

NAPPING IS GOOD FOR YOU

Read the text and choose the correct word.

Napping, or taking short periods of sleep (0)_____ the day, is a basic human need. According (1)_____ numerous studies, napping decreases tiredness and increases energy levels. Napping is based on common sense and (2)_____ animal on the planet naps. (3)_____ many people prefer to fight against tiredness rather (4)_____ take a short sleep during the day.

For the (5)_____ if workers a nap in the afternoon increases productivity, creativity and problem-solving skills. One expert (6)_____ called for a new part to the work day, a period called "nap time". He argues that the modern work system (7)_____ no designed around the actually physical needs of people's bodies. People have coffee breaks, (8)_____ what they really need is nap breaks.

Chronobiologists, scientists (9)_____ study sleep patterns, say that "morning" people can benefit from a twenty (10)_____ nap around noon, while "night owls"! Need a nap around three or four in (11)_____ afternoon. The key is to (12)_____ out what kind of nap you need and for (13)_____ long. It has been established that even very short breaks reduce errors and accidents and are (14)_____ useful if taken about eight or nine hours (15)_____ you wake up.

