

The Men's Guide to Power Napping

John Moynihan



Copyright © 2016 by John Moynihan

ISBN: 978-1537519630

This is a work of non-fiction created by John Moynihan.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the copyright owner.

Layout by Cheryl Perez, yourepublished.com

This book was printed in the United States of America.

FreshPond Books
Plymouth, MA.
September, 2016



Also by John Moynihan

Novels:

Wampum Nation

Canadian Meds

Self-Improvement:

Thirty Minute Fitness

The One Hour MBA

Boomer Survival Guide

To
Bill Carrington

Napper extraordinaire.

*“My stuff isn’t Tolstoy quality, but I do take pride in
the work I do.”*

Tim Ferriss
Feb. 4, 2014

Table of Contents

Start.....	1
Tools of the Trade.....	7
Power Napping: Keys to Success	23
Classic Nap Venues	37
Random Nap Tips.....	55
Conclusion	67
About the Author	71

Introduction

This book is a celebration of the power nap.

The power nap, as I define it, is a short, concise nap of about 20-30 minutes of actual sleeping time.

Really, no more than that.

This is about the amount of sleep time that various health experts tell us we need every day to refresh and recharge our batteries. Any more than that and the sleeping becomes a long slog, really a sleeping event unto itself. We're not talking about sleeping all afternoon here.

The power nap is not that.

It is short and quick and to the point. It comes on fast. It gives us immediate energy. It is totally beneficial and life sustaining.

Most young guys don't need to nap. They have the energy to go strong all day, like Russian bulls. For these lucky lads, I would say that they can briefly page this little

book for a few nuggets that may prove helpful for that hangover they encounter after a weekend in Las Vegas.

For the rest of the men out there in the world, the nap is more necessity than luxury and reading this book is essential.

This is written for all of us male toilers out there in thankless, grinding jobs, men with young kids, wives, and dogs that need walking at all hours of the day and night. Men that are burdened with the many responsibilities of ordinary and routine life.

For us, the nap is an elixir.

A recharge of life.

Like plugging your iPhone 6 into a pristine wall outlet for an hour's charge to top off the battery. Nothing feels better!

Enough philosophizing. Let's get into the meat of the matter.

The Zen of Napping

True Zen philosophy has the whole riddle thing going on.

It has to be hard before it gets easy.

Classic things like that leave you scratching your head and saying:

“What the heck does that mean?”

There are a lot of little parables or tales in the Zen world that are called koans.

These are little stories that focus in on the essence, the core, of true Zen philosophy.

The most timeless one is finding the sound of one hand clapping.

So, the small boy goes to the Zen master and asks him to tell him the way to enlightenment.

The monk tells the boy to go out and find the sound of one hand clapping and bring it back and describe it to the monk for verification.

The young boy is puzzled. He searches for six months and finds nothing. He hears the sound of children playing. He comes back and describes that to the monk. The monk says “No, that is not the sound.”

Again the young boy goes out into his surroundings and searches for the sound of one hand clapping.

He comes back to the monk and describes the sound of birds happily chirping in the forest. He thinks he has found the sound. The monk again says “No, that is not the sound of one hand clapping.”

The boy does this three more times, coming back to describe the sounds of the wind, the trees rustling, and the sound of the waves crashing on the beach. Each time he is rebuffed by the Zen master.

Distraught, the boy finally comes back and says that he has exhausted it all. He has searched high and low in the world for the sound of one hand clapping. And he was not able to find it. The sound was everywhere and nowhere. It was ephemeral.

It was at that point that the monk finally told the young boy that he was starting to hear the sound of one hand clapping.

The young boy finally understood.

The Zen of the perfect power nap is essentially the same path as searching for the sound of one hand clapping.

You will know it when you achieve it.

Tools of the Trade

Tools

It's somewhat random to think about "tools" in the context of taking a nap.

You think WTF—just shut my eyes and sleep. I don't need any tools. But you'd be wrong and also missing the point.

There are only a few tools absolutely essential for a good nap.

The good news is that several of them you already have at your disposal.

The others are easily accessible.

And cheap. Very cheap.

You don't have to go to Home Depot or Lowe's to buy the tools that I am describing for a perfect nap. These tools are simpler to access and purchase.

So what are they, these magical and mystical tools of the napping trade?

They are the following: the right mental attitude, no ego, a warm and comfortable sweater, a good pillow, and a fleece blanket.

That's it. These are the workman's tools for the perfect power nap.

Now it's true that you don't need to have every single item for a great nap. But having a set of good working "tools" around your house or base of operations, just increases your odds of having a great nap every time. Like a skilled carpenter with his box of essentials.

And if you're going to commit to napping, then you want your naps to be short and successful.

Since the power nap is 20-30 minutes, you don't have much time to make mistakes or more to the point, not fall asleep.

If you have your tools at the ready, your chances of success increase dramatically. Plus, if you're taking up power napping, you want to become a pro. A true professional. An Olympic napper. A guy that can throw down a nap at a minute's notice.

These tools will help you achieve your goal of a short, quick nap.

Let's deconstruct each tool individually on the following few pages.

About the Author



John Moynihan is a Boston based author, investor and financial services professional. He has worked at world class organizations including AEW Capital Management, Fidelity Investments, and Sun Life Investment Management.

He is the author of a variety of books including Thirty Minute Fitness, The Boomer Survival Guide, Wampum Nation and The One Hour MBA. He lives in Brookline Village, Ma.

Visit the author at johnjmoynihan.com

And FreshPondBooks.com