

Coffee Naps: Reviving Workday Energy

VOCABULARY WORDS

1. Quick (adjective) /kwɪk/ - happening or done with great speed or promptness
Example: She gave a quick response to the question.
2. Supported (adjective) /sə'pɔrtɪd/ - held up, reinforced, or given assistance
Example: The shelf is well-supported by the wall brackets.
3. Public (adjective) /'pʌblɪk/ - relating to or involving the people as a whole; open or accessible to all
Example: The public park is a great place for families to spend time together.
4. Deeply (adverb) /'dipli/ - to a great extent; profoundly
Example: She was deeply moved by the touching story.
5. Caffeine (noun) /'kæfɪn/ - a natural stimulant found in coffee, tea, and certain other substances
Example: Many people rely on caffeine to help them stay awake and alert.
6. In fact (phrase) - used to emphasize the truth of an assertion or statement
Example: In fact, the research showed that the results were even better than we expected.



Do you ever get sleepy during the day and wish you could have a **quick** nap before going back to work? Well, a cafe in Tokyo may have the answer to your problem. Nescafé Suimin Cafe in Harajuku started having special "nap boxes" in August in which customers can take a short nap. However, customers can't lie down for these naps, but sleep while standing, with their head and body **supported** by cushions.

The nap boxes, made by Koyoju Plywood Corporation, are called "giraffenap" boxes — maybe because giraffes actually do take short naps while standing up. But why sleep standing up? Well, for one thing, it saves space. Giraffenap boxes are about the size of a **public** phone booth, so there's no need for a special sleeping room with beds. But also, according to the giraffenap website, napping while standing is better for short naps. If you lie down to sleep, you might sleep too **deeply** and find it hard to wake up. But if you sleep while standing, your nap will be lighter and you will wake up feeling refreshed, the site says.

The Nescafe Suimin Cafe also wants people to try taking "coffee naps" at the cafe. The idea is to have some coffee just before you take your nap. This might seem strange, since the caffeine in coffee usually keeps people awake. However, after you drink a cup of coffee, it actually takes around 20 minutes for the **caffeine** to have any effect on your body. So if you take a 20-minute nap right after drinking coffee, the caffeine will help to wake you up. **In fact**, studies have shown that drinking coffee before a nap is more refreshing than just taking a nap or just having a cup of coffee!

DISCUSSION

1. Would you try taking a nap in a "giraffenap" box at the Nescafe Suimin Cafe? Why or why not?
2. What do you think about the idea of taking a "coffee nap"? Do you believe it could help you feel more refreshed during the day?
3. Do you ever experience the need for a short nap during the workday? How do you usually deal with it?
4. How important is rest and relaxation during the day, and what methods do you use to recharge your energy?
5. In your opinion, what are some other creative ways cafes or workplaces can promote employee well-being and productivity?
6. If you could design a unique nap space, what features would it have to make it the most comfortable and refreshing place for a quick nap?