



5 sleep Tips

Swiss Precision Dream Sleep Rituals

Summary

Sleep isn't just about feeling rested it affects your hormones, metabolism, immunity, focus, and even emotional stability.

- Tips 1:
The 20-minute rule
- Tips 2
The coffee nap
- Tips 3
The Recovery Temp Hack
- Tips 4
Rest before you're exhausted
- Tips 5
Sensory isolation



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Tips 1: The 20 minute rule

The most effective nap for performance is short, not long.

NASA research (1995) on pilots found that a 26-minute nap improved performance by about 34% and alertness by about 54% compared with no nap.

To avoid sleep inertia (waking up groggy), aim for a power nap of about 15–25 minutes, ideally in the early afternoon (around 1–3 p.m.), when your alertness naturally dips.



Tips 2: The coffee nap

Drink a coffee right before your nap. Caffeine takes 20 minutes to kick in exactly the time of your nap.

You wake up with the nap benefits AND the caffeine hitting simultaneously.

Validated by researchers at Loughborough University : alertness and performance significantly higher than either coffee or nap alone.

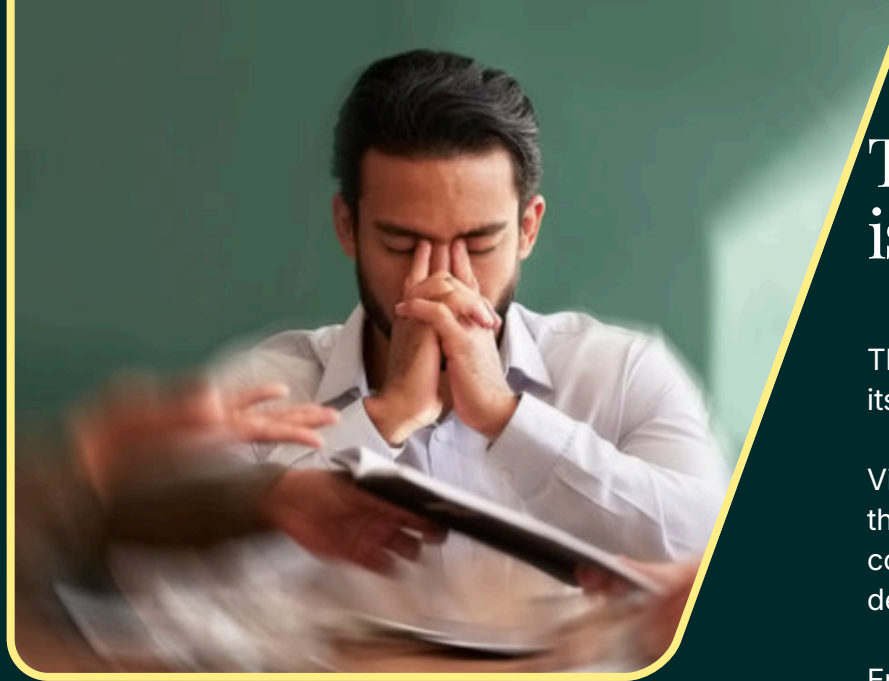


Tips 3: The Recovery Temp Hack

Your body needs to drop its core temperature slightly to initiate recovery.

Studies from the Sleep Research Society show that environments between 16°C and 19°C produce significantly deeper rest in short nap windows.

A cool, dark space isn't a comfort preference. It's a biological requirement.



Tips 5: Sensory isolation

The brain never fully stops processing its environment even during rest.

Visual and auditory stimulation keeps the nervous system on alert, constantly consuming energy that should be dedicated to recovery.

Environments designed for sensory reduction don't just feel more comfortable.

They produce measurably different physiological outcomes.

Less cortisol. Faster sleep onset.

Deeper recovery in less time.

The difference between "resting" and actually recovering often comes down to one thing : what your brain is still being asked to process.



Tips 4: Rest before you're exhausted

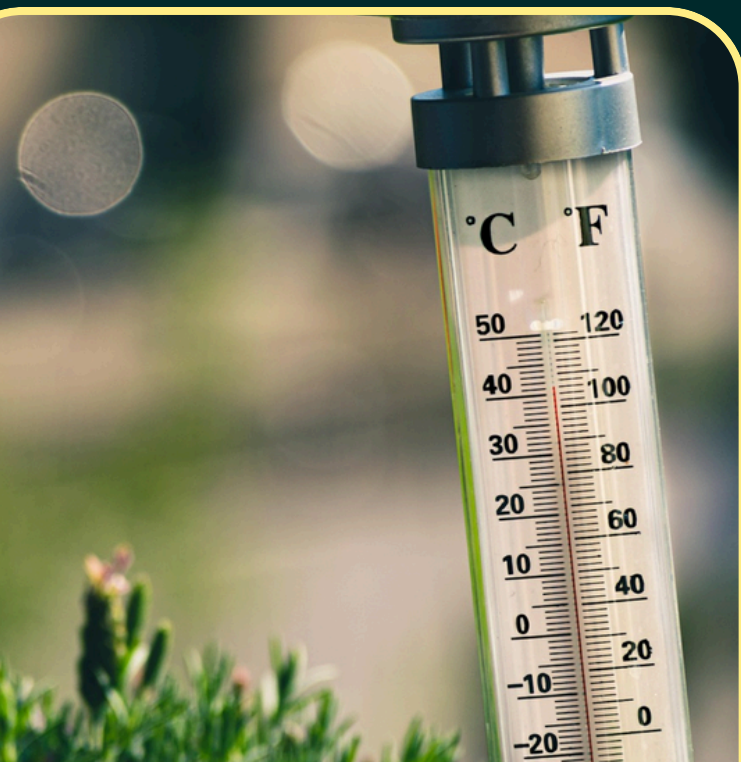
Most teams wait until fatigue is visible before addressing it.

Wrong timing.

Research from Harvard Medical School shows that proactive rest taken before performance drops is up to 3x more effective than reactive rest taken after exhaustion sets in.

The best organisations schedule rest.

They don't react to burnout.



Before you close this guide, remember this:

Tips 6: Bonus The “CEO Power Nap” Protocol

Popularized by high-performing leaders like Jeff Bezos and Tim Cook, this optimized office nap is designed for maximum impact in minimum time.

The formula:

- 10–15 minutes of actual rest
- 3–5 minutes of guided breathing or heart-rate coherence beforehand
- A structured wake-up routine (light exposure, light movement, cold water or a fresh drink)

Why it works:

It delivers an immediate energy boost between meetings without disrupting your sleep schedule and it's especially effective against the post-lunch energy crash.

Short. Strategic. Powerful.

Nutrition fuels your body.
Sleep rebuilds it.

High performers don't just manage time.

They manage energy.
A well-timed 10–15 minute nap can restore focus, regulate stress, and sharpen decision-making better than another coffee ever will.

Recovery isn't laziness.

It's leverage.



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