

# 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

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

## 8 Boost immune system

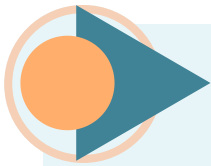
- Naps can help to keep you healthy. Countless studies have shown a positive effect of naps on immune function.

## 9 Improved physical stamina

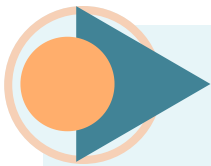
- Physical stamina is strengthened with naps. This has been demonstrated in athletes, soldiers, and regular people.

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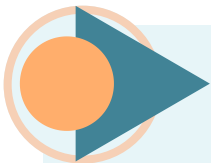
## INCREASE YOUR NAPPING SUCCESS WITH TIPS:



**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.** If you're worried about oversleeping, you'll be less likely to fall asleep and sleep soundly.



**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.

# Ready to Quit Working Non-stop?

Request Your Invitation to Join the Unstoppable Success Group for Heart-Aligned Entrepreneurs... it's totally free



This group is for busy, frazzled coaches, consultant and heart-aligned entrepreneurs who are ready to get off the hamster wheel of hustle and grow their business with less effort.

If this sounds like you, this group was specifically created with you in mind to share things like:

- ▶ Nugget-size tips and tactics for big results on what's working right now so you're not wasting your precious time on energy draining, outdated strategies keeping your efforts at a standstill.
- ▶ Weekly live business growth trainings.
- ▶ Trusting your intuition for unstoppable success in your business and life.
- ▶ "Pull back the curtain" lessons on what I'm learning to simplify my business, while working less hours to growing my income.
- ▶ Exciting ways to connect, network, collaborate, share resources, and learn from other active members of the group who are succeeding online without sacrificing their personal life.

**Ready to Go from Stuck to Unstoppable Success?**

**Request Your Invite for the Unstoppable Success Group... it's totally free**



# Meet Ann Rusnak



Ann Rusnak, Business Lifestyle Strategist and creator of the Simplify Your Success System™, helps busy, frazzled women entrepreneurs find the perfect life balance so they can double their income... working half the time!

She is the author of *The Journey to ME: Empowering You to Live a Life of Unstoppable Success*, and a Certified Law of Attraction Practitioner

On a personal note: She's a displaced Floridian living on the exotic North Coast of Ohio (*brrrr*). Married to an incredible man, proud mom of 2 daughters, blessed to be Gammie to her granddaughter and a pet mom owned by 4 overly loved cats.

## RAVES

You are absolutely correct, time "off" can be used to recharge one's batteries and return to work more productive (and refreshed).

I just took several days to travel to my hometown to visit w/ family and a childhood friend who lost a sibling. It was great to not only reconnect w/ my roots, but also to be completely off AND "offline" for a few days. Time just flew by..... no phone, fax, e-mail, web, tweets, etc. on purpose! I'm so jazzed.

I'll be cranking out my "wiener dog" book draft this weekend. More energy for that now, after my trip!

~~~Cheri Sigmon



**Laura Moore McNeeley** This week has been a game changer! Thanks to the training Monday, I have told myself daily that I ROCK, and then intentionally carved out time for my business and stuck to it! I closed my office door and got busy. That has yielded 4 new one-on-one appointments on my calendar! Yay me!!!!!!!

"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