutes in the early afternoon.

In BRITAIN, British National Siesta Day has the aim for the company bosses being encouraged to let their staff have a power nap during their lunch break as part of a drive to impact Spanish siestas into the work place. The event's organizer is Siesta Awareness wanting that the afternoon nap should be accepted all year around, not just on June 25. Noël KINGSLEY is the founder of Siesta Awareness.

In NY TIMES, March 2, 2011 by Jonathan ABRAMS, we learn also that «Napping on Game Days is prevalent among NBA players».

In conclusion, the benefits of napping can be as follow : INCREASES ALERTNESS. Stress have shown that if you break up your day with a nap, you will be as alert and energetic for the second part of the day as you were for the first. IMPROVES LEARNING and working memory. This type of memory is involved in working on complex task where you have to pay attention to one thing while holding a bunch of other things in your memory. PREVENT BURNOUT and reverses information overload.

Studies have shown that putting in extra hours without rest dramatically reduces your productivity. HEIGHTENS your senses and creativity. IMPROVES HEALTH. Sleep deprivation leads to an excess of the hormone cortisol in the body. Cortisol known as the stress hormone, help us deal with fight or flight response. When you sleep, you release growth hormone, the antidote to cortisol which boost your immune system, primes your sexual function, reduces stress and anxiety, and aids in muscle repair and weight loss. IMPROVES MOOD.

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