

How long should  
naps be?

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90 min. / 4 stages

Stages / Length

1 / 2-5 min.

2 / ~30 min. relax

3 / 20-30 min. deepest

4 / 10-20 min. REM

Length / Purpose

20-30 min. / refresh

30-60 min. / memory

60-90 min. / innovation

• 90-minute sleep cycles w 4 stages each

• naps can be 5 min - 3 hrs. (can incl. full sleep cycle)

• Stage 1 2-5 min

• Stage 2 ~30 min.

• body temp drops

• muscles relax

• breathing / heart rate become regular

• neurons fire in unison **waves**

• rapid bursts (sleep spindles)

• Stage 3 : slow wave sleep 20-30 min

• deepest sleep

• Stage 4 : rem sleep 10-20 min.

• brain more active (similar to awake)

• 20-30 min. nap = good for learning (Stages 1 & 2)

• 30-60 min. nap = good for long-term memory (grassy)

• 60-90 min. nap = may lead to innovative ideas

• time of day influences benefits of naps

- Naps can be beneficial, but not all people are nappers.
- We have 90-min sleep cycles w 4 stages
- Time your nap based on your purpose