

CURRICULUM VITAE

Sara C. Mednick, PhD

University of California, San Diego and VA San Diego
Healthcare System, Laboratory of Sleep and Behavioral Neuroscience
3350 La Jolla Village Dr. Department of Psychiatry, 9116a San Diego, CA 92161
smednick@ucsd.edu
www.saramednick.com

Education

1990-1994	Bard College, Annandale-on-Hudson, NY,	B.A. Drama/Dance
1992-1993	Charles University, Prague, Czech Republic,	19 th cent. Literature
1997-2003	Harvard University, Cambridge, MA Advisors: Ken Nakayama and Robert Stickgold	Ph.D. Psychology
2003-2006	Salk Institute for Biological Studies Advisors: Geoffrey Boynton and Sean Drummond	Post-doc

Positions and Employment

1996 – 1997	Research Assistant, Dr James C.Y. Chou, Department of Psychiatry, New York University, Bellevue Hospital, NY
1996 – 1997	Internship, Dr Mark Serper, New York University Bellevue Hospital, NY
1996 – 1997	Internship, Dr Cynthia Green, Mt Sinai Hospital, NY
1998 – 1999	Research Assistant, Dr Phil Holzman, Department of Psychology, Harvard University, Mclean Hospital, Belmont, MA,
2003 – 2006	Research Fellow: The Salk Institute for Biological Studies, Systems Neurobiology Lab, (Geoffrey M. Boynton: mentor), University of California San Diego and Veterans Affairs San Diego Health Care System, The Laboratory for Sleep and Behavioral Neuroscience (Sean P.A. Drummond: mentor)
2007-2007	Assistant Project Scientist, Department of Psychiatry, UCSD
2007-Present	Assistant Professor, Department of Psychiatry, UCSD

Teaching Experience

Spring 2002	Vision and the Brain, Teaching assistant, Harvard University
Fall 2003	Adaptation: What is it good for?, Seminar organizer, Salk Institute for Biological Studies
Summer 2004	Physiological Psychology, Guest lecturer, UCSD Psychology Department
Spring 2006	Advanced biology of sleep oscillations, Guest lecturer, UCSD Neuroscience Department
Fall 2007	Oasis Adult Education (Lecturer)
Fall 2007	Sleep Lecturer for UCSD Medical School
Fall 2008	Sleep Lecturer for UCSD Medical School
Spring 2009	Sleep Lecture for Circadian Rhythms UCSD

Awards

- Fall 2004 Society for Research Fellows Speaker Award 2004, Salk Institute of Biological Studies La Jolla, CA
- Summer 2005 APSS conference travel award
- Summer 2006 APSS conference abstract excellence award

Professional Society Memberships

- 2000 - Present Society for Neuroscience
- 2000 - Present Vision Sciences Society
- 2003 – Present Sleep Research Society

