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Home | Site Index | Archives | Help/Feedback

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SECTIONS

- [Breaking News](#)
- ▶ [Front Page \(Image\)](#)
- [World](#)
- [National](#)
- [Local & State](#)
- [Obituaries](#)
- [Business & Stocks](#)
- [Technology](#)
- [Sports](#)
- [Arts & Ent.](#)
- [Opinion](#)
- [Weekly Sections](#)
- [Perspective](#)
- [Columnists](#)
- [Weather](#)
- [Archives](#)
- [Seven Day Archives](#)
- [Nuevo Mundo](#)
- [Viet Mercury](#)

ON BAYAREA.COM

- [Homepage](#)
- [Comics](#)
- [Entertainment](#)
- [Sports](#)
- [Health](#)
- [Mortgage Chart](#)
- [Classifieds](#)
- [Find a Job](#)
- [Find a Car](#)
- [Find a Home](#)
- [YellowPages](#)
- [Home Improvement](#)
- [Home Valuation](#)
- [Marketplace](#)

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- [Advertising Info](#)
- [Subscription](#)
- [Newspaper Services](#)
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- [Site ?'s & Problems](#)
- [Contact the Merc](#)
- [Letters to the Editor](#)

Front Page

The Mercury News

Posted at 9:38 p.m. PST Sunday, Jan. 13, 2002

Device regulating naps is latest gizmo for handheld computer users

By [MIKE CASSIDY](#)

Mercury News

Wake me when it's over.

I applaud those making life easier with GPS, URLs and PDAs. But PNEs? Yes, Power Napping Enablers: the latest gizmo to help run our lives from breakfast to bed and beyond.

I don't know about you, but of all the things I need help with, napping is not one. I'm accomplished. I can nap on the couch, in the hammock, at my desk. I sleep on planes. I sleep in the car. (I try to avoid it while driving.) I sleep standing up.

But there it is: JETLOG, with offices in Sunnyvale and Germany, has announced a PowerNapping Module designed to transform the Handspring Visor handheld computer into what JETLOG calls a Power Napping Enabler. No joke.

"It's serious," said Danielle Brincko, who does public relations for JETLOG and seemed suspiciously alert when we talked.



She referred me to chief executive Karim Daghbouche in Germany, also alert, but not from napping. ("I just got an exciting tea before I called you.")

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Daghbouche knows some will snicker at his new module, but he is committed. The module slides into the Visor's expansion slot. The would-be snoozer places his thumb on a sensor on the PowerNapping Module and starts off to dreamland. As soon as the napper begins to drift into deep sleep -- dream-filled deep sleep -- an alarm goes off.

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JETLOG's Web site (www.jetlog24x7.com) says the system relies on "rapid fatigue countermeasure deployments" that follow "proven and reliable napping strategies." (How do I get in on that research?)

Seriously, the idea, with some science behind it, is that nappers who avoid deep sleep wake up more refreshed and coherent.

It still seems like watching TV with a spouse. Just as you pass head-bobbing and round the bend headed for glorious deep sleep, you get a sharp elbow in the ribs. Put me on the PNE for a few days and I'd be ready to tell you anything.


I wouldn't exactly call the PowerNapping Module a torture device, because who would pay \$99.99 for torture? (Don't answer that.)

Daghbouche acknowledges that the module might not be a huge hit with run-of-the-mill consumers (that would be me). He's hoping to test the concept out in the consumer market, while working toward similar products to sell to the automobile industry, the trucking industry and the airlines (for passenger seats).

No doubt it's a way to get more done with the limited time we all have. Does that make us better people? I'll leave that for greater minds.

As for me? I'm going back to sleep.

Hey! Have an only-in-Silicon Valley story? Contact Mike Cassidy at mcassidy@sjmercury.com or (408) 920-5536.

 [Back to Top](#)

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- [Breaking News](#)
- [Front Page \(Image\)](#)
- [World](#)
- [National](#)
- [Local & State](#)
- [Obituaries](#)
- [Business & Stocks](#)
- [Technology](#)
- [Sports](#)
- [Arts & Ent.](#)
- [Opinion](#)
- [Weekly Sections](#)
- [Perspective](#)
- [Columnists](#)
- [Weather](#)
- [Archives](#)
- [Seven Day Archives](#)
- [Nuevo Mundo](#)
- [Viet Mercury](#)

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Last updated at 12:51 a.m. PST Monday, Jan. 14, 2002

TOP STORIES

[Cabinet members deny helping Enron because of political ties](#)

Senior members of the Bush administration on said they did not intervene to help bankrupt energy giant Enron Corp. and did not alert President Bush or the public because the company's problems were public knowledge.

