

# 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.

