**Middle School Persuasive/Argument**

**Is Napping Beneficial?**

**Score Point 6**

To Nap Or Not To Nap

How much sleep do you get every night? Five hours, maybe even six? Well, that's not nearly enough. Based on your age, you need different amounts of sleep. In our modern world, it has become increasingly difficult to get the recommended amount of sleep, which is important when it comes to your health and happiness, but there is a solution. Napping during the day can help anyone suffering from sleep deprivation. As a matter of fact many famous people in our history are notorious for napping. Napping can help you be less stressed and more relaxed, and napping can make you healthier, happier, and smarter!

First of all, napping has been proven to help improve performance, by a few people whose names you may recognize. Albert Einstein, John F. Kennedy, Ronald Reagan, Bill Clinton, Winston Churchill, Thomas Edison, Napoleon Bonaparte, and Leonardo DaVinci, were all notorious for napping. Winston often took afternoon naps for at least an hour every day, whilst leading the Allied Powers to victory against the Germans during World War 2. He said that a naps renew a person's energy. Perhaps he was right; after all, it must have taken a lot of energy to be president of the United States. Maybe that' s why Kennedy, Reagan, and Clinton took so many naps. Imagine how the world might be if Edison had been too tired to invent the light bulb. Many scientists have unique sleeping patterns, in which they only sleep 3-4 hours a night, so napping is vital to being awake and focused. In the article "The Secret Truth About Napping" it states, "Whether it is nighttime sleep or a day-time nap, primes the brain to function at a higher level, allowing us to come up with better ideas," these famous individuals certainly proved that to be true. The famous politicians, artists, presidents, scientists, and world leaders, show how much napping can benefit your creative process and decision making.

Secondly, napping can help you be less stressed and more relaxed. In the wise words of Twenty One Pilots, a lot of us wish, "We could turn back time, to the good old days, when our mama's sang us to sleep, because now we're stressed out," but it doesn't have to be that way. Napping can reduce stress and help you feel more relaxed in your daily activities. After napping only 10-20 minutes a person is scientifically proven to feel more relaxed. A study done by the University of Pennsylvania, found that letting subjects nap for as little as 24 minutes lowered the amount of mistake's people make in the work force, improves the cognitive performance, and helps a person feel less stressed about daily activities. Anton Anderson, an English professor at Greenwich High School, decided to do something to help all his tired students, so he started the Power Napping Club. This club allows students to sleep for around 20 minutes at the end of the day before they go to their extracurricular activities. The co-president of the Power Napping Club emphasizes this, "Obviously, it's no substitute for sleep, but I defiantly feel more relaxed afterward," she said.

Perhaps the greatest reason to nap is the brain boost it gives you, along with helping you to become happier and healthier. Did you know that if you take a nap after you learn something new, can help you remember it twice as well? It's true, taking cat naps can significantly boost brain power and memory. In the article "The Secret Truth About Napping" it says, "After a nap, people tend to be happier and more alert. They do better work and avoid mistakes. People who take naps may even have better long-term health than people who don't," and in the article "Ask the Sleep Doctor" it shows just how common napping is, "85 percent of animals sleep in short periods throughout the day, Humans are one of the few species that do most of their sleeping at night. Introducing a cat nap into your day may be very helpful," you can't argue with the doc. Taking naps is very well known for helping people be happier. Even NASA is getting in on the action. The astronauts traveling in space often get very little sleep, which leads to them having trouble focusing and being grumpy. NASA, decided to test whether the astronauts should take naps, they found that the astronauts were happier and had an improved memory. This shows another reason napping in beneficial to all of us.

Some might argue that napping is a waste of time, or that it makes you groggy, but that could not be more wrong. "In general, Americans regard napping as an unproductive habit. They think that only little children should take naps. However, there is evidence that napping can benefit people of all ages" (The Secret Truth About Napping, 1). Napping even for short amounts of time, can boost performance, help cognitive thinking, improve long-term health, make you feel more relaxed, help find solutions to problems, and more. The reason so many people drink coffee is because of the high caffeine level, which gives you energy, but caffeine is very bad for you and only gives you a short burst of energy; try taking a nap instead.

