

# Sleeping Like a Baby

## Students reveal the pros and cons of the midday power nap

BY AMANDA PALM  
The Battalion

Mary Breiting, a senior finance major, is taking 12-credit hours, working 20 hours per week, is involved in extracurricular activities and does not get enough sleep at night. To compensate for the sleep she loses each night, Breiting takes power naps during the day. Her naps are short naps, 20 to 30 minutes in length, which serve to revitalize the mind and body. "I usually nap twice a week in the morning," she said. "I'm up at 7 [a.m.], so I usually nap around 10:30 [a.m.] or so." Breiting said she naps more frequently on mornings after late-night studying. She said power naps do not always leave her feeling refreshed. "If I stayed up until 2 [a.m.] and get up at 7 [a.m.], and I miss my usual six and a half to seven hours, then my body has to catch up somewhere," she said. "But when I wake up from a power nap, I feel more lethargic than before and very drained. My body is wanting more sleep rather than feeling energized." Matt Soileau, a freshman business major, said he benefits from taking power naps. He said he cannot go more than two days without a power nap and said he never wakes up from naps feeling tired or lethargic. He wakes up at 5:30 a.m. each weekday and averages six and a half hours of sleep per night. He

takes 20-minute to one-hour power naps four times a week. Unlike Breiting, Soileau said he feels refreshed after taking a power nap. "If I don't take a nap, I can't function," he said. "I'm tired, and my body needs a recharge. When I wake up from a nap, I feel refreshed and able to function better." Soileau said his power naps positively affect his studying ability. "Without a nap, I function really slow," he said. "If I don't get any sleep during the day, I can't get any serious studying done." Tom DeLuca, a former therapist with a master's degree in psychology, is making power napping popular with people across the country. He visits corporations and college campuses, performing "The Power Napping Workshop," in which he teaches people how to power nap. He claims power napping helps people move quickly into a deep state of rest for short periods of time and that afternoon fatigue can be rectified with a 20 to 30-minute nap. A medical report from the University of Texas Southwestern Medical Center agrees with DeLuca's. Doctors said in general Americans tend to be sleep-deprived. To make up for this deprivation, people try to catch up on sleep on weekends. Doctors say trying to play catch-up makes getting up Monday morning much harder. To make up for sleep deficits, people need more sleep each day. Breiting said she does not

catch up on her sleep during the weekend. Instead, she tries to trick herself into feeling as though she got more sleep. "I get the same amount of sleep," she said. "But I go to bed later and sleep later. So I sleep past my normal wake-up time, which makes me feel like I got more sleep." Soileau said he gets as much extra sleep as he can during the weekend, sleeping at least another two hours on Friday and Saturday nights in order to catch up on the sleep he missed. The medical report also states that a brief afternoon nap, usually 20 to 30 minutes and taken when a person is at his or her lowest energy level, can give a person a boost for the rest of the day. Soileau said his power naps refresh him completely. "After a nap I have more energy both physically and mentally," he said. "Sometimes, I'll wake up and want to go back to bed, but once I start moving around, it's good that I took that nap." "If I wake up and feel tired, more than likely, it's because I slept too much. So the shorter the nap, the better." Breiting said she does not believe there are any benefits to power napping. "I don't think I'm sleep-deprived and I feel healthy," she said. "I think power napping is just an excuse for people to be lazy and not get something done that they should."



RUBEN DELUNA/THE BATTALION

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| Office of Inspector   | Lane Construction        | Destia Communications  | Sonic Restaurants        |
| Hewlett Packard       | Newton                   | Fort Bend ISD          | Hartmen                  |
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