



30 Minuten Power-Napping (German Edition)

Stefanie Demmler, Solveig Lanske, Dörthe Ziemer

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Schlafen am Arbeitsplatz gilt immer noch als faul und wird von der Gesellschaft kaum akzeptiert. Dabei ist es wissenschaftlich erwiesen, dass maximal 30 Minuten Schlaf in der Mittagspause die Leistungsfähigkeit für den gesamten Tag steigern und gleichzeitig das Risiko für Herz-Kreislauf-Erkrankungen verringern. Die Autorinnen zeigen, wie Power-Napping funktioniert, wie es in der Praxis umgesetzt werden kann und wie es Ihren Alltag nachhaltig verändert - beruflich und privat.

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