

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Power Naps – What Most People Don't Know About Naps

By Kacper Postawski

Power Naps – What Most People Don't Know About Naps by Kacper Postawski

Power Naps – What Most People Don't Know About Naps

One of the biggest questions I get asked all the time is "Are naps good for you? Or bad? I've heard both sides of the story." I'd like to settle this argument once and for all right here, and reveal to you how you can properly manage your sleep to create an abundance of energy in your life, with LESS sleep.

Yes, naps are VERY good for you, IF you understand how the sleep system works, and you know how to nap PROPERLY.

In my "Powerful Sleep" course I teach people how to properly understand their sleep system, circadian rhythm, light exposure, and how it affects their inner sleep system. While we can't get in this article, here's what is true:

Most people don't realize that sleep is actually quite a complex and fascinating inner system. When we're sleeping, we're not just dead zombies off in an unknown universe. Your inner sleep system is a mechanism which follows specific time periods and stages to energize your body.

So how do you nap properly?

You take what are commonly referred to as "Power Naps", or what I usually refer to as "Stage 2 limited naps."

You see, when you sleep you go through what are called "sleep stages", there are 5 stages in total. The first two stages, Stage 1 and 2 are your "Light Sleep". It's during this stage that we sleep "lightly", we are easily wakable, and our circadian rhythm isn't altered enough to create a disturbance in the sleep system.

The Energizing effects of Stage 1 and 2 sleeps are very beneficial, just 10 minutes of sleeping in these stages can restore your energy to the point where you feel as if you slept for 8 hours.

Power Naps – What Most People Don't Know About Naps

However, why do most people do more HARM than GOOD to themselves by napping?

It's simple, they don't know about "deep sleep." Deep sleep comprises of all the other sleep stages. It's during deep sleep that your body undergoes a MASSIVE physiological change, your body temperature, heart rate, respiration drops. Your blood vessels dilate and all the blood that is usually stored in your main organs during the day is channeled to your muscles to repair them.

If you enter deep sleep during the day, your circadian rhythm, and your "inner sleep clock" (see link below for details) will be altered and out of wack, often resulting in an in-balanced, weak sleep system and lower energy levels all together.

For an average person it takes about 45–90 minutes to enter "deep sleep", this is why for an effective nap you MUST keep your nap down to a MAXIMUM of 45 minutes. Even 45 minutes is sometimes too much. The most energizing naps are usually 10 to 20 minutes long.

If your naps last too long, you will enter deep sleep. Waking up from a deep sleep phase is more harmful to your sleep system and your energy levels than good! You will often feel lethargic, low on energy, and in that "zombie" state of mind.

If you use naps properly, you can boost your energy levels drastically, and lower your sleep time down drastically.

However, there are still two vital things you must know about napping in order to make them super effective during your day, so that you're capable of lowering your sleep, and boosting your energy.

1. You must know exactly what the best time during the day is to take your nap.
2. You must know what to do AFTER your nap to speed up your body temperature rise.

Both these sleep secrets are exposed in the Powerful Sleep package, download it today at www.effective-info.com/powerfulsleep.html

~~~~~  
About The Author:

Kacper Postawski is an innovative sleep science researcher and the creator of the "Powerful Sleep – Secrets of the Inner Sleep Clock" system on [www.effective-info.com/powerfulsleep.html](http://www.effective-info.com/powerfulsleep.html). He can show you how to reduce your sleep by up to 3 hours, create more time, and an abundance of energy in your body by sleeping LESS! Not more. He dispels the "8 hour sleep myth", tells you what most people never realize about sleep, and what the drug companies DONT WANT YOU to know. Go to: <http://www.effective-info.com/powerfulsleep.html> to find out more about Powerful Sleep.

Kacper Postawski is an innovative sleep science researcher and the creator of the "Powerful Sleep – Secrets of the Inner Sleep Clock" system on [www.effective-info.com/powerfulsleep.html](http://www.effective-info.com/powerfulsleep.html). He can show you how to reduce your sleep by up to 3 hours, create more time, and an abundance of energy in your body by sleeping LESS!

## **Naptime Is Important For Your Baby**

**By Michelle Winters**

Who doesn't know that sleeping is necessary for us? It is a must to maintain a healthy life. Like us it is also necessary for the babies. They do need to sleep adequately, if not they get irritated at the drop of a hat being tired. And once they get irritated, it is difficult to make the babies sleep. So you need to sketch a naptime routine for your baby.

At a younger age, regular eating patterns determine regular sleeping pattern. So you need to follow an 'average' while your baby is very young. But do keep in mind that all the babies on earth do not stick to 'average'. In case you baby does not fall into the 'average' category you need to see a health professional.

Generally speaking, a new-born baby sleeps for from 16 hours to 20 hours per day. Naps taken intermittently during feed are also included in these hours. Don't let your baby to fall asleep as soon as his feeding is over, make him awake for a little time. This will prevent him to fall into the habit of needing a feed to make him sleep.

When your baby is 2 months old, bestow upon him the opportunity to soothing himself at the time of naps. Don't worry when, at the debut of this routine, they cry when put them in their cot or crib. This cry lasts for only 10 minutes; after this time check him. Of course if that cry turns into something serious like baby getting irritated or hysterical, you should not leave him in the cot. We are often tempted to pick babies up– don't do that, instead, speak to him while stroking his head gently or patting or soothingly rubbing his back. It is the best way to calm him down.

When your baby is 3months–6months, you will notice that in this time, his sleeping hours are gradually diminishing. They will doze off on their own generally in the late afternoon and often the third nap in the day.

When your baby is more than 16 months old, you will observe that even the morning sleep is cut short. On the contrary his afternoon naps take more hours perhaps to compensate the short hours of morning naps. At this age, 10 to 12 hours per night and 2 to 3 hours in the afternoons are usual.

Although it is always good to make a timetable for your baby's naps, pay attention to his cues while setting the routine. You are the one responsible for determining the start of his nap and adhere to that. Your baby will adapt himself soon to that timetable.

A naptime routine is necessary for your baby as well as for you.

Michelle Winters is a nurse and mother. See more articles at



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**