

What you said about the Nap Challenge. Bellinghen May 2012

Mandy Traynor, GO4 Media

The Challenge: Actually it's a lot easier to nap in my lunchtime than to try and get time at home.

The Gains: On the days that I did nap I found it easier to stay up later at night (as opposed to bed at 8pm). Funny how a 20 minute nap can give me hours more energy!

Nicole Rowsell, Burrows ChildCare

The Challenge: squeezing it into a half hour lunch break.

The Gains: The greatest benefit was relaxation and slowing down inside. My

The Gains: Before I napped I typically felt sleepy, sluggish and heavy. Afterwards - strong, clear and calm. Napping definitely gave me more energy into the evening for the kids night time routine.

job is physically and emotionally demanding.

Kevin, Owner Kombu whole foods

The Challenge: Finding time and finding a safe space was greatest challenge. (The Nap Zzzone was too public for me.

Jane Eales, River Health Projects Officer, Council

The Challenge: Hardest part was making it a part of my routine, juggling time demands (such as lunchtime meetings and carpooling). When I thought I hadn't been very productive, I challenged the validity of taking a nap.

The Gains: I've often wanted to take a lie down after lunch but there's been nowhere to do so. So it's been great having this space. I didn't get the afternoon lull when I napped.

Jason Johns, Uniting Church Minister

The Challenge: When I go I tend to go until I stop. It's really hard for me to take a break when I'm aware of how much I have to do by the end of the day.

The Gains: I definitely had more energy and better focus on the days I managed a nap.

Dan Maher, Owner, Affirmations

The Challenge: Even though I set a reminder alert on my phone, it was so easy to think – I'll just finish this first, but then I'd just keep going. It can feel a bit like a guilty pleasure.

The Gains: There was one nap in particular that felt so great – I was tired and agitated before hand, then emerged calmed and so refreshed.

Jason, Owner, No 5 Church St Cafe

The Challenge: Remembering! Then seizing the moment when I did.

The Gains: I felt much more alert and fresh. The afternoon was great.

Guy Saddleton, Real Estate

The Challenge: Being disciplined enough to actually stop.

The Gains: Definitely feeling refreshed and more efficient after a nap.

Also participating were Rosemary Stevenson, Emporium and Steven Doyle, Bellinghen Solar