



ST. ANDREW'S

NOBLE ORDER OF ROYAL SCOTS



Guild Newsletter

www.saintandrewsguild.org

January 2018



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Below is the calendar from December 26th until official 2018 events post. Stay tuned to our web calendar at...

<http://www.saintandrewsguild.org/calendar/>

Date	Event	Location	Time
Until Next We Meet	Winter's Nap	Your Den of Choice	TBD

How Long to Nap

10 to 20 Minutes



This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

30 Minutes

Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap's restorative benefits become apparent.

60 Minutes

This nap is best for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. The downside: some grogginess upon waking up.

3 Months

This long-term nap includes all the benefits of daytime naps with the added assurance of improved temperment, repaired muscle tears, refreshed and/or new garb, and inspiring ideas. Be advised, the need to reconnect with fellow guild members may be overwhelming.

90 Minutes

This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

Minutes 20

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2017 PICTORIAL REVIEW

THE SCROLL, JANUARY 2018

