Manuscripts

Published

- 1) Mednick SC, Nakayama K, Cantero JL, Atienza M, Levin AA, Pathak N, Stickgold R, “The Restorative Benefit of Naps on Perceptual Deterioration,” *Nature Neuroscience*, July 2002.
 - 2) Mednick SC., Nakayama K., Stickgold R. “Sleep-dependent Learning: A Nap is as Good as a Night,” *Nature Neuroscience*, July 2003.
 - 3) Mednick SC, Drummond SPA, “Sleep: A Prescription for Insight?” *INSOM*, Summer 2004, Issue 3, 26-29.
 - 4) Schiffman J, Pestle S, Mednick SC, Eckstrom M, Sorenson H, Mednick SA, “Childhood laterality and adult schizophrenia spectrum disorders: A prospective study.” *Schizophrenia Research* 2005 Jan 1;72(2-3):151-60.
 - 5) Mednick SC, Arman AC, Boynton GM, “The time course and specificity of perceptual deterioration” *Proceedings from the National Academy of Sciences USA* 2005 Mar 8;102(10):3881-5. Epub 2005 Feb 24.
 - 6) Drummond SP, Bischoff-Grethe A, Dinges DF, Ayalon L, Mednick SC, Meloy MJ. The neural basis of the psychomotor vigilance task. *Sleep*. 2005 Sep 1;28(9):1059-68.
 - 7) Mednick SC, Drummond SPA, Boynton GM, Awh E, Serences J, Sleep-Dependent Learning and Practice-Dependent Deterioration on an Orientation Discrimination Task, *Behavioral Neuroscience*, 2008, Vol. 122, No. 2, 267–272.
 - 8) Mednick SC, Drummond SPA, Arman AC, Boynton GM, Perceptual Deterioration is reflected in the neural response: an fMRI study between nappers and non-nappers. *Perception*, 2008, volume 37, pages 1086-1097.
 - 9) Mednick SC, Kanady J, Cai D, Drummond SPA, Comparing the benefits of Caffeine, Naps and Placebo on Verbal, Motor, and Perceptual Memory. *Behavioral Brain Research*, 193 (2008) 79–86.
 - 10) Mednick SC, Makovski T, Cai D, Jiang Y, Nap-dependent implicit spatial learning in contextual cueing. 2009, *Vision Research* (2009) April 18.
 - 11) Cai D, Mednick SA, Kanady J, Drummond SPA, Mednick SC, Priming Associative Networks: REM, Not Incubation, Improves Creativity. *Proceedings from the National Academy of Sciences USA* June (2009).
 - 12) Mednick SC, Christakis NA, Fowler JH The Spread of Sleep Loss Influences Drug Use in Adolescent Social Networks. *PLoS ONE* 5: e9775 (2010).
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- 13) Kanady J, Drummond SPA, Mednick SC, The Influence of Prior Sleep (Actigraphy) on Sleep Stages (PSG) During a Nap in Healthy Well-Rested Adults. *Journal of Sleep Research* (2010) (in press)
- 14) Sara C. Mednick and William A. Alaynick, Comparing models of sleep-dependent memory consolidation, *Journal of Experimental and Clinical Medicine* (2010) (in press).
In Review
- 15) Harrison L., Mednick SC. and Gorman M. The Influence of Light on Sleep Quality and Architecture during Daytime Sleep.
- 16) Reith C, Cai D, Mednick SC, “The role of sleep and practice on explicit and implicit motor memory consolidation.
- In Preparation*
- 17) Jung Y, Huber D, Cai DJ and Mednick SC, REM sleep enhances salience of hits, not misses, in a creativity task.
- 18) Gupta N, Mednick SC, Jung Y and Huber D, The road less traveled: The detrimental role of fluency in creativity.
- 19) McDevitt EA, Kanady JC, Cai DJ, Harrison EM, and Mednick SC, Differences in Sleep Architecture of a Nap in Habitual and Non-Habitual Nappers.
- 20) Mednick SC, Kanady JC, McDevitt EA, Drummond SPA. Pharmacological enhancement of sleep stages in a nap: A dose-dependent study
- 21) Mednick SC, Cai D, Wixted J, A multidisciplinary approach to understanding cellular and systems condolidation.

Chapters

1. Mednick SC, Drummond SPA, “Sleep Function: Napping” in *The New Encyclopedia of Neuroscience* eds. Squire L, Albright T, Elsevier London, 2006.
2. Mednick SC, “Sleep and Dreams” in *Encyclopedia of Perception* E. Bruce Goldstein, Editor, Sage Publications, 2009.