- [Story by:](#) Steven Thomma
- [Bush tests normal after fainting spell](#)

[Silicon Valley doctors recruited with housing aid](#)

Silicon Valley patients might think their physicians - with salaries often starting in six figures - would be immune to price pressure. But several Bay Area hospitals and clinics, worried that doctors are passing up local practices because they can buy nicer houses in better neighborhoods elsewhere, are launching new housing subsidy programs to lure them.

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- [S.Korea's Kim regrets Scandals,Wants north-us talks](#)
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Sports

- [Tennis-withdrawals blight Australian Open](#)
- [Golf-Kelly Holds on for Win as Phone Flusters Cook](#)
- [NBA wrap-kings reign supreme at home as Suns are downed](#)
- [Tennis-mechanic Boutter dismantles Kuerten in Open](#)
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- [Newspaper Services](#)
- [Mercury News Jobs](#)
- [Site ?'s & Problems](#)
- [Contact the Merc](#)
- [Letters to the Editor](#)

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- [No-bail law for immigrants is overturned](#)
- [Silicon Valley Demos feel safe, to focus on helping Davis](#)
- [Device regulating naps is latest gizmo for handheld computer users](#)
- [Mr. Roadshow: San Jose garages to stripe for more big vehicles](#)



[Front Page \(Image\)](#)

[Back to Top](#)

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INDEXES	
01/11/02 17:55[ET]	
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BUSINESS

[Where we go from here](#)

Silicon Valley's economic history is defined by waves of technology innovation, says civic group Joint Venture: Silicon Valley Network. Although the economic downturn suggests the Internet wave is ending, the valley is poised for a new wave - perhaps involving biotechnology.

▪ [Story by:](#) David A. Sylvester

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- [Scott Herhold:](#) These tunes help set the mood for earnings season.
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Tom van Dyke -- Mercury News file photo
A view of the Tech Museum in San Jose. Experts say Silicon Valley is poised for a new economic boom, perhaps involving biotechnology

[Back to Top](#)

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Customer service lament touches a chord

Peter Delevett hears from readers who shared his journey into Dell customer service limbo.

▪ [Column](#)

[Good Morning SV:](#) Hollywood über alles

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ARTS & ENTERTAINMENT

[The Versatile Anthony LaPaglia](#)

When Anthony LaPaglia arrived in New York 18 years ago, it was not yet fashionable to be an Australian actor, which - it might surprise even some of his most ardent admirers to learn - he was.



Susanna Frohman - Mercury News
Anthony LaPaglia

▪ [Story by:](#) Bruce Newman

Also in arts & entertainment:

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Year in review

Our writers look back at the best and worst of 2001 in the local entertainment scene.

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[Back to Top](#)

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SPORTS

[Packers stop 49ers for 4th time in 5 playoff meetings](#)

Coach Steve Mariucci was on the verge of tears, tears of pain and of pride, after the 49ers' season-ending 25-15 loss to Green Bay.



Nhat V. Meyer -- Mercury News
Troy Wilson of the 49ers looked on with despair as Packers hand the team a loss.

- [Special report](#)
- [Online forum](#): What's the next hurdle for the 49ers?

Mercury News Starting 5:

- [Skip Bayless](#): Star receiver should have gotten more chances to make big play.
- [Bud Geracie](#)
- [Tim Kawakami](#): Playoff picture developing nicely for Raiders.
- [Ann Killion](#)
- [Mark Purdy](#): Surprisingly successful season finishes with defeat in playoffs.

Also in sports:

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- [Stanford](#): Powell powers Stanford.

[Back to Top](#)

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Focus on football

Now that baseball is over, it's time to focus on football. Checkout our game day slideshows, predictions, statistics and more

Also: we'll follow the Sharks back to the playoffs and familiarize you with the new-look Warriors ...

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[Back to Top](#)

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