

The Allied Network
ONTARIO'S LEADING DATING SERVICE
1-877-278-8815 www.thealliednetwork.com



CLICK HERE FOR A **FREE DATE**

TORONTO SUN.com [Click to Enlarge](#) 

SERVICES **SUBSCRIBE** **EMPLOYMENT** **NEWS RESEARCH CENTRE** **CLASSIFIEDS** **ADVERTISING**

IN TOMORROW'S PAPER:
Jason MacNeil reviews tonight's Melissa Etheridge concert in Showbiz

TORONTO SUN

Mon, July 28/08

EMAIL US
Torontosun.COM

Current Conditions



Partly cloudy
27°C
Full Forecast

Lifestyle

- Home**
- News**
- Video**
- Sports**
- Beijing 2008**
- Swimsuit 2008**
- Photos**
- Blogs**
- Entertainment**
- Comment**
- Columnists**
- Lifestyle**
- [T.O. Fashion Week](#)
- [Columnists](#)
- [Lifestyle Video](#)
- [Life Sentences](#)
- Money**
- Autonet**
- Careers**
- Travel**
- New Homes & Condos**
- Resale Homes & Condos**

Business Name

City

Find a Business

Find a Person



Mon, July 28, 2008



Special Sections:

- Swimsuit 2008
- Caribana 2008
- 2008 Rogers Cup
- Toronto Maple Leaf Baseball
- Euro 2008
- Summer Fun
- Monarch Group
- SUNshine Girls of Winter
- Toronto FC 2008
- Toronto FC 2008 calendar
- National Fishing Week
- Continuing Ed.
- Golf Guide 2008
- SUNshine Girls of 2007
- Summer Swimsuit
- Marlies Dance Team
- Maple Leaf Baseball On Campus
- Jobboom
- Contests
- Dickies Canadian Worker of the Year

Sleeping on the job

Taking a siesta can help boost stamina, energy and alertness

By **JOANNE RICHARD**

Email	Print	Write	Size: AAA
Share:		+	Help

Getting employees to sleep together is good for company profits.

Dr. Sara Mednick highly recommends corporations create relaxation rooms for workers to catch some shuteye because napping on the job makes workers smarter, healthier and more productive.



Just 20 minutes will boost creative problem solving, reveals Mednick's latest research. If boardroom meetings are bogged down by the same old problem, then sleep on it for a new solution and fresh ideas -- plus added energy, alertness and stamina, says Mednick, a Harvard-trained research scientist at Salk Institute in California, who has been leading napping research for the past 10 years.

A midday snooze is a quick fix that offers long-term benefits: "Napping can be lifesaving," says Mednick, adding that napping three times a week or more can reduce coronary heart disease by 37%. Add exercise to the equation and "it's a super perfect combination; you'll live forever."

She also recently released scientific data comparing napping to caffeine in terms of improving performance.

Sadly, few heed the wakeup call. Napping is generally viewed as a sign of laziness in our society, says Mednick, author of *Take a Nap! Change Your Life* (Workman Publishing). It leads to a healthy, productive waking life, especially in the face of an epidemic of sleep deprivation.

"We're generally sleep-deprived, getting only 6 1/2 hours of sleep when we should be getting eight," so by making up for it with a nap -- ideally, 20 to 90 minutes before 4 p.m. -- protects against fatigue, says Mednick, who naps between 10 to 45 minutes daily.

Mednick recommends companies being open to shut-eye as an employee perk. She suggests using a lunch break, since you're likely to eat less in order to fit in the nap. So snooze

If you died today, who would fund your family's future?

Protect Your Family With Life Insurance

10-Yr Level Term Life Insurance \$500,000 Policy (monthly premiums)

age	male
35	\$ 16.19
40	\$ 21.88
45	\$ 34.56
50	\$ 56.00

Click Here

ACQUOTE
Saving You Money For Life

See how small changes can make a big difference when we work together.

Canoe Klix Advertise!

Join Lavalife free!
Meet local singles for dating, relationships, or more!

Jewelry
Get good deals on beautiful jewelry
Search from 14 search engines in 1.

Join Lavalife free
Meet local singles for dating, relationships, or more!

AQUAOVO ecodesign water filters
Affordable, green, design! For homes, offices, spas and more.

Classifieds:

Classified Extra
Jobboom
Dating

SUNshine Girl



Today's Gallery
Swimsuit 2008
Sun Winter Girls

On Canoe:

Health & Fitness
Trends
Discovery
Eat
Sex Files
Gadgets
DIY
Lotteries
Comics
Crossword
Horoscopes
TV Listings
Movie Listings

and lose -- weight that is.

YOU SNOOZE, YOU WIN

- Increases alertness
- Strengthens memory
- Improves accuracy
- Better decision making
- Improves perception
- Improves productivity and profits for companies
- Boosts creativity
- Reduces stress
- Improves sex life
- Aids in weight loss
- Keeps you looking younger
- Reduces risk of heart attack
- Elevates mood
- Alleviates migraines

GET NEWS LIKE THIS AND MORE DELIVERED TO YOUR DOOR **CLICK**
 Save up to 50% on home delivery of the Toronto Sun **HERE**

Next story: [Exercise slows down Alzheimer's advance](#)

You need new recipe and idea

Let our chef teach you some trick. Taste and learn with Chefadom!

Featured Advertisers

East Court - TO's Lincoln Centre
Toronto Condos King West Liberty Village
Downtown Mazda – Your Downtown Dealer

Services:

Subscriptions
Advertising
News Research
About Us
Privacy
Contact Us
Buy Sun Photos



This site is updated by 6:00 a.m. EST each day and includes stories and columns from the day's print edition of the Sun.

[SUBSCRIBE](#) [EMPLOYMENT](#) [NEWS RESEARCH CENTRE](#) [CLASSIFIEDS](#) [ADVERTISING](#)

Send a Letter to the Editor
CANOE home | We welcome your feedback.
Copyright © 2008, Canoe Inc. All rights reserved.
Proprietor and Publisher - Sun Media (Toronto) Corporation, 333 King St. E., Toronto, ON, M5A 3X5