**Benefits of Napping**

- Napping can help improve mood and subjective levels on sleepiness and fatigue
- Beneficial to performance on tasks, logical reasoning, reaction time, and symbol recognition
- Napping helps the body feel recharged if done correctly

**How Long Should You Nap? I Got Your Back!**

- 3 out of 4 student-athletes nap for an hour or less
- Experts say the ideal time for a nap is between 15 and 30 minutes
- A 5-20 minute nap is considered a power nap and can be very restorative
- The longer the nap the harder it will be to sleep at night

**Time to Recharge**

- The best time to take a nap can vary based on your sleep schedule
- If you take a nap closer to when it is time to go to bed it will be harder to fall asleep and has been proven in young adults to affect sleep schedules
- The best time to nap is between 12 PM and 3 PM (may vary based on individual sleep schedule)

Want to talk to someone about your sleep?

University of Virginia Sports Psychologists

Dr. Karen Egan  
kpe4q@virginia.edu

Dr. Jason Freeman  
jf4z@virginia.edu

---