

1. Nap a Day keeps Heart Attack Away

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A midday snooze not only has the power to revive - it can reduce blood pressure and prevent a heart attack.

2. You should definitely take an Afternoon Nap (Doctors say so)

Nicole Morley for Metro.co.uk_Sunday 30 Aug 2015 4:23 pm

Unveiled at the European Society of Cardiology conference in London, the new data suggests naps are actually good for your health.

A short afternoon snooze can reduce the risk of high blood pressure and heart attacks.

‘Our study shows that not only is midday sleep associated with lower blood pressure, but longer sleeps are even more beneficial.’

3. Prophet (SAW) said 1400 years ago: “Take a nap...”

(Reported by Al-Tabaraani; Al-Saheehah, 2647)

A short mid-day nap (Qailulah) is a Sunnah of Nabi (SAW) the value of this has been appreciated recently by scientists.

Not only does a mid-day nap give total relaxation to the body in day time but it is also very conducive to sleep at night.

Sources:

1. <https://www.facebook.com/islamic.hadith786/posts/499248826797084>
2. <http://www.timeslive.co.za/thetimes/2015/08/31/Nap-a-day-keeps-heart-attack-away>
3. <http://metro.co.uk/2015/08/30/you-should-definitely-take-an-afternoon-nap-doctors-say-so-5367902/>

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