

Total napping time (TNT)

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What is total napping time? Why is it a core measure?

Total napping time is the total duration of time spent sleeping outside of the intended Time Attempting to Sleep period.

Total napping time is a **core measure** because it can be a marker of poor sleep on the prior night or a marker of morbidity and mortality. Excessive daytime napping, particularly when it occurs outside the primary sleep period, has been associated with various health issues such as cardiovascular diseases, metabolic disorders, and cognitive decline. Assessing total napping time outside the primary sleep period in clinical research is crucial for understanding its implications on health outcomes and implementing targeted interventions to mitigate associated risks.

Why does total napping time **matter to researchers?**

Total napping time provides insights into an individual's overall sleep patterns and habits, beyond just nighttime sleep duration. Understanding how much time individuals spend napping outside their primary sleep period can offer valuable information about their sleep quality, sleep hygiene, and potential sleep disorders.

Sleep disorder indicator: Total napping time outside the primary sleep period serves as an indicator of potential sleep disturbances or disorders. Excessive daytime napping, especially if it occurs irregularly or disrupts nighttime sleep, may suggest underlying issues such as insomnia, sleep apnea, or circadian rhythm disorders. By monitoring total napping time, researchers can identify individuals at risk of these sleep disorders and investigate their impact on various health outcomes.

Relationship to adverse outcomes: Studying total napping time outside the primary sleep period enables researchers to explore its associations with adverse health outcomes. Several studies have linked prolonged daytime napping to increased risks of cardiovascular diseases, metabolic disorders, cognitive decline, and mortality. By including this measure in clinical research, researchers can better understand the relationship between daytime napping habits and various health conditions, thereby informing the development of preventive strategies and interventions.

Why does total napping time **matter to clinicians?**

Clinical diagnosis: Understanding the extent of daytime napping can help identify potential sleep disorders, such as narcolepsy, insomnia, sleep apnea, or circadian rhythm disorders, which may require further evaluation and intervention. Unintended and undesired napping can be a diagnostic criterion.

Clinical management: Monitoring total napping time can aid in evaluating the effectiveness of interventions aimed at improving sleep health and overall health outcomes. For individuals with sleep disorders or chronic health conditions, reducing excessive daytime napping and promoting a more consistent sleep-wake schedule may be an important component of their treatment plan. By tracking changes in daytime napping habits over time, healthcare providers can gauge the impact of interventions and make informed adjustments to optimize patient outcomes.

Identify associated conditions or health risk factors: Total napping time can serve as a marker for underlying health conditions or lifestyle factors that may impact sleep quality and overall well-being. Excessive daytime napping, particularly if it occurs irregularly or disrupts nighttime sleep, may be indicative of health issues such as depression, chronic pain, or medication side effects. By considering daytime napping as part of the clinical assessment, healthcare providers can uncover these potential underlying factors and tailor treatment plans accordingly.