



March 17, 2016 - Why promote napping at work? Because it is good for your health and contributes to greater efficiency at work. Among the 17 Sustainable Development Goals, goal 3 aims to improve the health and well-being of all.

Some companies have already understood the benefits of napping at work and encourage their employees to do so. On the occasion of World Sleep Day, learn how to take a useful and regenerating break. Your body will thank you, and so to will your bosses.

1 - Sleep boosts memory

Having a short nap allows you to completely disconnect and improves creativity and mental concentration.

2 - 15 minutes is enough

No need to sleep for hours to feel the effects of a good nap. Fifteen minutes a day is enough! It leaves you feeling more relaxed, less prone to peaks of stress and above all, in a better mood.

3 - A nap can also have positive consequences for your work place

It reduces psychosocial risks, absenteeism, accidents at work, improves productivity and helps to create a better atmosphere: a whole list of convincing reasons.

4 - It helps reduce weight gain

A short nap after lunch reduces afternoon nibbling.

5 - It reduces coffee consumption

Why not replace your coffee with a nap? Your heart will be grateful for it.

6 - It acts against the effects of skin aging

Sleep helps regenerate your skin cells. If you're looking for a miracle solution to reduce the number of wrinkles you have and get a more beautiful and clear complexion, well, here it is!

7 - It reduces cardiovascular disease

A 20 minute nap, 3 times a week, is all that is needed to reduce the chances of dying of heart disease by 37%.

There you go! You now have every reason in the world to take a nap during the day. If you're afraid of oversleeping, hold a pen or a spoon in your hand, when the object falls, it means you're going into the deep sleep stage and it's time to get back to work.

7 good reasons to take a nap at work

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