

A Bill to Implement Daily Nap Periods

1 BE IT ENACTED BY THE CONGRESS HERE ASSEMBLED THAT:

2 **SECTION 1.** This bill mandates the implementation of a daily national nap period for
3 all eligible individuals within the United States, to promote health and,
4 happiness.

5 **SECTION 2.**

6 1. Designated Nap Period: A national nap period shall be recognized from 3:00 p.m.
7 to 3:30 p.m. local time, Monday through Friday.

8 2. National Nap Day: The first Monday of March shall be designated as National
9 Nap Day, to be observed with community napping events, pajama parades, and
10 optional snooze-offs.

11 3. Public Nap Accommodations:

12 a. All federally funded institutions, including schools, government offices, and
13 public libraries, shall provide designated nap areas equipped with soft lighting,
14 nap mats, and noise machines.

15 b. Private businesses are encouraged, though not required, to offer nap zones
16 for employees. Incentives such as tax breaks and bonus cozy points may be
17 awarded for compliance.

18 **SECTION 3.** The U.S. Office of Personnel and the U.S. Department of Commerce.

19 **SECTION 4.** This bill will go into effect on January 1, 2026.