# 3 Reasons To Sleep Twice A Day or Take A Nap

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Sleeping in two blocks of time or taking a nap might be better than that 8-hours of shuteye.

## 1. Be More Alert and More Creative.

You can take a nap when your body is slowing down, and you will wake up to another period of increased alertness and creativity. People are asked to remember specific words and pairs in a German study. Next, half the participants take an hour nap, while the other watch a DVD. The nap group performs 5 times better than those who watch the DVD. More, people who entered REM sleep were more creative problem solvers accruing to a study at the University of California, San Diego. In that instance, pilots who napped for 40 minutes were more alert.

## 2. Fight Insomnia.

A study at Sleep Health Foundation found that insomnia keeps 1 in 3 people awake. It is a mild form of insomnia in some cases. In other, it is a night of staying alert until the clock. Reaching that magic 8 hours a night seems always difficult to meet. But, what if they are able to follow their natural body rhythm? There were two blocks of sleep – "first sleep" and "second sleep" – in the pre-industrial era. The "bi-phasic sleep" (sleeping in two four-hour blocks) is a "natural process with a biological basis, according to a 1990 study. Maybe, it is right that all Spaniards taking a lunch and nap break. You would sleep very well if you weren't worried about how to sleep and how long you needed to sleep.

## 3. Better for Your Body Clock.

In the early afternoon, you've probably experienced a letdown. You may feel sleepy or tired. You don't feel as alert. You have trouble concentrating. Your work rate falls off. Generally, a nap will help you. And, establishing 2 blocks of sleep can accommodate shift work. People will have more flexible time to spend with their family. A

worn-out and uncomfortable bed can keep you from that restful
night's sleep.