



June 8, 2011 – Grand Rapids, MI

## Naptime

When I did a post-doc at Ball State, Dr. Dave Costill, one of the best exercise physiologists I've met, used to take a 20-minute nap every day after a swim and lunch. When Paula and I visit Matthew and we work on various projects in the South Carolina heat, we generally take a nap after lunch as well—45 minutes or so. What never ceases to amaze me is how refreshing it is. I napped the day I wrote this message, and I feel great.

The idea is not to go into a deep sleep, but just to relax and let your food digest. The blood is going to your stomach anyway so you might as well let your body do what it's supposed to do. I know this might not work for everyone—lying down in your cubicle might not be a great idea at the office. But you could try it after dinner before you go out to work or volunteer in the evening.

A nap after eating is one time when listening to your body might give you the extra energy you need to do the things you really want to do.

What are you prepared to do today?

*Dr. Chet*

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