

Scientifically proven: Siesta helps you be happier and smarter

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For many of us, spending a few extra hours to sleep at night seems to be too difficult to happen in today's life. Can we change something? The answer is yes. It was **napping** - short but wonderful sleeps.

Although napping cannot completely replace night sleep for people who are sleep deprived, it can help you recover your health and spirit more than you think in a short period of time. Here are 5 secrets to the benefits of napping, making you happier and smarter.



Lacking this nap or nap, you may end up in a mess. And below is why:

Look silly and ugly?

The lack of sleep or not getting enough sleep not only makes you look **ugly** and **tired** , but also makes you look " *silly* ": lack of sleep makes a 6th grade student just as intelligent as a 4th grade student. .

If the evidence is not enough to convince you, lack of sleep is also one of the causes of **decline in life** too.

Theo **Night School** :

Beginning in the mid-1980s, researchers at the University of London spent 20 years studying the relationship between sleep and human life on more than 10,000 civil servants in the UK. The results released in 2007 revealed: "*People who sleep less than 2 hours a night compared to the body's requirements are twice as likely to die.*"

You may think that it is not necessary to sleep that much. This thought is completely wrong. In the world today, only less than 3% of the population sleeps less than 8 hours every evening. And do you still think it's okay to sleep less?

And this is the interesting thing about chronic sleep deprivation: science has proven that you don't pay attention to lack of sleep - even if everything you do is messing up.

During a presentation at **TEDTalks** , Sara Mednick - author of "*Take a Nap! Change Your Life*" (roughly translated: Take a nap! And summarizes your life) summarizes the benefits of napping in the afternoon. The topic for the presentation: "*Give up to receive*" - means taking a little time for a nap to gain benefits in a hurry.

Perhaps you've never heard: "*Even sleeping eight hours a day is not enough, give yourself 10 hours of sleep every day to work more efficiently.*"

Follow **Power Sleep** :

Timothy Roehrs and Thomas Roth worked at the Sleep Disorders Research Center of Henry Ford Hospital in Detroit, Michigan, which demonstrated that alertness was significantly increased when people slept 8 hours or more from 1 to 2 sleeps. hours every day. Energy, intuition, ability to effectively handle information are significantly enhanced, while promoting critical thinking and creative skills.

I know everyone will think: "*Spend 10 hours every night? I don't have that much time. I'm so busy that I sometimes have time to read articles like this.*"

Can there be an alternative compromise? It is a **nap** .

Is it really different to close your eyes and rest for a few minutes? If you still doubt the power of napping, keep reading.

Studies prove that napping helps increase productivity. NASA recognizes that pilots who spend 25 minutes for napping are likely to increase their alertness and increase their concentration by 35%.



Theo **Night School:**

NASA research revealed that pilots sleeping for 25 minutes in the cockpit (when *their colleagues are still operating the aircraft*) often increase 35% alertness and double the focus compared to Other pilots do not take a nap. In addition, naps in the afternoon help us to improve a variety of big and small problems such as increased responsiveness, reduced errors, etc.

NASA also discovered that naps will make you smarter - even if you don't sleep well the night before.

According to the book " *Dreamland: Adventures in the Strange Science of Sleep* " (roughly translated: "Dream world: Adventures in the strange science of sleep"):

If you don't get enough sleep the night before, you can still improve your brain's ability to synthesize information with a nap. In a study directed by NASA, David Dinges, a professor at the University of Pennsylvania, and a member of the research team, discovered that just letting astronauts take a nap for about 15 minutes also can significantly improve their brain performance, even when naps cannot immediately boost alertness or the ability to concentrate on a boring task.



Many studies show that naps can promote learning.

According to "*The Little Book of Talent: 52 Tips for Improving Your Skills*" (roughly translated: "A book of talents: 52 tips to improve your skills"):

Researchers at the University of California, Berkeley, found that taking a 90-minute nap can improve 10 percent of memory, while skipping napping will reduce memory by 10 percent.

In addition, napping makes you happier. Because studies have shown that we can easily develop negative thoughts when the body is tired.

According to **NurtureShock** :

Negative stimuli are handled by amygdala; meanwhile, positive or neutral memories are handled by thalamus. Insomnia will make it more difficult to access the hippocampus than amygdala. As a result, sleep deprivation is often easy to recall the gloomy parts of memory instead of a pleasant and pleasant memory.

So is there any other way to fix this? I know that the problem here is that you're always busy and don't have enough sleep time. You will drink a cup of coffee instead of taking a nap. Unfortunately, studies show that a nap will "*beat*" caffeine in making you more alert.



How to sleep properly? How to get the desired results without the most effort? And here's how science speaks.

A perfect nap for you

Regardless of your time limit and desire, there is always a suitable sleep pattern. You can learn more about the research of Richard Wiseman and WSJ, or read the summary presented below.

Where is the nap you need?

1. "I just need to be more alert and focused"

If you just need to be more alert and focused, take a nap for 10 to 20 minutes. Your alertness and concentration will be significantly enhanced within 2 hours or more. In addition, increasing the amount of sleep every day, reducing chronic insomnia and even lowering blood pressure.

2. "The brain freezes. I need to be smarter"

When the brain is not flexible, you should sleep about 60 minutes. This sleep will help you achieve the benefits of sleep for 10-20 minutes, while improving memory and learning ability.

Note: A 60-minute sleep can cause initial shock when you have to wake up.

3. "I want both things"

Want to be alert, concentrate and be smarter, sleep 90 minutes. This allows your brain to undergo a cycle of sleep. Therefore, you will get the full range of essential benefits: increased alertness, memory, learning, creativity and performance - absolutely unabashed when you wake up.



4. "I don't know what I want but this article makes me think I need a nap even though I don't have much time"

So a 10-minute nap will help you. It defeats both 5-minute, 20-minute or 30-minute sleeps when compared (*according to a proven study*).

5. "I don't even have enough time to think about how much time I have to spend for sleeping every day"

No nap is too short. A 2008 study found that even a few minutes of brief siesta also benefit the body. Just take a nap, blood pressure will decrease.

Do you still have questions? This is the answer to the question.

1. **What is the best time to nap?** Sara Mednick - a researcher at the Salk Institute - often recommends going to bed after waking up for 6 to 7 hours continuously.
2. **Do you have trouble sleeping?** Write your worries on paper and save your brain for positive thoughts (*not excitement*). Trying to force yourself to fall asleep in the end is only counterproductive.
3. **Are you worried that you can't wake up on time?** Richard Wiseman recommends taking a cup of coffee just before going to bed because caffeine will wake you up for 25 minutes after you sleep.

Summary

It's best to go to bed for 10 hours every night - however, this is unlikely to happen to today's busy life. Napping now becomes the first dose that can boost productivity and reduce problems caused by sleep deprivation.

Refer to some more articles:

1. How to sleep in less than 1 minute?
2. Do you know the full moon may be the reason why you don't sleep well?
3. Why do we often feel thirsty before going to sleep?

Having fun!

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