

The Power of a Tiny Nap Why Even a Few Minutes Can Make a Difference

Nap Length	Best For	Key Benefits	Watch Out For
2-5 minutes	Micro reset between tasks	Quick stress relief, brief focus boost	Not deep enough for full refresh, but better than nothing
5-10 minutes	Tiny power boost when time is tight	Stress reduction, slight energy lift	Easy to dismiss as “too short to matter” (but it does!)
10-20 minutes	Power nap sweet spot	Focus, mood, energy boost	Set a timer to avoid oversleeping
30 minutes	When you’re really tired but time-limited	Memory boost, creative thinking	Risk of waking during deep sleep = grogginess
60 minutes	Deeper recovery nap	Memory support, learning boost, physical recovery	Can wake up feeling disoriented if sleep is very deep
90 minutes	Full sleep cycle nap	Emotional reset, creative processing, physical & mental recovery	Hard to find the time, but ideal when possible

Thank you for reading,

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