A RESTED DOCTOR IS SAFER

1. Arrange bleep cover
2. Consider a caffeinated drink before you rest
3. Find a quiet, dark room to lie down in
4. Set your alarm
5. Close your eyes
6. Just rest...*

* even if you can’t sleep, resting is still beneficial

**The perfect nap:** sleeping is a mix of art and science.”

*The Wall Street Journal. September 2013*

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### 10 - 20 MIN NAP (IDEAL)

Early stages of non-rapid eye movement sleep. 
This is optimal to improve mental alertness and ensure you wake up feeling sharper.

### 30 - 40 MIN NAP

Restorative BUT may result in sleep inertia (feeling groggy and slowed-down) upon waking before improved mental alertness is apparent.

### 60 MIN NAP

Recall of facts and faces improves. It includes the deepest type of sleep BUT you may feel groggy when you wake up.

### 90 MIN NAP

This constitutes a full sleep cycle. Your memory will be greatly improved and you’ll avoid feeling groggy BUT it may impair your sleep post-shift.