

The person who handed you this card is a polyphasic sleeper. This means that they take a ___ minute nap every ___ hours, 24 hours/day. If they miss a nap, they will be sleep deprived for the next 24 hours. Please do them the courtesy of allowing them to nap, so that they may continue with their waking activities in a short time. If Winston Churchill could have midday naps, surely others can too. If you are waiting for them to wake up, you may be interested in doing a little background reading on polyphasic sleep at www.sleepingschedules.com.

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