Dr. K's "Li'l Nappy" Instructions



- 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!

Dr. David C. Kolbaba & Associates, Inc.