



Exercise: Sensible naps

Goal

Plan to avoid long naps that can sabotage your night-time sleep.

Instructions

Think about the questions below. Use the text box to record your answers.

- Are you in the habit of taking naps?
- Could you try to only nap in the early afternoon?
- Would you be happy to make your naps shorter, lasting between just 10 and 20 minutes?
- Can you see yourself replacing your afternoon nap with a short walk or a relaxation exercise?

My nap plan