The story
Our brains get smaller as we get older.

But this doesn't happen as fast in people who regularly take short sleeps during the day. That's according to a new study.

Researchers suggest these naps might reduce the risk of developing conditions like Alzheimer's in later life.

Key words and phrases

power naps
short sleeps, usually during the working day, to help you perform better at your job.

• She took advantage of her lunch break to have a quick power nap.
• If you're feeling tired, take a quick power nap and then carry on.

sharp
alert and quick thinking

• That's a great idea – you're sharp today!
• I don't feel very sharp after work.

hinder
make something difficult or worse

• Long working hours can hinder family life.
• I was hindered by the bad weather and couldn't get home.