Siesta Facts

- More energy

- Improve productivity by over 30%

- Improve alertness by up to 100%

- Reduce stress and the risk of heart disease by 34%

- Better negotiation and communication

- Reduce risk of accidents at work and on the road

- Happiness and wellbeing

The Siesta has existed for thousands of years and was previously regarded as a physical necessity rather than a luxury. While the traditional Spanish style siesta can last for up to two hours to avoid the hottest part of the day, *there is actually a biological need for people in all climates to have a short rest in the afternoon to revive energy levels.  The form of rest recommended for health and productivity benefits is a short 10-20 minute nap*, and not the 2 hour long siesta normally associated with Spain, enjoyable as that may be!

Research shows that the majority of people suffer from tiredness twice in every 24 hour period. We are what's called Bi-phasic; we need two periods of sleep; a long one at night and a shorter one during the day. The early afternoon brings a drop in energy levels, not as severe as night time, but sufficient to make it difficult to concentrate and think clearly. A short 10-20 minute nap is all that is needed to restore our concentration, alertness and improve productivity for the afternoon.

**Biological need for naps**

**In recent years, studies have suggested that we have a biological need for afternoon naps. Contrary to popular belief, eating lunch does not bring on drowsiness, although a heavy lunch, carbohydrates and alcohol can make us more tired.**

**Our ‘biological clock’ regulates certain bodily functions such as blood pressure, heart rate, body temperature and hormonal secretions as well as telling us when we need to rest, to maintain health and wellbeing. The Circadian Rhythm regulates daily rhythms in the body. Studies show that there is a strong biological tendency for humans to become tired and possibly fall asleep in the early or mid afternoon as well as at night. It happens about 8 hours after we wake up in the morning. There is a drop in body temperature at this time too which may be more pronounced in men. The afternoon level of fatigue is not as pronounced as our night time pattern, but sufficient to reduce our effectiveness and performance.**

***If we do not get enough sleep at night time, then the need for another rest during the day is even greater.***