

To eliminate the feeling of sluggishness at the beginning of the afternoon, practice the nap routine

Many studies show that a nap at noon will help restore brain function and creativity.

Do you mean that in the afternoon, your body is often very sluggish and distracted? You start nodding, your fingers can move faster on the keyboard, but when you look at the screen, you can't understand what you type? Are you looking for music that will help keep you awake, but does it seem that neither Rock nor Hip Hop has enough "power" to get you out of that "half-awake" state?

The solution here is every day, spend about 30 minutes to **take a lunch break** instead of watching movies, chit chat or gossip.

Why is napping important?

Napping has been proven to help control stress hormones, stimulate growth hormone production, repair cells and promote circulatory system, so that you can live longer, younger and keep the body in a proactive state. Just having a nap at noon every day, your brain will be "loaded" with energy, restored functions, improved memory and increased creativity.



Teho Professor **Jim Home** is from **Loughborough University**, the human body needs two sleeps a day: one is a nap at noon and a longer sleep at night.

An article published in The New York Times also emphasized that napping is a very popular activity among people in many countries around the world.

"A lot of scientific evidence has recently confirmed that napping - even if only for a very short period of time - also works to raise cognitive function at a very significant level , " quoted **Jonathan Friedman** - medical doctor, director of **Texas Brain and Spine Academy** (Bryan City, Texas) specializes in studying the spine and brain.

Napping helps increase brain power

A research team led by Dr. **Matthew Walker** - assistant professor at the University of California confirmed that napping helps clean up the temporary storage space of the brain. Thus, the brain will be ready to receive and store new information. Experts also suggest that a one-hour nap can help refresh your mind, restore your brain power and make you smarter.

The study was conducted at noon with the participation of 39 healthy young people, divided into two groups: the napping group (group 1) and the napping group (group 2). At 2:00 pm, group 1 slept for 1.5 hours. At 6 pm, experts continued to request groups to complete some cognitive-related activities and as a result, group 1 had a better performance.



Hippocampus (Hippocampus)

Homeland is a place to temporarily store event-based information, then transfer this information to the prefrontal cortex. According to Walker, the hippocampus has the same function as **Gmail** 's inbox - when it's full, it can't contain any new messages and needs to be deleted or pushed into the trash - here you need to rest to recover The walrus is "cleaned up" and has more free space to store new information.

Napping and creative ability

Many recent studies (published in the annual meeting of neuroscientists) show that when resting, the right brain part is stimulated while the left hemisphere is relatively "silent" and the right thing This is the basis for the process of restoring creativity, including thinking and visualization.

It is clear that a short or long nap can have a great effect on restoring energy and brain function. So, from now on, practice your routine of resting at noon so that you don't feel tired at the beginning of the afternoon.

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