

## **The effects of a mid-day nap on the neurocognitive performance of first-year medical residents: a controlled interventional pilot study.**

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Amin MM, Graber ML, Ahmad K, et al. The effects of a mid-day nap on the neurocognitive performance of first-year medical residents: a controlled interventional pilot study. Acad Med. 2012;87(10):1428-33.

<https://psnet.ahrq.gov/issue/effects-mid-day-nap-neurocognitive-performance-first-year-medical-residents-controlled>

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First-year residents who were allowed to [nap](#) for 20 minutes at midday had improved cognitive performance and fewer attentional failures than residents who did not nap. However, the study did not control for potential confounders, such as residents' caffeine intake.