



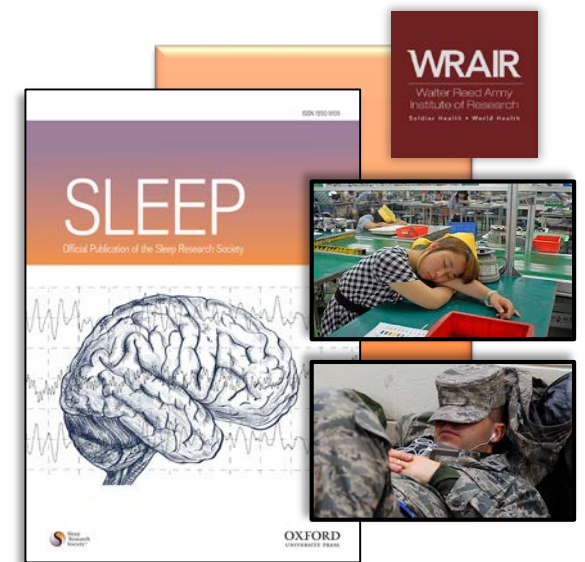
USAMRDC Good News Story



U.S. Army Medical Research and Development Command

Give it a Rest: New WRAIR Article Pushes the Benefits of Workplace Napping

- A new article authored by scientists at the Walter Reed Army Institute of Research (WRAIR) seeks to break the stigma of workplace napping in America as a means to boost employee productivity and increase overall corporate growth.
- The article, co-authored by WRAIR researchers Sara Alger, Allison Brager and Vincent Capaldi, appears in the August 2019 issue of *SLEEP* magazine, and encourages American industry to adopt the quick, mid-day napping practices of countries like Italy and Japan.
- The article states that a reported 70% of Americans regularly experience insufficient sleep, and further that current evidence suggests a 10-20 minute mid-day nap could result in increased workplace productivity and decreased on-site injuries.
- The WRAIR researchers note that naps are currently integrated into the workplace culture of some of the largest companies on earth, including Google, Nike, Cisco and Proctor & Gamble, among others.
- The article closes with a call to increase the number of sleep-based studies in order to examine the impact of napping on occupationally-relevant performance measures.



Clockwise from left: Cover of August 2019 edition of *SLEEP* (courtesy Sleep Research Society); A woman naps at work in China (courtesy NBC News); A Soldier naps (courtesy health.mil)

OUTCOME: By studying the impact of sleep on waking cogency, skill, and overall attentiveness, the USAMRDC is ensuring the Army has the knowledge necessary to consistently operate at full capacity in all environments.