



Fatigue Risk Management – Napping

Should I nap?

While napping isn't a replacement for a full night's sleep, it can be effective as a quick pick me up while on call. Taking short naps can help you feel less tired, more alert, and temporarily improve performance.

It's important to recognize if you're napping too often – common signs are needing to nap to get through your regular day and have trouble sleeping at night. If you start to experience this, be sure to discuss your changes in routine and sleep pattern with your doctor.

Be mindful and enjoy your naps!



When should I take a nap?

It's best to nap when you naturally start to feel more tired – this typically occurs between the 1300-1500 hours and 0200-0600 hours, but napping when you're able to will work! Just try to avoid a nap three hours before your regular bedtime, as it can make it harder to fall asleep and can disrupt your sleep routine.



What is the best napping environment?

Much like regular sleep, the ideal space for a nap is quiet, cool, comfortable and dark. While many people think they should take a quick nap while sitting on the couch, it's actually better to lay down on a flat surface to encourage sleep. It's important to silence your phone/device (recognizing this isn't possible while on call), and if in a call room, be sure to hang the provided 'do not disturb' sign to prevent any interruptions while napping.

How long should my nap be?

It's important to include some time to wake up when accounting for a nap – we often experience sleep inertia (that groggy “where am I” feeling) when woken from a deep sleep by an unnatural source (such as a page or alarm), rather than waking naturally. Be mindful that timing of naps can reduce sleep inertia.



- ▶ Short on time? Napping for 20 minutes will aid in feeling greater alertness, better retention of information, improved focus and mood and will help synthesize long term memories. It's important to keep your nap to 20 minutes to avoid falling into and waking from the deep sleep cycle – this is what increases sleep inertia.



- ▶ Have a bit more time? When possible, the other option is to aim for a 90 minute nap, which allows you to go through one complete sleep cycle of light, deep and dreaming sleep and to wake up from a light sleep.



- ▶ The ultimate nap hack to optimize performance in an unmodifiable fatigued state: You can take a caff-nap! Consume 150 mg of caffeine, which is about 2 cups of coffee, set an alarm, and have your nap. Once you wake up, go for a 10-minute walk or preferred activity and wash your face. The caffeine will help you to feel more alert once awake, the activity will expel any grogginess, and washing your face will help you to feel refreshed!

Be mindful and enjoy your naps!



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