

1. Nap no more than 17 min. /day.
2. It doesn't matter if you fall asleep during your nap time.
3. Make sure that you're seated, preferably, with your legs and feet up.
(No need to be lying down... Especially NOT in bed)
4. Your eyes closed.... And not distracted by any noise and/or sounds.
(This includes music... of any type)
5. Set a timer so you don't have to be conscious of the time.
6. When the alarm goes off... You get up from your seat.
It's as simple as that!