Books

Take a Nap! Change Your Life. Workman Publishers, December 2006

Research Support

Grants/Fellowships

- 2003 – 2006 Recipient: National Research Service Award, (NIH/NEI # F32 EY015564-01)
- 2006 – 2007 Defense Advanced Research Projects Agency (DARPA) one-year seedling grant “Comparing the effects of Modafinil, Napping and Caffeine on perceptual learning and deterioration.”
- 2007-2012 Principal Investigator: K01 Career Development Award (K01MH080992 – 01)
- 2008-2009 Academic Senate Award

Review Contributions

Grants

- 2004 Reviewer for Austrian Science Fund
- 2004 Reviewer for Israeli Science Foundation
- 2008-2010 National Science Foundation
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Manuscripts

Proceedings from the National Academy of Science
Sleep Journal
Psychological Science
Vision Research
Journal of Vision
Journal of Sleep Research
PLOS
Journal of Neuroscience
Neuroscience Research
Frontiers of Neuroscience

Abstracts

- 1) "The Emotional Stroop and Schizophrenia, comparing positive and negative symptoms," Society for Research in Psychopathology, Atlanta, GA, 1997.
 - 2) "Schizophrenia, Laterality, and the Anti-saccade Task," Society for Research in Psychopathology, Palm Springs, CA, 1998.
 - 3) "Sustained Fixation as a Measure of Vigilance in Schizophrenia," International Congress on Schizophrenia Research, Santa Fe, New Mexico, 1999.
 - 4) "Rapid Learning and Unlearning of Context in Priming of Pop-out," Association for Research in Vision and Ophthalmology, Ft. Lauderdale, Florida, 2000.
 - 5) "Implicit Memory for Spatial-context in Schizophrenic Patients," Society for Neuroscience, New Orleans, LA, 2000.
 - 6) "From Features to Spatial Maps: Implicit Memory Investigated in Schizophrenia," International Congress on Schizophrenia Research, Whistler, British Columbia, Canada, 2001.
 - 7) "From Features to Spatial Maps: Implicit Memory Investigated in Schizophrenia," International Congress on Schizophrenia Research, Whistler, British Columbia, Canada, 2001.
 - 8) "Benefit of Nap is Retinotopically Specific," Vision Sciences Society, Sarasota, FLA., 2001.
 - 9) "Restorative Effect of Naps on Perceptual Deterioration," Society for Neuroscience, San Diego, CA., 2001.
 - 10) "Perceptual Deterioration Predicts Performance Today," Vision Sciences Society, Sarasota, FLA., 2002.
 - 11) "Perceptual Learning After a Nap: The Mini-Me of Sleep," Vision Sciences Society, Sarasota, FLA., 2003.
 - 12) "Sleep-dependent Learning: A Nap is as Good as a Night," American Professional Sleep Society, Chicago, Ill., 2003.
 - 13) "Perceptual Deterioration is Specific to Target Orientation," Vision Sciences Society, Sarasota, FLA., 2004.
 - 14) "The time course and specificity of perceptual deterioration" Society for Neuroscience, San Diego, CA 2004
 - 15) "The neural correlates of sleep-dependent perceptual learning and deterioration: a role for attention?" Vision Sciences Society, 2005, Sarasota, FLA,
 - 16) "The neural correlates of sleep-dependent perceptual learning and deterioration: a role for attention? Associated Professional Sleep Societies in Denver, CO 2005. (published in Sleep 2005 28(Suppl 1):A345).
 - 17) "The Neural Basis of the Psychomotor Vigilance Task", SPA Drummond, A Bischoff-Grethe, DF Dinges, L Ayalon, SC Mednick, MJ Meloy. SLEEP, Vol.28, No.9, pp.1059-1068, 2005.
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- 18) "Naps are Better Than Caffeine for Improving Performance" Vision Sciences Society, 2006, Sarasota, FLA,
- 19) "Comparing Naps, Caffeine, Modafinil and Placebo on a Variety of Memory Tasks." APSS, 2006.
- 20) "Sleep-Dependent Learning and Practice-Dependent Deterioration on an Orientation Discrimination Task." VSS, 2007.
- 21) Kanady J, Drummond SPA, Mednick SC, The Influence of Prior Sleep (Actigraphy) on Sleep Stages (PSG) During a Nap in Healthy Well-Rested Adults APSS, 2008.
- 22) Mednick SC, Reith C, Cai D, Huber D, Kanady J, Horowitz T, Separating specific from general learning in a napping paradigm on a Rotary Pursuit task. VSS 2008.
- 23) Mednick SC, Cai D, Kanady J, Drummond SPA, Mednick SA, Napping enhances associative strength in creative problem solving task, APSS 2008.
- 24) Kanady JC, Reed M, Drummond SP, Cai DJ, Leung A, McDevitt EA, Harrison EM, Mednick SC The Actiwatch Assessment of a PSG-recorded Afternoon Nap: A Validation Study APSS 2009
- 25) Elizabeth A. McDevitt, Jennifer C. Kanady, Denise J. Cai, Elizabeth M. Harrison, Sara C. Mednick, Differences in Daytime Sleep Architecture in Habitual and Non-Habitual Nappers APSS 2009
- 26) Mednick SC, Makovski T, Cai DJ, Kanady J, Jiang YV. Sleep and rest facilitate implicit memory in a visual search task. APSS 2009
- 27) Harrison L, Mednick SC, Gorman M, The Influence of Light on Sleep Quality and Architecture during Daytime Naps. APSS 2009
- 28) Mednick SC, Makovski T, Cai DJ, Kanady J, Jiang YV. Sleep and rest facilitate implicit memory in a visual search task. VSS 2009
- 29) Mednick SC, "REM sleep prevents interference in the texture discrimination task.", VSS 2010
- 30) Mednick SC, Jen Kanady, Lizzie McDevitt, James Walsh, Martin Paulus, and Sean P.A. Drummond "Pharmacological enhancement of specific sleep stages in 90-minute naps." APSS 2010

