

YOU'VE HEARD OF blood banks, artery banks, eye banks, and soil banks. But do you know about sleep banks? You should, because deposits in a sleep bank may save you physical wear and tear, brighten your disposition, and lengthen your life.

In the rush of modern living, most of us tend to run our batteries down by getting insufficient sleep at night and failing to take a few minutes' pause during even the most hectic days. Yet doctors say that if we Americans took brief naps during the day, we'd feel better, return to our jobs with more energy, and have fewer heart attacks and ulcers.

Someone once asked Senator Chauncey M. Depew, the famous after-dinner speaker—who incidentally lived to be 94—how he managed his endless evening engagements.

"Simple," he replied, "I've got a sleep bank. When I know I must be up late and will need to draw heavily on my sleep account, I make an extra deposit during the day by taking a nap."

In many countries, everything stops for at least a couple of hours around midday while people go home for a relaxed lunch, some conversation, and a bit of shut-eye. Even in America, heads are beginning to nod.

In Washington, for example, a hotel rents rooms to businessmen who drop in for after-lunch slumber sessions. The New York Athletic Club has a darkened room for athletes who'd rather sleep. And a lunchtime health club, two blocks off madcap Madison Avenue, features a "snooze room."

Okay, you're probably saying, so those people are lucky. But how can I sneak in those extra 40 winks?

It's not always easy, but it's not impossible. Naps are a matter of habit. Once the habit is acquired, you simply juggle your day to make time for the extra sleep.

Take a housewife, for instance. She can learn to nap while the baby does, or while the soup simmers. One 90-year-old Chicagoan has napped with such regularity each afternoon that neighboring storekeepers check their clocks by watching the raising and lowering of her bedroom shades.

Do you commute to work? If so, take notice of how many fellow-commuters recharge their batteries by dozing off on the way home.

Of course, if you drive to work, this is hardly possible. But I know a traveling salesman who parks his car around noon, puts a coin in the parking meter, and drops off for an hour of sleep. The secretary bolsters her evening energy by making the most of the cot in the ladies' rest room. And if you're one of those wives who complain about their husbands being sullen, unromantic, and always too tired for an evening out, try delaying dinner while the breadwinner has a brief nap.

Remember that slumber is also a matter of quality as well as quantity. After a hectic day, you may count sheep and toss for a good part of the night. But a brief nap during the day can lower your blood pressure and soothe your jangled nerves—in short, slow you down and relax you.

In tropical countries, siestas are the style and only "mad dogs and Englishmen go out in the noonday sun." If the thermometer shows America to be relatively temperate, our chronic headache indicates that our tempo is the hottest on earth.

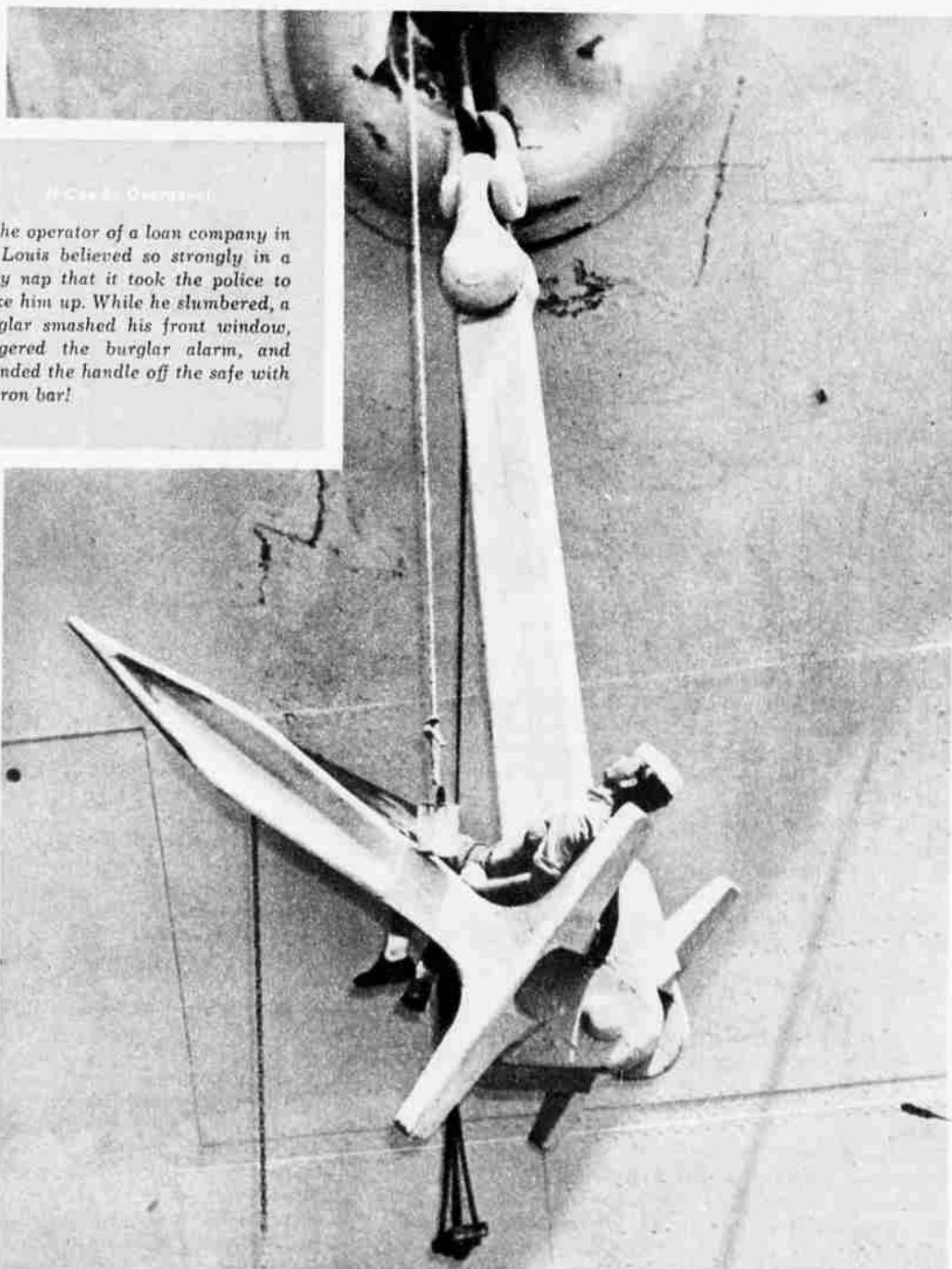
So why shouldn't we adopt a National Nap Hour? Napoleon, Lincoln, Edison, and Churchill all have been disciples of the fast snooze, and it didn't hamper their efficiency. We already have coffee breaks, tea breaks, and cigaret breaks.

How about a sleep break?

Time Out for Slumber!

by Jean Komaiko

*We're busy people,
but we'd get more done
and feel better while
doing it if we cultivated
the habit of a daily nap.*



The operator of a loan company in St. Louis believed so strongly in a daily nap that it took the police to wake him up. While he slumbered, a burglar smashed his front window, triggered the burglar alarm, and pounded the handle off the safe with an iron bar!

Sleep is where you find it, and this gub took a nod on the dubious comforts of a battleship anchor.