

POWER NAP

*Designed by
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15-20 minutes

Restore alertness

Easy way to get some relaxation
and to reduce mental fatigue

Restore wakefulness,
promote learning and
boost memory

Reverse the hormonal
impact of a night of
poor sleep

**Enhance both
physical & cognitive
performance**

Reduce stress and
immune perturbations
after a short night

**Have caffeine right before
you nap to improve post-
nap alertness and cognitive
functioning**



Stress And The Power Nap

Sabine Zange



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