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power naps: napping benefits, length, and tips - - Naps help Constance Kobylarz Wilde, 58, recharge, Yes, Mednick says, because caffeine can decrease memory performance. So you may feel more wired,

how to pull an all nighter (with pictures) - - There are many legitimate reasons to pull an all-nighter on Try to take a short afternoon nap, so you have more energy during the night. Take a Caffeine Nap.

power nap - wikipedia, the free encyclopedia - A power nap is a short Studies demonstrate that naps are as good as a night of Her results showed that a 60-90 minute nap is more effective than caffeine in

caffeine nap : the ultimate power up | sleep - Another great contradictory term is the caffeine nap, the kind of pill that students use to cram all night before their finals. 1)

shift work disorder and sleep loss | optisom - sleepiness and performance impairment during the biological night and insomnia during the Shift work is highly prevalent in industrialized

sparkpeople official better sleep challenge team - My biggest change was to stop using the TV to put me to sleep at night.

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nap - wikipedia, the free encyclopedia - A nap is a short period of and associated factors help produce the best results. Power naps are effective even after a full night's sleep. Stimulant or

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scholar.sun.ac.za - (Head of Sleep Laboratory, National Institute for Psychosocial Medicine post-exercise 50 Caffeine 50 Alcohol 50 Dietary not just a focus on a ?system

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scientists agree: coffee naps are better than - a Japanese study found that people who took a caffeine nap Interestingly, there's even some evidence that caffeine naps can help Taking a coffee nap is

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sleep, alertness, and fatigue education in - alertness are for the most part at optimal levels during daylight hours, and that sleepiness is maximized during the night.

reboot your brain with a caffeine nap - lifehacker - Oct 01, 2007 Didn't get enough sleep last night? Grab a quick midday nap just after a midday nap just after a cup of coffee. duplicate caffeine nap

how to pull an all-nighter: tips from the special - While pulling an all-nighter may help you get that recommended consuming some sort of caffeine throughout the night. it a caffeine nap

steve pavlina's personal development blog - I express karma yoga through the act of writing and striving to help others grow. Bhakti yoga (love) is an internal, a piece of data that just didn't seem to

how to power nap: 5 steps (with pictures) - - How to Power Nap. Whether you're nodding off during the afternoon slump at the office, working a double or a night shift, or fighting drowsiness while driving, a

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the science of the perfect nap - lifehacker - The practice is called a "caffeine nap" and Didn't get enough sleep last night? Grab a quick midday nap The Science Behind Why Power Naps Help You

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