

# Power Sleep

The Revolutionary Program that Prepares  
Your Mind for Peak Performance

Dr. James B. Maas  
with Megan L. Wherry,  
David J. Axelrod,  
Barbara R. Hogan, and  
Jennifer A. Blumin



**VILLARD**

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The quote on [this page](#) is from *My Dear Mr. Churchill*, by Walter Graebner, published by Houghton-Mifflin, 1965.

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Before making any changes in prescribed health-care regimens, make sure you consult a licensed physician. While this book provides information on sleep strategies and disorders, it is not intended to be a substitute for appropriate medical diagnosis or treatment. If you are having a persistent problem, consult your physician, and/or one of the accredited sleep disorders centers listed in [Appendix C](#).

TO NANCY, DANIEL, AND JUSTIN

## ACKNOWLEDGMENTS

This book is based on the diligent research of hundreds of sleep researchers who have advanced our knowledge of sleep in the last few decades more than in all of past history. Wherever possible I have tried to give credit to specific individuals for key findings. However, the society of sleep researchers is a closely knit group who share ideas and discoveries openly, working cooperatively to solve the mysteries of the night. More often than not, the sleep advice in this book is based on the shared insights of several investigators whose primary motivation is not self-advancement, but rather the betterment of the human condition. If this book is helpful, it is due to the selfless and collective wisdom of the entire sleep profession.

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It is only with the love, patience, and understanding of my wife, Dr. Nancy Neaheer Maas, and my sons, Daniel and Justin, that I was given the time and opportunity to write this book. Hopefully with the information contained herein the Maas family can sleep easier and longer. So join us. Good night, sleep well, sweet dreams, and have a good day—every day.

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