

NAP-TAKING

Meaning: Nap-taking is the practice of briefly sleeping during the day to enhance alertness and productivity.

1. Nap-taking can significantly improve your productivity throughout the day.
2. Many cultures embrace nap-taking as a vital part of their daily routine.
3. She found that nap-taking helped her recharge during long, tiring meetings.
4. His afternoon nap-taking ritual became a beloved part of his work-from-home schedule.
5. The benefits of nap-taking include enhanced mood and better cognitive function.

Source: sentences.whatistheurl.com

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