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Nap Without Daydreaming

Michael Emley, 09 Jan 2002

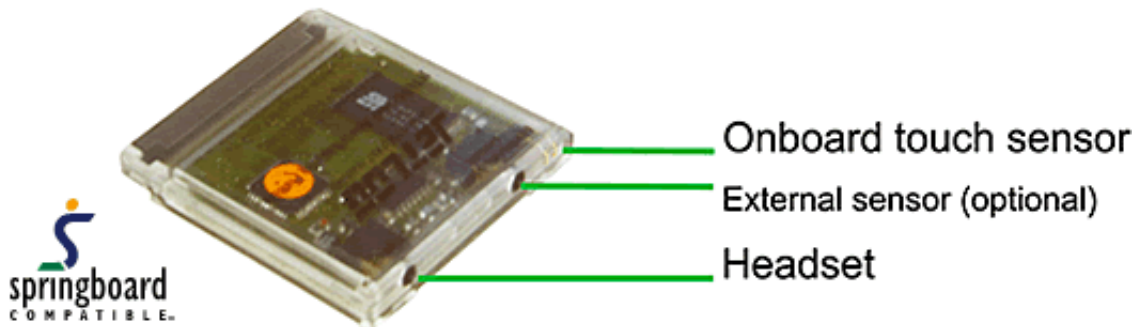
If you need a rest but without going into a deep sleep that was accompanied by REM sleep. Let PowerNap managed your rest.



Many professionals have taught themselves the skillful art of power napping. These short periods of relaxation that can be neatly squeezed in between a stressful range of meetings have saved many a deal, but only a few know that it's a difficult art to master since timing seems to be a crucial point while you are napping. JETLOG 24x7 PowerNapping Module for Handspring expansion slot can help you better managed your nap.

Just snap in the Springboard module, repose your hand on the back of your Visor handheld and touch an onboard sensor. While you rest your head for a gentle nap, JETLOG® takes care of business by preventing the negative effects of napping to occur—waking you up before you are able to enter into a deep state of REM sleep. The PowerNapping Module follows proven and reliable napping strategies, which are recommended by NASA.

JETLOG's patented approach for human-centered operations apparently follows proven and reliable napping strategies. 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.



JETLOG module is priced at \$100, a bit too high to entice Visor users to buy it.

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