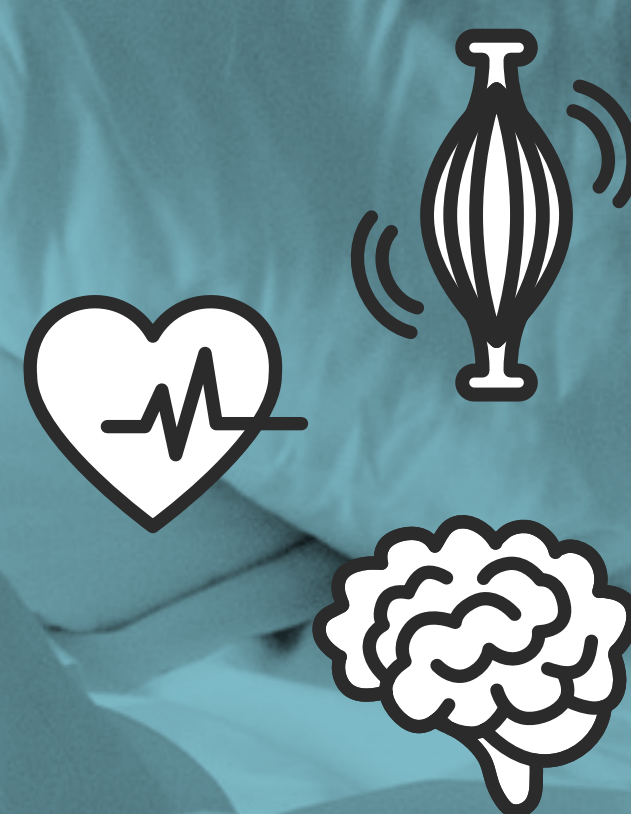


Effects of napping on a bean bag chair



BACKGROUND

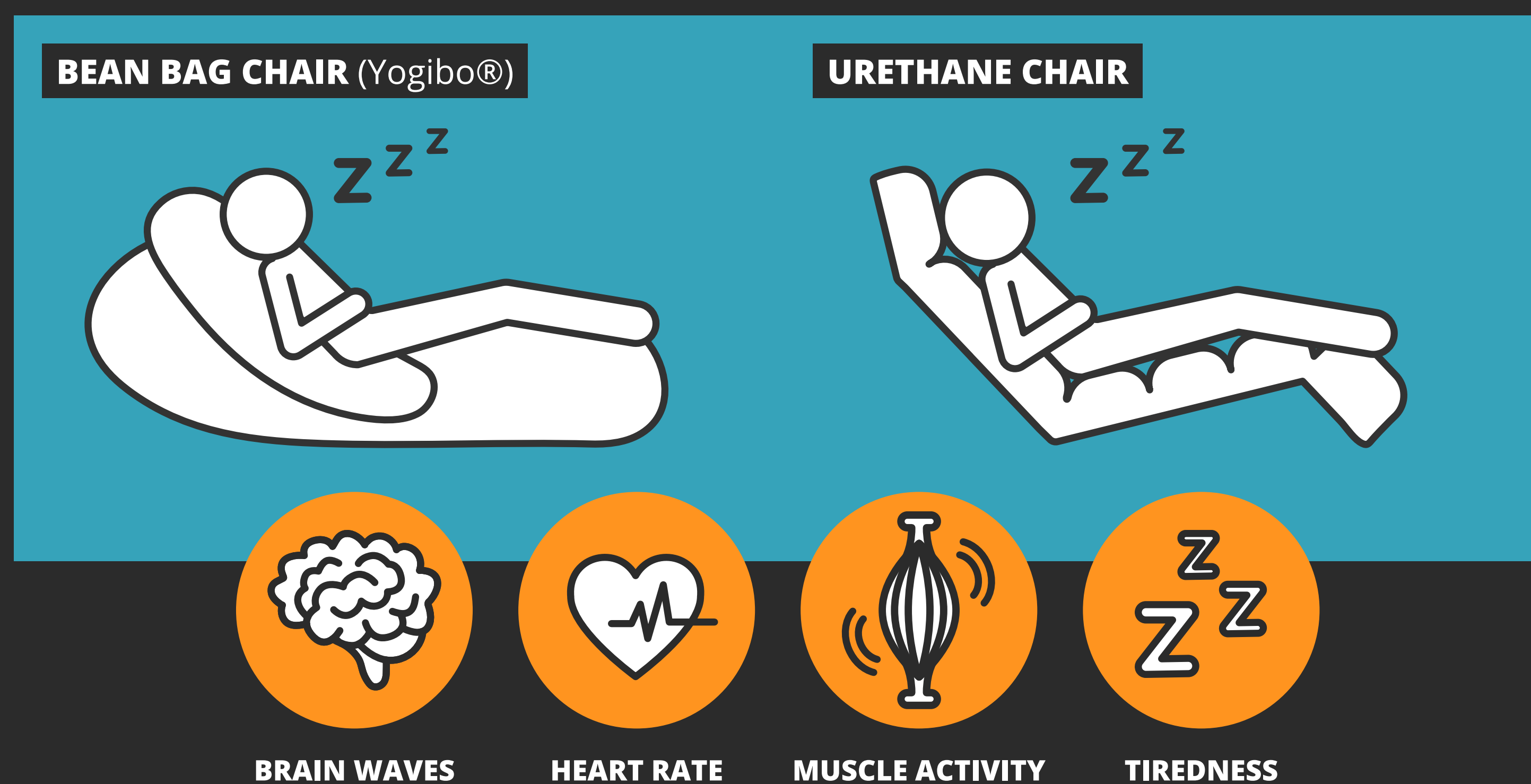
Although ample evidence has demonstrated that daytime napping is beneficial for health and cognitive performance, **bedding for napping has not yet been scientifically investigated.**

