

NAP TIME IN THE 'VILLE

BENEFITS OF NAPPING²

- Napping can help improve mood and subjective levels on sleepiness and fatigue
- Beneficial to performance on tasks, logical reasoning, reaction time, and symbol recognition
- Napping helps the body feel recharged if done correctly

HOW LONG SHOULD YOU NAP? I GOT YOUR BACK!^{1,2,3}

- 3 out of 4 student-athletes nap for an hour or less
- Experts say the ideal time for a nap is between 15 and 30 minutes
- A 5 -20 minute nap is considered a power nap and can be very restorative
- The longer the nap the harder it will be to sleep at night

TIME TO RECHARGE^{1,2}

- The best time to take a nap can vary based on your sleep schedule
- If you take a nap closer to when it is time to go to bed it will be harder to fall asleep and has been proven in young adults to affect sleep schedules
- The best time to nap is between 12 PM and 3 PM (may vary based on individual sleep schedule)

Want to talk to someone about your sleep?

University of Virginia Sports Psychologists

Dr. Karen Egan

Dr. Jason Freeman

kpe4q@virginia.edu jf4z@virginia.edu

SMART NAPPING^{1,3}

- Take naps to recharge and not to catch up on sleep
- Your naps should not affect your sleeping schedule

1. Ye, L., Johnson, S. H., Keane, K., Manasia, M., & Gregas, M. (2015). Napping in College Students and Its Relationship with Nighttime Sleep. *Journal of American College Health*,63(2), 88-97. doi:10.1080/07448481.2014.983926

2. Milner, C. E., & Cote, K. A. (2009). Benefits of napping in healthy adults: Impact of nap length, time of day, age, and experience with napping. *Journal of Sleep Research*,18(2), 272-281. doi:10.1111/j.1365-2869.2008.00718.x

3. Freeman, J. Personal Interview. (2018).



UVA
Parents
Fund

Created by Alexis Woodley
Designed by Eric Duong, 2020