Oral Presentation Chair Session Moderator

- APSS "O22: Sleep and Memory Consolidation" June 11, 2009
 VSS "Perceptual learning: Plasticity and adaptation" May 11, 2010
 APSS "O03: Memory Consolidation, Sleep Staging and Naps," APSS 2010

Selection of Invited Talks

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| Sep 2000 | Circadian Rhythm Group, Harvard Medical School, Boston, Massachusetts. |
| Aug 2002 | Princeton University, Princeton, New Jersey. |
| Sep 2002 | Charles University, Prague, Czech Republic. |
| Oct 2002 | Center for Human Information Processing, University of San Diego, San Diego California. |
| Oct 2002 | University of Southern California, Los Angeles, California. |
| Oct 2002 | The Salk Institute, San Diego, California. |
| May 2003 | Dartmouth College, Hanover, New Hampshire. |
| Jul 2003 | Sleep and Chronobiology Research Group, VA University of San Diego. |
| Mar 2004 | J. Christian Gillin Sleep/Chronobiology seminar, UCSD San Diego, CA. |
| Mar 2004 | Sleep Research Laboratory Brown University. |
| Mar 2004 | New York University, Psychology Department. |
| Mar 2004 | Columbia University, Psychology Department. |
| Mar 2004 | City College of New York, Biology Colloquium. |
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Mar 2004 Massachusetts Institute of Technology, Cognitive Science Colloquium.
 Feb 2006 Office of Naval Research, San Diego, CA
 Aug 2006 UCSD Department of Psychiatry
 Aug 2006 DARPA, Austin, TX
 Feb 2007 Waking up to Sleep La Jolla CA
 May 2007 Biomedical Sciences Library, UCSD
 Aug 2007 DARPA, South Carolina
 Oct 2007 Google, Mountain View, CA, Author Talk series
 Jan 2008 Howell Foundation, La Jolla, CA
 Feb 2008 Francis Parker School, San Diego, CA
 March 2008 National Sleep Foundation Conference: The Role of Sleep in Memory and Learning, Washington D.C.
 April 2008 J. Christian Gillin Sleep Lecture, La Jolla, CA
 May 2008 The Big Sleep Show, Featured Speaker, Chicago, Ill
 Nov 2008 National Academy of Sciences, Irvine CA
 Sept 2008 Insight Meeting of Sloan-Schwartz Foundation, Rancho Santa Fe, CA
 March 2009 Mesa Community College San Diego, 2009
 March 2009 Stanley Middle School San Diego, 2009
 March 2009 UC San Diego Cognitive Neuroscience Brown Bag, La Jolla, CA
 April 2009 UC San Diego Nap-In, La Jolla, CA
 Aug 2009 Harvard University Psychology Department Vision Lab, Cambridge MA
 Aug 2009 Brandeis University Psychology Department Colloquium, Waltham MA
 Sept 2009 UC Berkeley Oxyopia colloquium, Berkeley CA
 Oct 2009 UC Riverside Psychology Department Colloquium, Riverside, CA
 Oct 2009 UC Irvine Psychology Department Colloquium, Irvine, CA
 May 2010 Psychology Research Conference, Mission Viejo, CA

