

9 Powerful Benefits of Daily Napping



by Ann Rusnak

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Napping costs nothing, feels good, and benefits your mind and body in so many ways. You'll accomplish more and smile more while doing it. Avoid believing the naysayers and test it out for yourself. Napping is a great tool for increasing productivity and performance.

1 Less fatigue

- You will feel less tired and refreshed if you take a nap.

2 Greater alertness

- Alertness is significantly improved with naps. A nap is perfect for overcoming the feeling of afternoon physical and mental fatigue

3 Greater focus

- With alertness comes greater focus. You'll find it easier to control your attention.

4 Greater performance

- If you're less tired, more alert, more focused, and are in a better mood, you're going to perform at a higher level. **Naps are magical.**

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5

Enhanced mood

- Naps increase contentedness. Who doesn't feel a little better after a good nap?

6

Enhanced learning and memory

- Certain types of learning and memory are greatly enhanced by napping. If your memory is less than ideal, try a nap and see if it helps.

7

More productive hours

- A nap seems to reset your brain. It's like you have a whole new day ahead of you.

8

Boost immune system

- Naps can help to keep you healthy. Countless studies have shown a positive effect of naps on immune function.

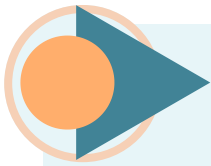
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Improved physical stamina

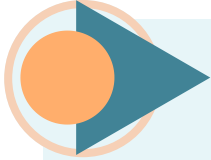
- Physical stamina is strengthened with naps. This has been demonstrated in athletes, soldiers, and regular people.

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INCREASE YOUR NAPPING SUCCESS WITH TIPS:



Determine the proper amount of time to nap. This varies with the person. Naps from 30-60 minutes work best for most people, but each person is a little different. Experiment and see what works best for you.



Use an alarm. Set an alarm to ease oversleeping concerns and improve napping quality.



Be consistent. You might feel a little groggy the first few times you try napping. Stick with it. Try to be consistent with your napping schedule, and your body will adapt.

You're invited to join our **FREE**
Masterclass



“The Art of Working Less”

**Learn the Secrets to Working Less, Earning More,
and Enjoying Life!**

During the masterclass, you'll learn:

- The 4-Block Framework for achieving work-life harmony. Take control of your calendar and take back your time.
- How to spot and cut out distractions. *Stop the energy-drain.*
- The strategies that amplify your efficiency and output. *Get more done.*
- How to easily take days off. *Relax and recharge without the stress of playing catch-up.*
- The key to increasing sales and revenue in *less time.*

Yes, Save My Seat



Meet Ann Rusnak



From childhood dreams of entrepreneurship through lemonade stands to a thriving home-based design business, my path seemed set.

But success's shadow loomed large—I was winning in business but losing in life, with health and family time paying the price.

A wake-up call in an ambulance taught me hard lessons about balance. I reinvented my approach, creating a system that turned minutes into profits without sacrificing my well-being.

Now, I share this magic through the Simplify Your Success System™, showing entrepreneurs how to achieve the same: more income without the burnout, and a life enjoyed to the fullest.

RAVES



"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III



I knew I was putting things off that needed to be done now. Today I'm making my schedule and have attained goals, not only in my business but in my personal life too.

~Amy Smoyer



"You have helped and my team focus on what is important to business profitability, so we stayed focused to complete projects on time. The ROI far exceeds the cost of the program!"

~Tracy L. Jones



"This week had been a game changer. Thanks to Monday's training, I told myself daily I ROCK! and intentionally carved out time for my business and stuck to it. I closed my office door and got busy. That yeilding in 4 new one to one appointments on my calendar. Yeah Me!

~Laura Moore McNeely