

# How to nap scientifically for a healthy and alert body

Many people after the afternoon nap feel tired as if they were drained of energy. So how much nap is science, how much sleep is enough, how to sleep properly to help you stay fit and alert to continue your work?

If you nap in the wrong position and miss the time, it will affect your health and work efficiency. Many people after the afternoon nap feel tired like being "drained of energy". So how much nap is science, how much sleep is enough, how to sleep properly to help you stay fit and alert to continue your work?

## How long should we take a nap?

The nap time should only last about 20 - 30 minutes, will help maintain good liver function, enhance digestion, maintain balance and health.

If you are too busy and do not have time to take a nap, close your eyes in place for 10-20 seconds, this can help reduce fatigue quickly, restore mental and mental.

If the nap takes between 40 and 90 minutes, the body begins to go into deep sleep and when you wake up you will feel headache and fatigue.

Sleep lasts from 1-1.5 hours, you will have a complete deep sleep, help awake and comfortable after waking up.

## The best sleeping posture

Many people take advantage of napping at the company often have a habit of lying face down on the table to sleep. This is a bad posture, which can be harmful to the body by making people feel uncomfortable, susceptible to neck and neck diseases, affecting the respiratory organs, blood circulation and nerves. .



Sleeping on the table is not good for your health.

For a comfortable, healthy nap, you should choose a U-shaped pillow, lie on the couch or lie down on the floor, keeping the spine straight. If you have no choice, you can sit right on a chair in a comfortable backrest and close your eyes to rest.

After lunch break, you should do some simple exercise to stretch the muscles, reduce pressure and help blood circulation.

**If you don't take a nap, try this method instead**



If you can't take a nap, try this method to help 'charge' your body's energy.

His hands closed tightly so that the light did not enter his eyes and crouched like a boat, then covered his eyes. Maintain a minimum of about 5-6 minutes. This method will create shadows around the eyes to help tired eyes have time to regenerate, reduce eye strain, mental change and improve brain.

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