Issue 022 • ON REST • OCTOBER 3, 2026 • 4 MIN READ

Tip of the day: I take a nap every day. Here's why.



By Tommy Lee

I have been doing something almost every day, right around 2:30 in the afternoon for the last 25 years. I put my head down and take a nap. Fifteen to twenty minutes. It is not me being lazy in the middle of the day. But it is one of the main reasons I am able to keep the pace I keep and it allows me to be productive. It literally resets my body and I feel refreshed.



I am up early most days and hardly ever sleep in. Some nights I am up late working, on a call with someone in another time zone, or finishing something that just has to get done. That catches up with you. By the early afternoon my body starts to fade. For years my instinct was to fight it. Push

through it. Drink another cup of coffee. Drink about three or four cups of coffee. But I found myself being so unproductive for that hour. Fighting the drowsiness is a losing game. So now I do the opposite. I just give in to it.

When that heavy feeling hits, I stop, put my head on my table, and let myself go under for fifteen to twenty minutes. I wake up and my body feels reset. It is like the afternoon starts over. The fog is gone and I get a second run at the day.

NASA studied pilots on long flights and found that a short nap of around 26 minutes improved their alertness by 54 percent and their performance by 34 percent. The sleep researchers will tell you the sweet spot is right around ten to twenty minutes. It is long enough to refresh you, but short enough that you do not fall into deep sleep and wake up groggy. One study found that a ten minute nap left people with none of that heavy, foggy feeling, while a thirty minute nap left them dragging for almost an hour. Shorter really is better. Twenty minutes and you are up.

Winston Churchill ran a country through a war and swore by his afternoon nap. He said, “You must sleep some time between lunch and dinner. Don’t think you will be doing less work because you sleep during the day. You will be able to accomplish more. You get two days in one.” That is exactly how it feels. I get two days in one. I love his thinking behind it.

A few things I have learned about doing it well:

- **Keep it short.** Fifteen to twenty minutes. Set an alarm so you do not slide into a deep sleep.
- **Do it early enough.** Right after lunch, around 2:00 PM or 2:30, is the best time for me. If it’s too late in the day, it messes with your night.
- **Do not feel guilty about it.** This is not time you are losing. It is time you are getting back, with interest.
- **Stop fighting it.** When the drowsiness comes, that is your body telling you something. Listen to it.
- **Do not lie down.** I literally sit at my chair and put my head down on the table. Do not get too comfortable.

I know not everyone has a setup where they can lie down in the middle of the day. But if you can find a way, even a quiet chair and close your eyes. Try it for a couple of weeks. Twenty minutes. See how the back half of your day changes. If you are able to, eat your lunch fast and then disappear for about fifteen minutes in your car.

The world tells you to power through. I have found the opposite works better. Rest on purpose, so you can work with everything you have. Give in to the nap. You will get more done, not less.

Tommy

Issue 022 · On Rest · October 3, 2026



ABOUT THE AUTHOR

Tommy Lee is the founder and president of Resource Global, a network that teaches, mentors, and connects emerging Christian marketplace leaders in cities around the world. He writes about faith, leadership, work, and AI at tommyplee.ai.

Read more issues at tommyplee.ai