Television & Radio

1. Interview, *BBC*, Jun 15, 2009
 2. How creative are you when you're sleeping? *Voice of America*, Jun 13, 2009
 3. Scientists have found that a dreamy nap helps. *WSOC tv* Jun 12, 2009
 4. Got a problem? Think about it overnight. *KFVS-12* Jun 9, 2009
 5. Tell your boss - Naps renew energy, build brain. *WPVI TV ABC* May 31, 2009
 6. The importance of napping. *WKOW-TV* May 22, 2009
 7. New studies about napping show it's good for you *WFRV-TV* May 22, 2009
 8. UC San Diego Takes a Nap. *KPBS* Mar 9, 2009
 9. UCSD Students Stage "Nap-In" For National Napping Day. *KFMB-TV CBS* 8 Mar 9, 2009
 10. Napping Can Help Ease the Impact of Daylight-Saving Time. *KPBS* Mar 9, 2009
 11. Experts on Sleep Discuss Insomnia, Napping. Irregular Sleep Schedules, *KPBS* Dec 11, 2008
 12. Napping at Work Becoming Part of Corporate Culture? *New Hampshire Public Radio* Aug 6, 2008
 13. UCSD researcher touts daily naps in new book. *NBC San Diego*, Jul 11, 2007
 14. At office, siestas go mainstream, *Voice of America*, Jul 5, 2007
 15. Talk of The Nation. *National Public Radio* Jun 25, 2007
 16. It's time you took a nap! *NPR*, Jun 5, 2007
 17. Take a Nap, Change Your Life, *KUOW Seattle*, Apr 14, 2007
 18. Napping: Not Just for Kids Anymore. *KPBS* Feb 28, 2007
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19. Interview with Sara Mednick. *Small Business Advocate*, Feb 14 2007
20. Take A Nap. *Denver News2, KWGN* Jan 18, 2007
21. The Benefits of Taking a Nap. *KPBS* Feb 5, 2007
22. Should we nap at work? *ABC News*, Jan 29, 2007
23. Should we nap at work? *Good Morning America*, Jan 27, 2007
24. Guest on: *At Issue with Ben Merens Wisconsin Public Radio* Jan 26, 2007
25. A nap a day keeps lost productivity at bay: author. *CTV (Canada)* Jan 15, 2007
26. The Science of Napping. *Kojo Namdi Show, WAMU*, Jan 10, 2007
27. Five for Friday. *NPR*, Jan 4, 2007
28. Tips for a Healthy Summer *CNN*, Jun 1, 2002
29. A power nap may refresh employees, *CNN* May 28 2002
30. New Harvard Study Says Right to Nod Off. *CNN*, May 27, 2002
31. Study Shows Naps Keep Employees Alert. *CNN*, May 26, 2002

