

Ready for a nap? Taking the perfect quick snooze

For people of all ages, napping is a basic part of human life. A nap can be defined as a brief period of sleep outside normal sleep time. It can make you feel refreshed and alert, or more sleepy, depending on where, when and how long you do it. The most important thing is figuring out what makes a perfect nap for you. Once you know, your naps can be more healthful.



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Quick facts on having a perfect nap:

1 Babies love to nap, but by age 5, sleep patterns change. Toddlers don't need naps, but if your child enjoys them, that is OK. Just be consistent so your toddler has a routine.



2 Adults usually nap because they missed out on getting enough sleep. Adults should get seven to nine hours of sleep daily.

3 Naps are helpful when you're sick. The body needs extra energy to fight off the illness. But too much napping can be a sign of depression or a sleep problem. Talk to your doctor if you nap too much.

4 The ideal nap time for adults is 10 to 20 minutes. Nappers can feel more alert afterward. Napping in a quiet place and at about the same time each day also helps.

5 Napping is great for older people, who can wake up a lot at night. A one-hour afternoon nap can be beneficial if you're a senior. It can boost your memory and make you feel more alert.



>> For more information on naps and healthy sleep, visit www.aasm.org