

# THE EXTRA POINT

BY JERRY ROBERTS



## # 123 Ready, Set...Nap!

Have you ever been envious of a specific talent someone else has, that you wished you had? Something they do, effortlessly, that you can't do at all. I'm Jerry Roberts and I'm here to confess that desire, today, on The Extra Point.

The other day I hear two people talking and one mentions how she "power naps" every day, and always feels refreshed and at the peak of her abilities. That she can just nod off almost anywhere, any time, and get 15 or 20 minutes of sleep, waking up totally energized.

That kind of thing always gets my attention, because I'm not one of those people who can sleep on planes, or nap on demand in waiting rooms, or in the car, or anywhere else. I can nap but I usually have to be really tired to do so.

The subject of power napping has always fascinated me, and yes, I'm envious of those people who can do it.

So, I went to the Web and dug up some ideas on how to be a power napper, if this is an idea that grabs your interest, as well. If not, then grab a nap for the next to-and-a-half minutes and then Mr. Gibson shall return. Here we go.

1. Only try to nap when you're really tired, otherwise it will mess up your sleeping patterns. You also don't want to sneak in a nap anywhere close to your regular bed time.

2. Plan for no more than 25 minutes. If you go longer it's the same as item number one, you'll likely interrupt your normal sleep regimen.

3. Have an alarm set, Same thing. If your body starts settling in for a longer siesta, it'll wake you up. This may happen at the beginning of your power nap career but your body will likely adjust and eventually you'll slip in and out of slumber with ease.

4. No distractions. Turn off the phone. Off, as in *off*. Vibration mode will likely wake you up and knock your nap out of the water. Turn your phone completely off, unless, that is your alarm and you'll need it 15-20 minutes from now. If so, maybe you can stash it in your backpack, purse, or whatever you haul around with you.

5. Get comfortable. If you're in the car you can lean back against the headrest or recline the seat, or maybe climb into the backseat and stretch out. If you are napping at your desk, you could just lean forward and rest your head on your arms, but you could also bring a pillow in with you. If your employer has invested in the concept of power naps — and this is a growing trend — maybe they've set up a napping zone. Maybe you're not familiar with this, but some companies design a room where one employee at a time can grab a few minutes of sleep when they feel the need. They've done this because studies have shown that it boosts productivity. If you need a darkened room in order to get to sleep, this is the best option.

6. Coming out of the nap, some people grab a cold drink, some do some brisk movement to get the blood flowing again. Just figure that you'll need a few minutes to get back up to speed.

The power nap. If you can add this to your daily regimen, it just may be a difference maker for your career. Those who can do it, swear by it. zzzzzzzzzzz...

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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