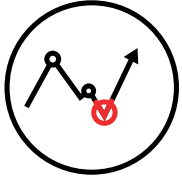


5 Secrets To Taking **THE PERFECT NAP**



01.

Find your afternoon low point.

The best time for a nap is generally about 7 hours after waking (to be more precise, note your afternoon mood and energy levels for a week to find your optimal nap time).



02.

Create a peaceful environment.

Turn off your phone notifications. If you've got a door, close it. If you've got a couch, use it.



03.

Down a cup of coffee.

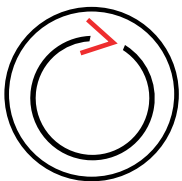
Yes, you read that right. The most efficient nap is the "nappuccino". Caffeine takes about 25 minutes to engage in your bloodstream, so drink up right before you lie down.



04.

Set a timer for 25 minutes.

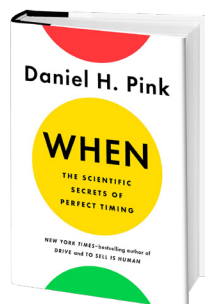
Naps between 10 and 20 minutes measurably boost alertness and mental function without leaving you sleepier than before. When you wake up, the caffeine is beginning to kick in.



05.

Repeat consistently.

There's evidence that habitual nappers get more from their naps than infrequent nappers, so if you have the flexibility, make an afternoon nap a regular ritual.



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WHEN | THE SCIENTIFIC SECRETS
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