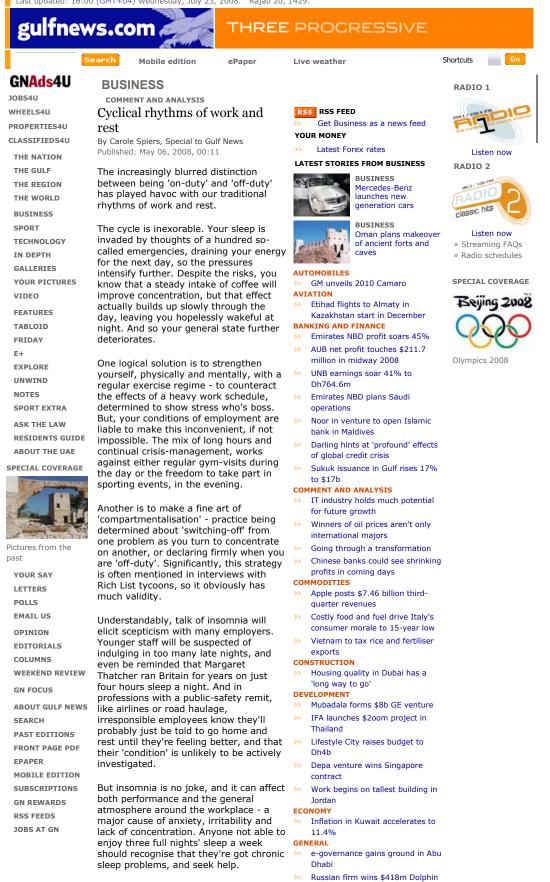
Last updated: 16:00 (GMT+04) Wednesday, July 23, 2008. Rajab 20, 1429.



With over 80 known sleep disorders from snoring and sleep-walking to the more

deal HOTEL & TOURISM serious narcolepsy (random sleeping during the day), you need to try to identify your particular problem, and then consult your doctor or HR department.

Me? I'm a 'power-nap' devotee myself. However, it's important to limit your cat- MARKETS nap to just 15 minutes, when your body will usually wake you up anyway, and you experience an energetic feeling of being revived. Some countries including Germany and Japan actually provide nap-rooms for this purpose. Perhaps the UAE may do the same.

The writer is a BBC broadcaster and motivational speaker, with 20 years' experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

Key points

Stress and sleep

--Inability to switch-off from duty can seriously invade your sleep at night.

--Your body needs three good nights' sleep a week to recharge its batteries.

--The short power-nap is remarkably effective at restoring concentration.

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