

## **NHS adviser comes under fire after saying workers should take a pillow to work so they can take a nap when they feel tired**

- **NHS life coach Jayne Morris advises workers to take 20 minute 'power naps'**
- **She says we should 'get creative' with finding places to snooze**
- **Taxpayers Alliance says it is an 'absurd' idea**

By Olivia Williams

Derided advice: NHS adviser Jayne Morris was inspired to give napping advice after her time in Japan where companies offer lunchtime snoozes

NHS Online's life coaching expert Jayne Morris is under fire today for saying that overworked staff should keep a pillow under their desk in case they need a snooze at work.

Jayne Morris advised grabbing a 20 minute 'power nap' to recharge workers' batteries, even in the middle of the working day.

Napping employees may not go down well with British bosses.

However, Ms Morris insists that it would make our workforce less stressed, enabling the brain 'to clear thought clutter and boost creativity'.

She said: 'Naps can be taken almost any time, any place, if you get creative.

Keep a pillow under your desk or a blanket in your car.'

She acknowledged that some may need to mentally prepare by getting rid of guilty feelings. She advised: 'Release any inner gremlins telling you that you are lazy for napping. Remind yourself of the benefits.'

Forty winks at work: An NHS life coach has advised that sleepy workers should give into fatigue and nap during the day

If workers cannot sleep easily at their desks then she suggests they 'pop in some earplugs, wear an eye mask or close the blinds'.

This can be any time, anywhere, she said, including the office, the car and even 'at the back of a yoga or pilates class to drop off for a while during the class.'

Matthew Sinclair, Chief Executive of the TaxPayers' Alliance, was shocked at the idea. He said: 'When there is serious pressure on health budgets, taxpayers will find it astonishing that NHS Online is spending money on a 'life coach'.'

'It is all the more absurd that the coach is suggesting that office workers sleep on the job. If they're taking that advice seriously, it's little wonder the economy is stagnating.'

Alarm Clock Britain: Deputy Prime Minister Nick Clegg on a factory visit at 6.30am as part of his Alarm Clock Britain campaign, showing the benefits of a quick nap in the working day

Ms Morris explained her inspiration: 'I worked in Japan for three years where burnout is a massive problem. Over there they dim all the lights at lunchtime in some companies and let everyone have a little snooze.' 'In Spain they have siestas, though that's to do with the weather.'

'If we are shifting to longer working hours then you either manage it better or support it better.'