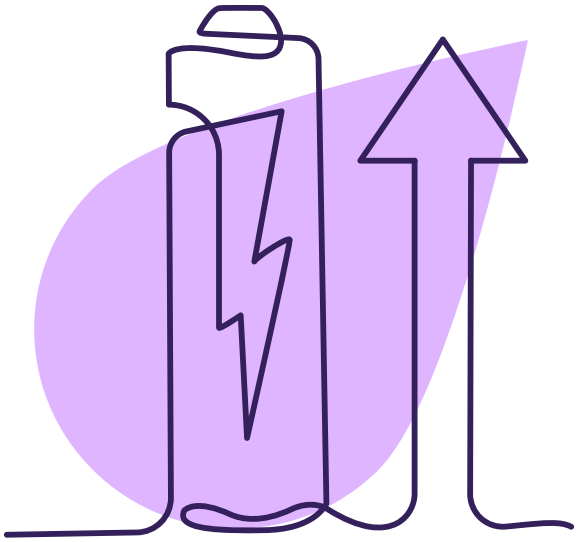
the Sleep Charity

ADVICE SHEET

Nanna naps yes or no?



Do you enjoy having a nap in the day?

Naps can be helpful, but a little planning makes them work better for you.

Here are some tips to try

Naps can help you feel more awake and give you a little **boost of energy**

Some people find it easier to fall asleep in the day than at night because there's **less pressure**

Try to plan when you nap so it doesn't get in the way of your **night-time sleep**

A good time to nap is between **1pm and 3pm,** for about **20–30 minutes**

Choose a **quiet, comfy space** if you can

An **eye mask** or **ear plugs** can help block out light and noise

If you can't fall asleep, that's okay - **resting quietly can still help**

If you start to feel stressed about not sleeping, get up and **try something calming**

As your night-time sleep gets better, you may find you **don't need to nap as much.** That's the goal!

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk