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Sunday, Apr 21, 2002

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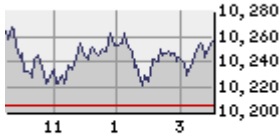
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# Mike Cassidy

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Posted on Mon, Jan. 14, 2002

*The Mercury News*

## Power nap gadget is a real yawn

By Mike Cassidy  
Mercury News



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>> [People](#)

>> [Valley News](#)

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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

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alert, but not from napping. ("I just got an exciting tea before I called you.")

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.

JETLOG's Web site ([www.jetlog24x7.com](http://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.

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



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