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Manage power naps

By: **Jørgen Sundgot**, Friday, 4 January 2002, 20:00 GMT

If you're a Visor owner who relies on your power naps, the JETLOG 24x7 PowerNapping Springboard module should be just the thing to let you stay in full control over them.

Most mobile professionals have taught themselves the skillful art of power napping. These life-saving short periods of relaxation that can be neatly tucked in between a stressful range of meetings have saved many a deal, but few outside the initiated circles know that it's a difficult art to master since timing seems to be a crucial point. To the rescue comes the **JETLOG 24x7** PowerNapping Module.

By snapping the module into your Visor handheld and waiting for the PowerNap application to automatically open up, JETLOG promises that all you need to take a fully controlled power nap is to select PowerNap from the menu, repose your hand on the back of your Visor, and touch an onboard sensor. While you go for a gentle nap, the module takes care of business by preventing negative effects of napping to occur.

JETLOG's patented approach for human-centered operations apparently follows proven and reliable napping strategies, which the company claims are recommended by NASA. What the module actually does is to time your power naps according to the most efficient sleep stages for fatigue recovery. According to JETLOG, proper timing to prevent deep sleep and dreaming not only relieves you from negative post nap effects such as grogginess, disorientation, sweating, or headaches, but also avoids subsequent sleep loss, which would otherwise compromise your regular sleep.

The JETLOG 24x7 PowerNapping Module comes with an onboard touch sensor specifically designed to monitor your individual transition into deep sleep and dreaming via alterations of your muscle tension. All you have to do is touch the sensor with your thumb while your respective hand reposes on the screen-down Visor, and the module will take care of initiating a wakeup call whenever you start diving into deep sleep or dreaming by detecting a significant drop of your sleep stage related muscle tension when your thumb slides off the sensor.

Additional options such as discrete wakeup calls via included headsets, your personal wakeup call recording over the Visor microphone, or various sound options and screen layouts which you may customize to the extend of your personal creativity seduce you to stay 24x7 ready - anytime - anywhere, all according to JETLOG.

If the module however works purely in the way JETLOG describes it, most people will likely find the price of approximately \$100 USD a bit steep for a sensor that detects when your thumb slips off it. Those people might



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just make use of the old and often used method of picking up a spoon and hold that over the side of whatever they might be sleeping on, waking themselves up to the merry clink of the spoon falling on the floor - producing the same effect as a \$100 Springboard module for the cost of nothing.

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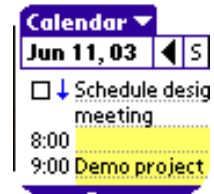
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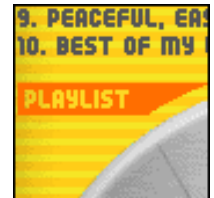
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