



Power Sleep : The Revolutionary Program That Prepares Your Mind for Peak Performance

By James B. Maas, Megan L. Wherry, David J. Axelrod, Barbara R. Hogan, Jennifer Bloomin

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Do your eyelids feel heavy during afternoon meetings? Do you sleep extra hours on weekend mornings? Do you use caffeine to stay alert? An alarm to get out of bed?

These are all symptoms of sleep deficiency--signals that you are operating below your peak performance and beneath your mental capacity. Despite popular perceptions, sleep is not a luxury--it is a necessity. More than seventy million Americans are sleep-deprived, and make crucial business and personal decisions in an impaired state. In *Power Sleep*, Dr. James B. Maas, a pioneer of sleep research at Cornell University, has created an easy, drug-free program to improve your body and mind for an alert and productive tomorrow. In *Power Sleep*, you'll find:

- The golden rules of sleep
- Twenty great sleep strategies
- Dos and don'ts of sleeping pills and over-the-counter remedies
- How to combat travel fatigue, including jet lag and drowsy driving
- Tips for exhausted parents of newborns, infants, and toddlers
- How to overcome sleep disorders, including insomnia

An important and practical book, *Power Sleep* will help you get the sleep you need to improve your mental and physical well-being quickly and dramatically and to become a peak performer.

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- Sales Rank: #428713 in Books
- Published on: 1998-12-09
- Released on: 1998-12-09
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .72" w x 5.31" l, .53 pounds
- Binding: Paperback
- 320 pages

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Editorial Review

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Where you start reading this book will probably say a lot about your current station in life. New parents will probably skip right to chapter 12 and the section subtitled "Tips for Exhausted Parents of Newborns, Infants, and Children." Drowsy office workers might go for chapter 9, which explores the subject of midday naps (which may reduce stress and the risk of heart disease). Other chapters look at traveling (driving, jet lag), shift work, and insomnia and other sleep disorders. Dr. James Maas has spent 34 years lecturing to drowsy psychology undergraduates at Cornell University, and knows how to hold an audience--even when the subject is sleep, and even when the conclusion is that most of us don't get enough of it. This is a fascinating book; you'll want to take it in slowly and then sleep on it.

From Library Journal

Why you need a good night's sleep.

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Review

"A revolutionary and powerful approach to success in the workplace. Jim Maas's guide will help you achieve peak performance when everyone else is asleep at the switch."-- Ken Blanchard, author of "The One Minute Manager"

Users Review

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