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Nap for your life

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Most Americans don't find any time to nap, and according to the National Sleep Foundation, about

50 million of us suffer from sleep deprivation because we do not get the full eight hours of sleep needed to function in the healthiest way possible.

Dr. Sara C. Mednick's book "Take a Nap! Change Your Life" (Workman; \$12.95) shows you how a snooze a day can keep the doctor away. Mednick is a research scientist at the Salk Institute in La Jolla and is well-known for her research on sleep.

According to the author, a short catnap increases your alertness, improves memory, enriches your bottom line and reduces stress. It can even save your life as it reduces your chance of a heart attack and accidents on the job as a result of fatigue. Also, a short siesta does not interfere with nighttime sleep as long as you finish it at least three hours before your normal bedtime.

The book is separated into three parts. Part one covers the history of napping and how it boosts your energy and rejuvenates your brain. Part two features the stages of sleep. A nap wheel on the front allows you to program the type of sleep that is best for you.

Part three determines your sleep profile, helps you find the best time to doze and how snoozing on the job can actually create a more positive society.

Available at www.workman.com, www.amazon.com and bookstores nationwide.