Press

1. The science of sleeping: Dreamland is place to drum up creativity *Detroit Free Press* Jun 15, 2009
 2. Wake Up!!!! *Allure Magazine* Jun 15, 2009
 3. Sleep. *Harian Global* Jun 13, 2009
 4. O sono creativo. *O POVO Online* Jun 13, 2009
 5. Problems are solved by sleeping. *Tehran Times* Jun 12, 2009
 6. Creativity while you sleep? Tell us we're not dreaming. *The Age* Jun 12, 2009
 7. Hai un problema? Dormici su. *TGCOM (Italy)* Jun 11, 2009
 8. I sogni favoriscono la creatività e la soluzione ai problemi. *Zeus News (Italy)* Jun 11, 2009
 9. Il detto "dormici su", confermato dalla scienza. *Barimia (Italy)* Jun 11, 2009
 10. El sueño profundo favorece la creatividad. *La Razón (Argentina)* Jun 10, 2009
 11. La siesta mejora la sensibilidad del cerebro a las emociones positivas. *La Vanguardia* Jun 10, 2009
 12. Los problemas sí se deben consultar con la almohada. *Qué.es* Jun 10, 2009
 13. "Sonno creativo" e' utile per risolvere. *Agenzia Giornalistica Italia* Jun 10, 2009
 14. Small Doses. *Cape Cod Times* Jun 10, 2009
 15. Dormire bene: fa bene alla fantasia. *NanoPress* Jun 10, 2009
 16. Hirnforschung: REM-Schlaf hilft bei Problemlösung. *DiePresse.com* Jun 10, 2009
 17. Schlafen macht kreativ. *Unikosmos* Jun 10, 2009
 18. Kreativ durch Schlaf. *Optikur* Jun 10, 2009
 19. Sonno: il cervello si allena sognando. *JUGO* Jun 10, 2009
 20. Dormici sopra e sogna, risolverai i problemi. *Brainfactor* Jun 10, 2009
 21. Nel sonno profondo la chiave della creatività. *Diregiovani* Jun 10, 2009
 22. I sogni aiutano a vivere. *Farmacia.it* Jun 10, 2009
 23. L'idea vien sognando. *Galileo* Jun 10, 2009
 24. Il colpo di genio arriva dormendo. *Blogosfere* Jun 10, 2009
 25. Sognando si diventa piu creativi. *Italiasalute.it* Jun 10, 2009
 26. Sleep and problem solving. *NHS Choices* Jun 10, 2009
 27. Gesunder Schlaf: Kreativität benötigt REM-Schlaf. *FOCUS Online* Jun 9, 2009
 28. Dopo un sogno ci svegliamo più creativi. *Corriere della Sera* Jun 9, 2009
 29. A healthy snooze. *Malaysia Star* Jun 9, 2009
 30. Got a Problem? Think About It Overnight. *Atlanta Journal Constitution* Jun 9, 2009
 31. El sueño REM fomenta la creatividad en la resolución de problemas. *Salut i Força* Jun 9, 2009
 32. Estudio sugiere que dormir ayuda a superar problemas difíciles. *latercera.com* -Jun 9, 2009
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33. The Consult: Back to Bed. *Newsweek* Jun 9, 2009
 34. Sleeping on a problem 'really solves it'. *Times of India* Jun 9, 2009
 35. Dormir ayuda a resolver problemas: estudio. *El Universal (México)* Jun 9, 2009
 36. REM-Schlaf fördert Kreativität. *Deutsches Ärzteblatt* Jun 9, 2009
 37. REM - Schlaf gut für die Kreativität. *der Gesundheitsblog* Jun 9, 2009
 38. Let Me Sleep On It: Creative Problem Solving Enhanced By REM Sleep. *Science Daily* June 9, 2009
 39. Naps with rapid eye movement sleep increase receptiveness. *EurekaAlert* Jun 9, 2009
 40. Più creativi e pronti a risolvere un problema dopo un sogno. *BlogScienze* Jun 9, 2009
