

POWER UP WITH A POWER NAP

Restore energy, reduce fatigue, and improve your mood.



Tips for a Power Nap

- Find a quiet place or minimize surrounding noise.
- Get comfortable.
- Darken the room.
- If possible, lie down and prop your head up.
- Take slow deep breaths.
- Nap 10-20 minutes.

To help you unwind, try a sleep enhancing selection or soothing instrumental music from the Relax Relax Toolkit:



For online sleep resources, visit NMCPHC – Health Promotion and Wellness:



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