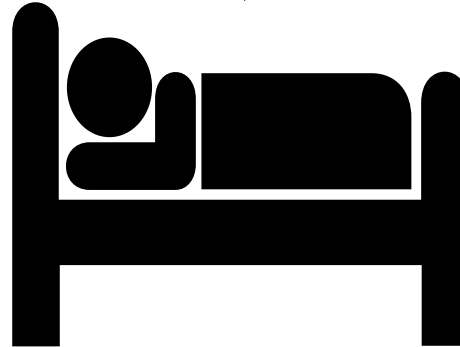# NATIONAL NAPPING DAY zᶻᶻZ

Fun fact: 1/3 of Americans nap everyday

The best time to nap is between 1 and 3 pm

Sleeping in a dark room will give you a more restful sleep.

Naps should be between 10 and 30 minutes long

Set an alarm so that you are not late for anything

It will take twice as long to fall asleep if you are not laying down