 41. Scoperto il legame tra i sogni e creatività. *Excite Italia* Jun 9, 2009
 42. Have a Problem to Solve? *MSN Health & Fitness* Jun 9, 2009
 43. REM Sleep Helps Solve Problems. *Medical News Today* Jun 9, 2009
 44. Problem Solving Helped by Sleep. *ShortNews.com* Jun 9, 2009
 45. Problems are solved by sleeping. *BBC News* Jun 9, 2009
 46. Problem? Not if you sleep on it. *Scotsman* Jun 8, 2009
 47. Sleep on problem. *The Sun* Jun 8, 2009
 48. Kreativ im Schlaf. *20minuten* Jun 8, 2009
 49. Kreativität entsteht im Schlaf. *Aachener Zeitung* Jun 8, 2009
 50. Tests find benefit of sleeping on job. *Independent* Jun 8, 2009
 51. Sleeping on it can solve problems. *The Press Association* Jun 8, 2009
 52. La creatividad del cerebro dormido. *elmundo.es* Jun 8, 2009
 53. Why it's good to be a dreamer: *MiamiHerald.com* Jun 8, 2009
 54. Naps and Creativity. *ScienCentral News* Jun 8, 2009
 55. Study: Naps improve brain power. *The La Jolla Light* Apr 1, 2009
 56. Sleeping on a problem really can help *A Tarde On Line* Mar 31, 2009
 57. The power of naps. *San Diego Union Tribune (Cover)* May 10 2009
 58. 1,2,3 i misio spi. O naukowej teorii drzemki. *Gazeta Wyborcza* Feb 22, 2009
 59. Dr James Le Fanu on why Tube strikes are good for you. *Telegraph.co.uk* Feb 20, 2009
 60. Ritual untuk Tidur Nyenyak. *Kompas Cyber Media* Feb 17, 2009
 61. 2008 Tuesday Morning Quarterback Person of the Year: Sara Mednick, *ESPN* Jan 6, 2009
 62. Caffeine no substitute for naps. *Estacada News* Dec 31, 2008
 63. Nappers pass coffee sippers in word, thought and deed. *Arkansas Democrat Gazette* Dec 15, 2008
 64. Endpaper. *Telegraph.co.uk* Dec 12, 2008
 65. Amerika ve Avrupa'da iş dünyası, 'öğlen uykusunun gerekliliğini'. *Net Haber* Dec 3, 2008
 66. Why it's good to be caught napping *Telegraph* Dec 3, 2008
 67. Tired all the time' is a malady with an easy, pleasant cure. *Fresno Bee* Dec 2, 2008
 68. Zonked out -- and healthier for it. *Sacramento Bee* Nov 28, 2008
 69. A wake-up call for the sleep deprived *MSNBC* Nov 24, 2008
 70. SLEEP: Discovering hidden connection. *PressDisplay.com* Oct 6, 2008
 71. Want to be more productive? Sleep on it. *San Francisco Chronicle* Oct 5, 2008
 72. One theory is that sleep helps us ditch typical approaches to solving. *Taipei Times* Sep 30, 2008
 73. Sleeping IN. *New Hampshire Business Review* Sep 26 2008
 74. Napping at Work Becoming Part of Corporate Culture? *NHPR* Aug 6, 2008
 75. Sweet dreams *Bangkok Post* Jul 10, 2008
 76. 10-minute nap may boost alertness *Atlanta Journal Constitution* Jul 9, 2008
 77. Take a Three-Martini Nap *Newsweek* Jun 21 2008
 78. Søvnige medarbejdere koster USA 100 mia. Dollar *Børsen Online* Jun 11, 2008
 79. 20 Stress Fixes for Better Sleep. *Reader's Digest* May 16, 2008
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80. Napping to Feed the Brain. *Washington Post* Apr 29, 2008
 81. Art of the nap: NBA players' strategy... *Salt Lake Tribune* Mar 30, 2008
 82. Just close your eyes. *Ottawa Citizen*, Mar 15, 2008
 83. Take a nap ... please! *The Fresno Bee* , Mar 10, 2008
