

NANNA NAPS – YES OR NO?

Do you like to nap?

Here are a few helpful tips:

- Naps can improve how alert you feel. They can also boost your energy levels
- Sometimes it can be easier to nod off in the day than at nighttime. This is because you don't feel the pressure to fall asleep
- Make sure you plan when you nap. You don't want it to stop you from having a good night's sleep
- Try to nap between 1pm and 3pm for around 20 to 30 minutes
- Find a quiet space to nap
- Using an eye mask or ear plugs may help to block out light and noise
- If you can't nod off, that's fine. It can be helpful to just have some quiet rest
- If you start to feel anxious about not sleeping, get up
- Hopefully your nighttime sleep will improve. You should then not feel the need to nap in the daytime. That's the goal!



For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk