

# Is Your Workplace Nap-Ready?

Your Boss	✓ / ✗	Consider
Is your boss likely to be open to exploring the possibility of becoming a pro-napping workplace?		If not, or you are unsure, find out what his or her concerns are. Then present a case that addresses these concerns while highlighting any business benefits related to napping.
Physical Space	✓ / ✗	Consider
Does your workplace have a space where you could nap undisturbed, for up to 30 minutes? (eg meeting room, couch, office with door).		If not, could a budget be allocated to purchase some basic nap equipment (eg a couch and screen) or a nap pod?
Workplace Norms	✓ / ✗	Consider
Do you feel trusted to get your work done and it's up to you how you do that?		A culture that rewards results, rather than face-time (being seen to be working), is more likely to be receptive to workplace napping.
Does your workplace culture support the idea that short health breaks are good for productivity?		If not, education about the importance of work:rest ratios to physical and mental performance will be important.
Time	✓ / ✗	Consider
<p>In your workplace agreement, are employees entitled to a break time of at least 20 minutes during the day?</p> <p>Do employees typically take their allocated break time away from their work station?</p>		<p>In nearly all cases, employees will have allocated break times they could use to nap.</p> <p>If people don't feel permission to take breaks, however, you'll need to establish new norms.</p>



Like some help?

Get in touch:

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NapNow: offering the education, strategy and culture shift needed for workers to unplug, defrag and recharge as part of a normal days work.



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