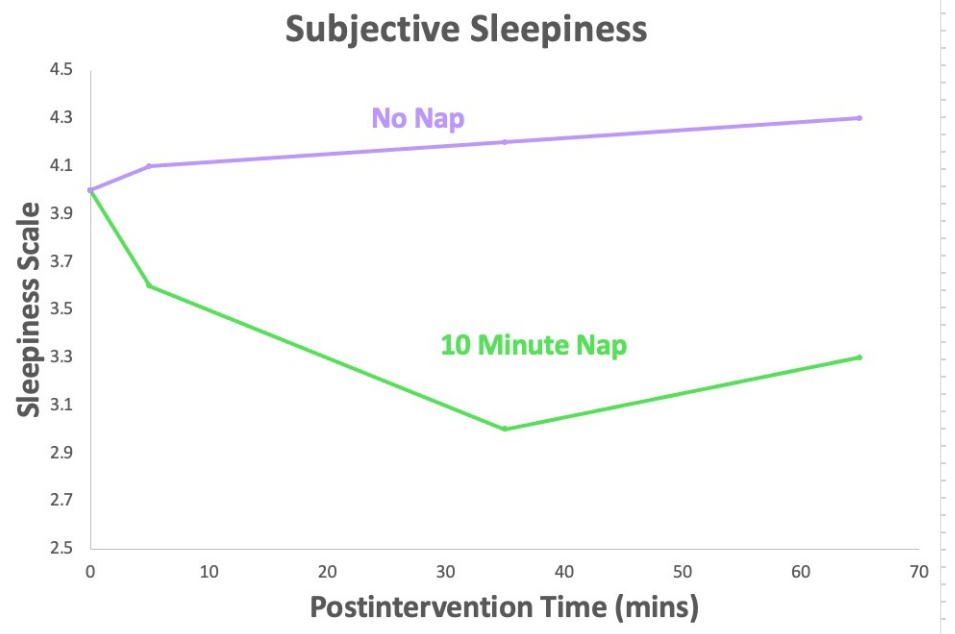


The Power of Power Naps!

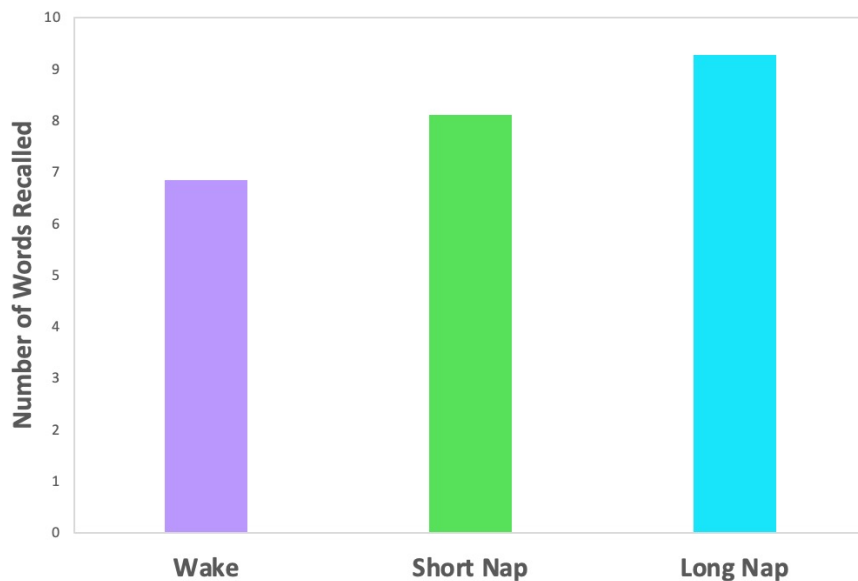
Anna Louise Lewis

<https://tinyurl.com/4ahnx7za>

Short naps help to reduce sleepiness and increase alertness.



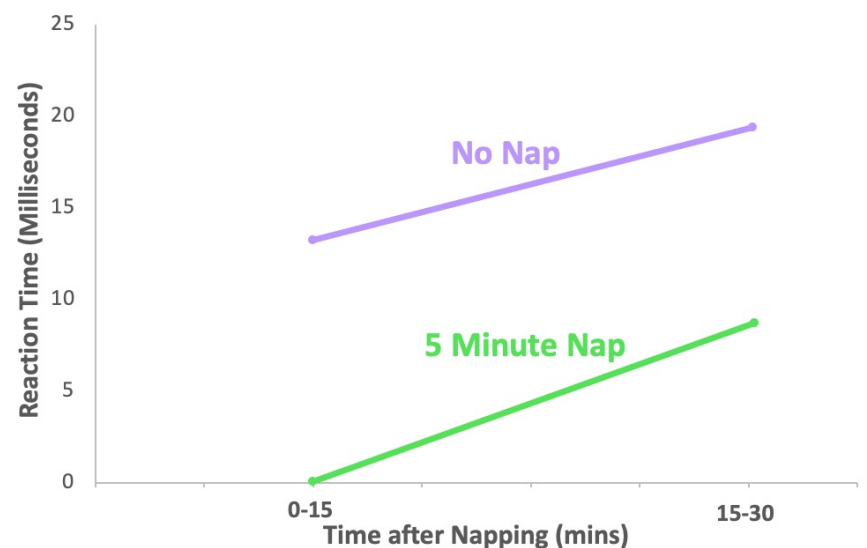
Memory Task Performance After Wake or Sleep



Short naps can increase memory performance.

Short naps can help reduce the amount of time spent on certain tasks.

Visual Detection Task Reaction Time



SCAN ME