In conclusion, these are the reasons that napping is very beneficial to all of us, many famous and important people took naps, taking naps can help you feel less stressed and more relaxed, and napping will boost your brain power and make you happier and healthier. For these reasons it is highly advised that we take naps whenever we can. As Tom Hodgkin once said, "The nap is a sort of easy version of meditation." Napping is important for people of all ages, not just kids. So let's always make sure to carve out time for a good cat nap.

**Score Point 5**

Napping

When was the last time you took a nap? How long did you take that nap for? Napping time varies, depending how much you slept at night. Now, think about this. Why did you take the nap? Was it because you were tired from not getting enough sleep at night'? That's most people's answer. They don't get enough sleep at night, which makes them take a nap in the day time. In my opinion, I think napping is a good idea because it can make up for the sleep loss at night, it can help improve memory, and it helps with long-term health.

One reason why napping can help you, is because it can help make up for the sleep loss at night. For example, if you were up all night, partying with your friends, and you didn't get enough sleep, it can make you grumpy, because you are tired. Taking a nap will help you feel more refreshed and happy. If you lose a couple hours of sleep every night, the sleep loss hours will eventually add up. For example, if you lose one hour of sleep each night, after one week, you can lose seven hours of sleep. In the article, "Ask the Sleep Doctor," Dr. Daniel Vesslor states, "On nights when you don't get enough sleep, napping can help to recharge your body and increase your mental alertness." When you have school/work off, your body automatically wants to sleep in. If you're sleeping in on school/work off days, that means that you are normally not getting enough sleep. If you sleep earlier, then wake up earlier, you will have a better chance of having a better day.

Another reason why napping is a good idea, is because it will help you with your memory. Did you know that someone who takes a nap right after learning something, can remember it better than someone who doesn't take a nap? For example, if you come straight home from school and take a nap, your brain will store the information in your "storage room." Then, your head will be clear and ready to learn something new. In the article "The Secret Truth About Napping," it states, "The main take away seems to be that a deep sleep, whether it is nighttime sleep or a day-time nap, primes the brain to function at a higher level, allowing us to come up with better ideas, find solutions to puzzles more quickly, identify patterns faster and recall information more accurately." This means that taking napes can help our brain work properly. I have a friend, who never gets good grades on tests. One day, I advised her to take a nap right after she got home, so she can remember all the things that she learned that day. I still remember the excitement on her face, when she showed me a huge "A" sitting at the top of her test. Next time you forget something, take a nap!

The final reason why you should take a nap, is because it will help you stay focused. Many workers who work at night usually have problems sleeping. Short naps for these workers can help reduce the amount of mistakes a tired person makes. For example, would you want a tired doctor identifying if your arm is broken or not? Like most people, I'm guessing you said no. Sleep experts are encouraging night shift workers to take naps. If you take a nap before you do your homework, it will help you feel more focused and ready to accomplish your homework. In the article," Ask the Sleep Doctor, Dr. Daniel Vesslor states,"[If you take a nap] you will most likely wake up refreshed and have more energy to focus on your homework in the evening,"

It is often supposed that if you take a nap, you will become groggy; however, if you take shorter naps, you will be happier than groggy. Try taking a 10-20 minute nap instead of a 2 hour nap. If you take a 2 hour nap, you will most likely have trouble sleeping at night. In the article," Ask the Sleep Doctor," Dr. Daniel Vesslor states, "I do not recommend a two- or three-hour nap, however. Napping for several hours during the day can make it hard for you to fall asleep at night. It can also be difficult to wake up after a long nap. Naps with lengths between 10 and 20 minutes have been shown to Increase productivity, decrease fatigue and improve mood."

Now what do you think about naps? As you can see, naps can help with sleep loss, memory, and can help you stay focused. Right after you learn something new, try taking a nap. It can help, as Dr. Daniel Vesslor says, "Increase productivity, decrease fatigue and improve mood." Next time you feel tired, forget something, or can't focus, take a nap.

**Score Point 4**

Do you get enough sleep at night? Would you consider a nap? Well napping is a way to deal with sleepiness or to catch up on sleep, especially for people with unusual work hours. Napping is usually seen as unproductive, however, napping proposes many positive benefits.