In our study, we explore the **effects of a bean bag chair on daytime napping and physiological parameters related to sleep.**



METHODS

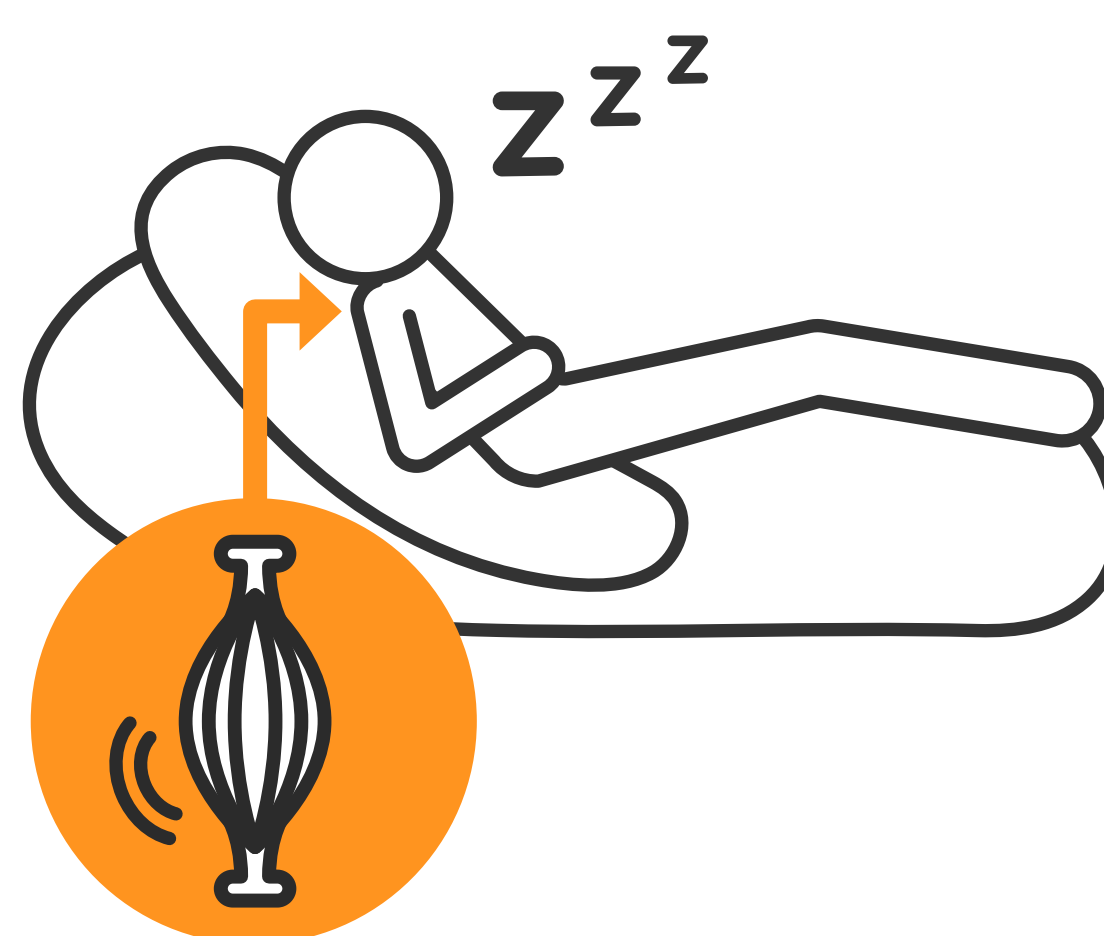
Fourteen healthy participants were enrolled in the study, and came into the laboratory twice, for daytime napping on:



During the 1-hour nap, **we recorded the brain waves, muscle activity and heart rate** of the participants. After the nap, the **level of tiredness** was measured. Sleep quality in the night before the experiment was also monitored.

RESULTS

We found **decreased muscle tension in the neck/shoulder region in participants sleeping on the bean bag chair**, thus weakening the stress measured by the autonomic nervous system.



CONCLUSION

Daytime napping in a bean bag chair allows the user to relax and enjoy a nap, resulting in **efficient recovery from fatigue** and boosting performance.