

Notebook

Tongues out if you fancy a kip...



TECHNOLOGY

Sleeping pods come to UK

Luxury napping chairs approved by the LTA

America's answer to after-lunch slumps is sailing across the Atlantic straight into the UK's sporting institutions. Sleep pods, used widely throughout New York to solve sleep-related problems like poor concentration, have been taken up by pillar of Britishness, the Lawn Tennis Association (LTA).

NYC slumber king MetroNaps was the first company to cater for midday sleeping by providing 'EnergyPods' in the Empire State Building, enabling tired customers to sleep for 20 minutes for £4. They are designed to encase clients in a semi-private cocoon with an environment optimum for snoozing. Gentle vibrations and light

Short-term sleep improves heart function, cell repair and stress levels

eventually wake the sleeper, who can then grab lunch and head back to work, refreshed.

Unfortunately, finding an employer who accepts dozing in work is not universal – or not until the LTA came forward to advocate sleep snacking. Dr Ann Quinn, its head of sport science, demanded the new National Tennis Centre in Roehampton had an EnergyPod, as short-term sleep improves heart function, cell repair, psychological balance and stress levels. Even former British ace Tim Henman approves: "I was sceptical, but after 60 seconds... bang! The next thing I knew, I'd slept like a baby for 20 minutes."