



## **Sleep: (Ssshhh...) "Power Nap" in Progress** by award-winning author / stress-relief expert Susie Mantell

### **The Real Secret to Success? Power Naps:**

More and more businesses are recognizing the tremendous benefits to their employees when time is allowed for a phenomenon known as "Power-Napping."

I recall, as a little girl, having terrible difficulty grasping the concept that if I no longer wanted to have my bangs, I would have to let them grow! So, being four years-old, I tried to cut them off. Power Napping is actually a similar phenomenon. If you want to be able to go and go for hours to get the job done, maybe you really need to stop and rest. Isn't life funny?

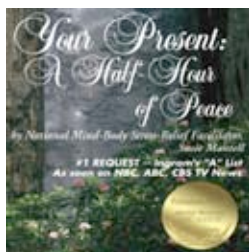
Busy people often find that by taking twenty minutes to a half-hour rest during a busy day, the body-mind will actually provide them with 3-4 more productive, focused hours to achieve their goals and objectives.

### **Try This During a Break: You'll be amazed!**

Sneak off to a quiet room for a 20 minute nap. Set a timer so you can relax without worrying that you'll oversleep. Note: Napping for too long can leave you groggy, so just a quick nap is the goal here.

Check out the "Sleep Tips" section on my website at [www.relaxintuit.com](http://www.relaxintuit.com) for some more specific strategies for getting a good night's sleep. Sweet dreams!

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## END OF THIS TIP##