

WAYS TO PROMOTE A NAP

1

CONSISTENT ROUTINE

Nap around the same time each day to stabilize your circadian rhythms.

2

TIME ALLOTTED

Set an alarm in another room so you are accountable.

3

SET THE MOOD

Turn out the lights, or use black out curtains. Tell your body it is time to rest.

4

SUPPORT YOURSELF

Shift your thinking and decide that it is supporting your body and your family is benefiting.

5

CLIMATE & SURROUNDINGS

Sleep in a room that you find the most relaxing. Cleaned up space and right temperature.

6

PRODUCTS

Have sleep promotion tools if you need them: diffuser, white noise, black out curtains, mask or a lightweight or weighted blanket.

7

SOLO

Sleeping alone can allow for deeper rest.

8

SCHEDULE IT

Schedule the time in your day. It is an appointment.

9

ADJUST

Adjust the length of nap if you have a project that will keep you up late, or if you have a newborn. Plan ahead.

10

REWARD

Reward yourself for resting and acknowledge how you feel after so that you are encouraged to continue.

