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# Maximize Afternoon Nap Benefits: Prevent Daytime Disruption

## Description

When you feel tired in the afternoon, taking a short nap can help you feel refreshed. But be careful not to nap too long, or you might feel groggy. Naps can be good for your brain and concentration if done right. They can also help you stay alert and improve your mood.

Most people get sleepy in the early afternoon because of their body clock. Taking a quick nap during this time can boost your energy without affecting your nighttime sleep. However, if you nap for too long, it can be harder to wake up and you might feel worse.

Some people, like shift workers or those who struggle to sleep at night, benefit from napping. Athletes and people with high-focus jobs also use naps to improve performance. To nap well, keep it short, nap before 2 pm, and find a quiet, dark place. Remember, napping isn't for everyone, so pay attention to how it affects your sleep.

Napping can be helpful, but it's important to do it wisely to avoid sleep problems.

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## Vocabulary List:

1. **Refreshed** /rɪ'frɛʃt/ (adjective): Feeling renewed energy or vitality.
2. **Groggy** /'grɒgi/ (adjective): Dazed and weakened from lack of sleep or rest.
3. **Concentration** /,kɒn.sən'treɪ.ʃən/ (noun): The ability to focus one's attention.
4. **Alert** /ə'lɜ:rt/ (adjective): Quick to notice any unusual and potentially danger signals.
5. **Boost** /bu:st/ (verb): To increase or improve something.
6. **Wisely** /'waɪz.li/ (adverb): In a manner that shows good judgment.

## Comprehension Questions

### Multiple Choice

1. What is one benefit of taking a short nap in the afternoon?

Option: Improved brain function

Option: Decreased concentration

Option: Increased grogginess



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Option: Decreased alertness

2. When is the recommended time to nap for optimal energy boost?

Option: Before 12 pm

Option: After 4 pm

Option: Before 2 pm

Option: After 6 pm

3. Who may benefit from napping according to the text?

Option: Night owls

Option: Early risers only

Option: Shift workers

Option: People who sleep well at night

4. What is one key factor to consider for a good nap?

Option: Nap in a loud environment

Option: Nap after 3 pm

Option: Nap for an extended period

Option: Find a quiet, dark place

5. What should you be cautious of to avoid feeling groggy after a nap?

Option: Napping too short

Option: Staying awake all day

Option: Napping too long

Option: Avoiding naps completely

6. Who might find napping beneficial for performance enhancement?

Option: Office workers

Option: Athletes

Option: Couch potatoes

Option: Artists

### **True-False**

7. Naps can help improve concentration and mood if done the right way.

8. Napping affects nighttime sleep negatively.



9. Everyone should incorporate napping into their daily routine according to the text.
10. Taking a nap before 2 pm can boost energy without impacting nighttime sleep.
11. Shift workers are discouraged from taking naps according to the text.
12. Napping is an essential part of sleep hygiene.

### Gap-Fill

13. Taking a quick nap during the early afternoon can boost your energy without affecting your nighttime sleep. However, if you nap for too long, it can be harder to wake up and you might feel \_\_\_\_\_.
14. To nap well, it is recommended to keep it short, nap before \_\_\_\_\_, and find a quiet, dark place.
15. Napping isn't suitable for \_\_\_\_\_, so it is important to pay attention to how it affects your sleep.
16. Napping can be helpful, but it is essential to do it wisely to avoid \_\_\_\_\_ problems.
17. Athletes and people with high-focus jobs use naps to improve \_\_\_\_\_.
18. Most people get sleepy in the early afternoon due to their \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Improved brain function 2. Before 2 pm 3. Shift workers 4. Find a quiet, dark place  
5. Napping too long 6. Athletes

**True-False:** 7. True 8. False 9. False 10. True 11. False 12. False

**Gap-Fill:** 13. worse 14. 2 pm 15. everyone 16. sleep 17. performance 18. body clock

### Vocabulary quizzes



**Multiple Choice ( Select the Correct answer for each question. )**

1. What provides a sense of release or relief from stress or pain?  
Option: Strain  
Option: Ingesting  
Option: Alertness  
Option: Health
2. What are small plastic pieces less than five millimeters long?  
Option: Quality  
Option: Microplastics  
Option: Boost  
Option: Activity
3. What is the presence of harmful substances in the environment?  
Option: Concern  
Option: Pollution  
Option: Potential  
Option: Contribute
4. At what point do nitrogen-vacancy centers get formed in diamonds?  
Option: Wisely  
Option: Formed  
Option: Boost  
Option: Activity
5. What is the state of being fully awake and able to think clearly?  
Option: Groggy  
Option: Alertness  
Option: Relieve  
Option: Persistent
6. What is the regular geometrical arrangement of points in space?  
Option: Quality  
Option: Lattice  
Option: Boost  
Option: Activity
7. What is water or other liquid diffused in a small quantity as vapor or within a solid?  
Option: Health  
Option: Moisture  
Option: Activity



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Option: Concentration

8. What term describes something that is not clear or sharply defined?

- Option: Blurry
- Option: Ingesting
- Option: Quality
- Option: Concern

9. Which word means to do something with good judgment or sense?

- Option: Wisely
- Option: Relief
- Option: Groggy
- Option: Concentration

10. Which word is used to describe the condition of being active?

- Option: Health
- Option: Moisture
- Option: Activity
- Option: Concern

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Persistent exposure to loud noise can cause \_\_\_\_\_ on the ears.
12. \_\_\_\_\_ microplastics through contaminated water can pose serious health risks.
13. Artificial intelligence has the potential to enhance the \_\_\_\_\_ of healthcare services.
14. After a long flight she felt \_\_\_\_\_ and unfocused.
15. Yoga and meditation can help improve mental \_\_\_\_\_ and focus.
16. Researchers are investigating the \_\_\_\_\_ of quasicrystals for various applications.
17. Regular exercise can provide a natural \_\_\_\_\_ to energy levels.
18. Maintaining proper hydration levels is essential for good \_\_\_\_\_.
19. The children engaged in various outdoor \_\_\_\_\_ to stay active.
20. Practicing \_\_\_\_\_ eating can help individuals make healthier food choices.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Concerns regarding plastic waste and industrial emissions have raised awareness about environmental .
22. Scientific in the field of medicine have led to advancements in treatments for various diseases.
23. After a good night's sleep she woke up feeling and ready for the day ahead.
24. Volunteers regularly their time and skills to help those in need within the community.
25. The fire alarm rang prompting everyone to be and evacuate the building.
26. The new technology shows great for revolutionizing the way we communicate.
27. The unique properties of a lattice structure have intrigued researchers for decades.
28. The arrangement of atoms in a crystal forms a repeating pattern.
29. The centers in diamonds play a crucial role in quantum sensing applications.
30. Cooking food using a oven is a convenient and time-saving method.

## Answer

**Multiple Choice:** 1. Health 2. Microplastics 3. Pollution 4. Formed 5. Alertness 6. Lattice 7. Moisture 8. Blurry 9. Wisely 10. Activity

**Gap-Fill:** 11. strain 12. Ingesting 13. quality 14. groggy 15. concentration 16. potential 17. boost 18. health 19. activity 20. mindful

**Matching sentence:** 1. pollution 2. discoveries 3. refreshed 4. contribute 5. alert 6. potential 7. quasicrystal 8. lattice 9. nitrogen-vacancy 10. microwave

## CATEGORY

1. Health - LEVEL2

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