A RESTED HEALTHCARE PROFESSIONAL IS SAFER

1. Arrange cover of your duties
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

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.