**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: