

# HOW TO POWER NAP IN 7 EASY STEPS

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*You will need a timer and a cold glass of water, and possibly a blanket.*

1. Lie down on your bed or sofa.
2. Set a timer for 20 minutes.
3. Close your eyes and beginning with your feet, imagine your feet and ankles are so relaxed you cannot pick them off of the bed. Dwell on this area until you literally believe you could not pick them up. Move on up your body, and repeat, legs, hips, stomach, back, shoulders, neck, and head.
4. If you get to your head and don't feel relaxed, either start over or begin back at the location where you lost focus. Remember, you should think about nothing except for the part of your body you are trying to relax.
5. When the timer goes off at 20 minutes\* promptly sit up, even if you did not nap. Fight the temptation to reset the timer.
6. Take a cold drink of water and quickly move towards doing something more active, even if it is reading, but do so sitting up.
7. Repeat the process each day (if possible) until you become proficient at power napping.

*\*My exception for this time limit is during a season of illness of either you or someone you are caring for. I would then allow for a longer nap, but never more than 45 minutes.*