

**SAUVÉS  
PAR LA SIESTE** BRICE FARAUT

PETITS SOMMES  
ET GRANDES VICTOIRES  
SUR LA DETTE DE SOMMEIL



Questions de santé  
ACTES SUD

Date : 20/03/2019

Pages : 256

Format cm : 14 x 22

Prix : 20.0

EAN : 9782330118594

## Saved by Napping

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Publisher : Actes Sud

Category : Humanities and Non-Fiction

Genres : Essay

Keywords : Daily life

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Counteract the destructive effects of sleep deficit on the brain and body.

A nap is like a night's sleep in miniature. It fulfills all the same functions and has the same therapeutic value. But to benefit from them fully takes awareness of the subtleties of napping: the various types of naps; proper napping position; the times most conducive to napping; the most effective nap lengths; the stages of sleep that heighten awareness, cognitive performance, memory, and creativity; and tricks for falling sleep quickly and waking up refreshed.

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