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Are you napping yet?

Treat yourself to a powernap

- Find a quiet place where you can lie undisturbed. Set a timer for 10 – 20 minutes, close your eyes and give yourself a relaxing, short power nap.

When the time is up, gently stretch out and move around, take several deep breaths and get up.

- Find a place where you are undisturbed and can rest your legs against a wall. Place a yoga block, cushion or blanket under your buttocks and position yourself close to the wall. Close your eyes and rest in this position for 10 – 20 minutes without moving.

- Variation: Instead of against the wall, rest your legs up on a couch backrest, making sure there are enough cushions under your knees to keep your legs comfortable.

- Once in a while, lie flat on the floor and feel its support.

Tips:

1. Have an espresso or a cup of black tea before the power nap.
The effect will kick in after your nap.
2. Turn off all electronic devices around you.
3. Place an eye pillow over your eyes.
4. Ideal time of day for the power nap: After lunch between 12 and 2pm.