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Habit - Wikipedia -

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Safety -

Wed, 08 Aug 2018 01:06:00 GMT - A power nap, also known as a Stage 2 nap, is a short slumber of 20 minutes or less which terminates before the occurrence of deep slow-wave sleep (SWS), intended to quickly revitalize the napper. The expression "power nap" was coined by Cornell University social psychologist James Maas.. The 20-minute nap increases alertness and motor skills. Various durations may be recommended for power naps ...

Nap - Wikipedia -

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