People may need to nap to deal with sleepiness or to deal with sleep debt. According to the article, "How Much Sleep is Enough," it states that people may need to nap to deal with sleepiness. Another quote from the article says, "naps may provide a short-term boost in alertness and performance. " Also in another article,"Ask The Sleep Doctor," Dr. Vesslor states, "that on nights when you don't enough sleep, napping can help you recharge. " He also mentions that introducing a catnap into you day may be helpful. Studies usher that such short-term sleep deprivation leads to a foggy brian, worsened vision, obesity and many other problems.

People may need to nap in regards to their unusual work hours; in an article named, "The Secret Truth about Napping," one paragraph is titled, 'Naps for certain Careers,' express's that, "studies have shown the benefits that naps can provide for individuals with unusual work hours." People such as astronauts, for example, who explore the perilous outer space where it is not always clear to tell if it is night or day. If getting all of your hours of sleep is important for a job like this, a nap could help you recharge. For another example, people, such as medical personnel, who work long hours most definitely need to nap. The same goes for other jobs as well.

Although napping is attested to people today as a poor and lazy habit, many scientific studies show that it truly isn't. The article,"How Much Sleep is Enough," states that naps may provide a sort-term boost in alertness and performance. A quote from Doctor Vesslor says, "I recommend that if you decide to take a nap, you should do so," and to "set a timer for 10 to 20 minutes." The Spanish word 'siesta' mean to take a mid-day break or a nap; even Greek people take a 'siesta' in the middle of their day.

So, do you get enough sleep at night? Well you should consider taking a nap to catch up or to deal with sleepiness, especially for people with unusual work hours. Napping is filled with many positive benefits such as improvement in alertness, performance, memory and more. So if you have trouble getting to sleep at night, taking a nap can help you recharge!

**Score Point 3**

Did you know that napping beneficial for your health? If not, then start listening because I'm going to tell you all about the benefits of napping. I think that naps are good for people of all ages.

I think naps can help you catch up on those lost hours of sleep that you gave up for either preparing for the next day or watching late night TV shows. Workers that have jobs that go against their natural body clocks such as emergency responders or hospital workers take naps during their free time to work during late in the night. Lack of sleep can cause a foggy brain, worsened vision, impaired driving, and trouble remembering. Naps can also prevent health issues caused by lack of sleep such as obesity, insulin resistance and heart diseases.

Did you many famous people of the past take naps too? Presidents such as John F. Kennedy, Ronald Reagan, and Bill Clinton took naps too. Napoleon Bonaparte, and Winston Churchill also took naps as well. Famous inventors took naps too. If Leonardo DaVincihadn't taken naps he probably wouldn't have painted the Mona Lisa or his revolutionary inventions and Thomas Edison would have beentoo tired tocreated the light bulb.

Many say that naps make it harder to fall asleep at night, but it actually doesn't. To make sure you can sleep at night take your naps around 2-4 pm and only nap for about 20 minutes. Napping for 2-3 hours can make it harder to fall asleep at night and it is hard to wake up.

To sum it all up napping is a great way to catch up on your lost hours. Napping can prevent health issues, helped famous people do what they do, and refresh your brain.

**Score Point 2**

Naps are good for people and I think they are good in many ways. I think the ways naps are good is because it can do stuff for you.

One of the many reasons I think naps are good for you is you can control your mind and set your imagination free. Naps control your mind by doing stuff, like if your mad at someone take a nap and your anger will go away when you wake up because when your sleeping your mind will take stuff of of it. The way it calms your mind and takes stuff off of it is because when your sleeping you go to another place of your mind when you dream it's your imagination. This calms you because you usually have pleasant dreams which settle you.

Another, reason I think naps are good for you is because it helps you relax your mind and reset your memory. this helps you reset your mind is because everything you did that day gets put aside your mind and you think of what you want to think of that day. This helps you relax your memory because when you wke up from the nap you feel refreshed. The last reason it restarts your memory is because you just want to take your mind off of things.

**Score Point 1**

Naps are for people for many reasons. First of all, naps should only take one hour. If you take a nap for multiple hours you may have lak of sleep at night. It can be hard to wake up a nap. And if you were to come after school and decide to take to a nap. Make suer the nap takes ten to twenty minutes. Second of all, famous people take naps to. Like Jhon F. Kenedy, Ronald Reagon, and Bill Clinton all took naps to deal with stress. Even Winston Churchill He stated that naps can renew a persons enregy. He also slept na hour every afternoon. naps are for all ages. The average sleep will form the corse of your life.