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**Product:** [JETLOG 24x7 PowerNap Module](#)  
**Publisher:** [JetLog](#)  
**Reviewed By:** [Howard Carson](#)  
**Retail:** \$99.99



JETLOG Corporation has developed a Springboard module for Handspring Visor PDAs which can be used to help analyze your Circadian Rhythms (body clock), schedule power naps, and wake you up after appropriate sleep/nap intervals have passed. The module features an earphone jack, an external sensor jack, and a module-mounted contact sensor. The product package contains bud-style earphones, an external sensor cable, the module and a printed user manual. The JETLOG 24x7 PowerNap module is based in part on the NASA Ames Research Center studies into so-called Fatigue Countermeasures. The studies were predicated on limited periods of time (hours, days, weeks or a couple of months at most), during which highly trained civilian and airforce pilots attempted to operate at peak or near-peak performance.

The PowerNap module plugs into the Handspring PDA Springboard slot and loads its own software automatically. Tap the PowerNap button, place your thumb on the external sensor, go to sleep. You can set alarm intervals limiting nap duration, alarms to begin naps, adjust to different time zones (to compensate for jet lag), or reset the whole thing to a factory default timer interval. The functionality is straightforward - as you fall asleep, your hand relaxes and falls away from contact with the sensor. When that happens, the module software silently counts down the alarm interval (e.g.: the default setting of 40 minutes), then sets off the audible alarm to wake you up.

In order to assess this thing, you need to have some basic sleep science definitions. Slow Wave Sleep: this is the 1st or 2nd deep stage of non-Rapid Eye Movement (REM) sleep (no dreaming). REM sleep - an intermediate to late sleep stage characterized by dreaming of all kinds. Sleep Inertia - the biological need to come to wakefulness only via a natural awakening process which occurs properly after sufficient rest. Fatigue - a decreased ability to do physical and mental work because of tiredness. Circadian Rhythm/Time - the body's natural internal clock which dictates the natural rest cycle. It all hangs together like this: Circadian Rhythm triggers the sleep reflex. Failure to rest triggers Fatigue which interrupts Circadian Rhythm, which in turn aggravates and lengthens subsequent Sleep Inertia. Unrequited Fatigue and Sleep Inertia result in mental and physical errors which lead to all sorts of other problems (including difficulty achieving REM sleep, lower resistance to disease and infection, higher stress, and so on).

Get it? It's simple really. There is a serious contemporary conflict between the biological imperative for sleep and the social demand for performance at work. A few million years of human species development has resulted in a) 99.999% of everyone feeling the need to rest after the sun has set, b) 99.999% of everyone feeling at least the occasional need for a nap during the workday, c) 99.999% of everyone feeling fatigue and serious tiredness no matter how many years they've worked the night

**Review Information**

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shift, d) 99.999% of every adult between the ages of 25 and 60 (or so) requiring an average of 8 hours sleep per night (the more hours before midnight, the better).

In North America, Europe, Japan and most of the industrialized nations we don't get enough sleep. On average we're about 90 minutes short every night. Stop watching the late show, get to bed no later than 10:30 PM, get up at 6:30 AM. Try it for a while. If you're traveling by airplane, drink lots of water, nod off when you feel like it, stay away from coffee and alcohol. Trust me - your life will improve.

Cons: Bad module ergonomics. You have to hold the Handspring Visor with the screen facing down, your thumb touching the sensor contacts at the top of the PowerNap module. It's a bit awkward and the top of the stylus jabs the inside of your thumb which can make falling asleep somewhat problematic. According to every reliable source in medical science, the remedy for stupid work schedules, over-long work hours, work and/or family related stress and fatigue, is simply to get adequate rest on an ongoing and regular basis! If I walk into the office of one of my research assistants and find the person in the midst of a power nap, there will be trouble. I'm not kidding - sleep at home! Ambiguous language in the documentation - a copyedit is urgently needed for better clarity. The NASA Ames studies were never meant to determine long-term remedies to short-term work fatigue or sleep deprivation issues. The module is expensive.

Pros: This baby is a nap alarm clock with an EXCUSE! For short periods of time, for some people in difficult work, business, travel or social circumstances, the JETLOG 24x7 PowerNap Module can work. The selectable alarm sounds ramp up gradually in volume - a nice touch. I tried it for a week, picked up a couple of extras 'Zs here and there. It seemed to make a bit of a positive difference on one business trip. If nothing else, the PowerNap module is a fun experiment that will force you to get into the habit of taking a regular, healthy nap.

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