



## Sleeping on the Job: If It Worked for Patton, Can It Work for You?

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Yes, General George Patton took a brief daily nap whenever his schedule permitted it. Now, some companies believe that naps on the job actually improve productivity. Toy manufacturer Worlds Apart encourages employees who are feeling lethargic and low on energy to take out their inflatable mattresses and take a midday nap (20 minutes is the optimal nap length). Worlds Apart's practice is a targeted, focused strategy, not unlike the practice of high performance athletes who engage in short energy recovery activities so they can achieve peak performance when fully engaged in an athletic event. The company has found this practice is especially effective for employees who are new parents or those who are engaged in long-hour work stretches.

Hey, didn't George Costanza (George, on Seinfeld) perfect this practice in an episode when he had a personal sleep space secretly installed under his desk when working for the New York Yankees?