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One more reason to take a nap! Research done at the University of California shows that taking a nap can refresh your mind and make you smarter. The more time you spend awake the more sluggish your brain becomes. Taking a quick nap can rejuvenate your mind, help you remember more and improve your ability to learn new things.

Read the full article below to learn about the study and what it can mean for you.

An hour's nap can dramatically boost and restore brain power, not only refreshing the mind, but making a person smarter, U.S. researchers found.

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