When you take these factors into consideration, it’s easy to see how skimping on your shut-eye is the last thing you want to do. Your best, most productive work almost always comes when you’re well rested.

The Power of Napping

When all else fails, grab a pillow and snooze a bit during the day. Recent studies suggest that a nap as short as just ten minutes can boost mental alertness and productivity for hours.

Don’t buy into the idea that napping is lazy. Cultures all over the world build nap time right into their workdays. Famous nap takers include Albert Einstein, Winston Churchill, and Johannes Brahms.

Beating the Busy Bug

The most common excuse people give for not getting enough sleep is that they’re simply too busy. Here’s the bottom line: You simply can’t live a rich, happy, and productive life when you’re stumbling around like a zombie due to lack of sleep.

If the daily grind is overwhelming your schedule, it’s time to start eliminating all but your highest priorities and obligations and carving out some extra time for a good night’s rest. Start small and try going to bed ten minutes earlier each night until you’re getting a full eight hours of sleep.

Once you get there, maintain this schedule for a week and take note of the difference in your mood, energy level, and productivity. Chances are, you’ll feel like a new person.