



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

*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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your guide. It is most important to arrange you to ultimately make your knowledge are still upgrade. Let's try to choose right ways for you.

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