 84. Sleep deprived? Take a nap. *Axcess News*, Mar 4 2008
 85. Sleep's Beauty. *Winston-Salem Journal*, Mar 2, 2008
 86. New research shows sleeping on the job is good. *PR Web*, Mar 2, 2008
 87. A Daytime Nap Can Boost Memory. *The Washington Post*, Feb 1 2008
 88. Scientists still searching for the secrets of sleep. *The Wall Street Journal*, Jan 18, 2008
 89. Quotidiano telematico di informazione economica *Basilicata Press*, Nov 30, 2007
 90. Are you getting enough? *BBC News*, Nov 28, 2007
 91. Tijd voor de power nap. *Het Financieele Dagblad* (Amsterdam) 10 Nov 2007.
 92. "I want my staff to sleep at work". *Financial Times* (Germany), Oct 24, 2007
 93. An Active, Purposeful Machine. *The New York Times*, Oct 23, 2007
 94. Some people in their 30's want out of their stressful... *Daily Record*, Oct 7, 2007
 95. Erst paus dann. *Rheinischer Merkur*, Sep 19, 2007
 96. I'll get right on it—right after my nap. *Fox News*, Sep 19, 2007
 97. Snooze your way to health. *The Business Times Singapore*, Sep 1, 2007
 98. 'I want my staff to sleep at work'. *Financial Times* (London), Aug 25, 2007
 99. Sleeping 14 hours a day makes me a better footballer. *The Daily Mail* (UK) Aug 3, 2007
 100. Some grown-ups find taking a nap... *News & Observer*, Jul 19, 2007
 101. The Money's In the Mattress. *The New York Times*, Jul 12, 2007
 102. Snoozing's Not for Losers: Questions for Sara Mednick *Voice of San Diego* Jul 7 2007
 103. Nodding Off. Can afternoon naps save your life? *Good Magazine* Jun 9 2007
 104. A nap a day? If the boss says so... *Fortune* Jun 25 2007
 105. Lights-out. *The New Yorker*, Jun 25, 2007
 106. Caring for the careers. *The Daily Mail* (UK), Jun 23, 2007
 107. Let's work it out for the careers. *Mail on Sunday* (London), Jun 10, 2007
 108. Go ahead waste your time. *Redbook*, Jun 1, 2007
 109. The Super snooze. *Daily Mail* (London), May 22, 2007
 110. Wake up to the benefits of napping. *Connecticut Post*, May 22, 2007
 111. Sleep is important—here's how to get some. *Wichita Eagle*, May 22, 2007
 112. Workers urged to catch some Z's. *Columbus Dispatch*, May 22, 2007
 113. Studies. *The Salt Lake Tribune*, May 14, 2007
 114. Nobody would lose with a little afternoon snooze. *Virginian-Pilot*, Apr 1, 2007
 115. Habits can ensure a good night's sleep. *Myrtle Beach Sun News*, Mar 29, 2007
 116. Chate una siesta, cambia tu vida. *El Mundo*, Mar 26, 2007
 117. Living Well. *Seattle Post-Intelligencer*, Mar 25, 2007
 118. Napping—the new necessity. *News and Observer*, Mar 24, 2007
 119. The Afternoon nap Attack. *US News and World Report*, Mar 18, 2007
 120. All work and no naps... *Rocky Mountain News*, Mar 18, 2007
 121. Can't lose with a little snooze. *Milwaukee Journal Sentinel*, Mar 16, 2007
 122. The daily doze: More companies allowing employees to... *Pittsburgh Post-Gazette*, Mar 14, 2007
 123. The power of power naps. *Honolulu Star-Bulletin*, Mar 12, 2007
 124. Unwind form the daily grind. *America's Intelligence Wire*, Mar 12, 2007
 125. Snoozing, but not losing. *Tulsa World*, Mar 11, 2007
 126. On the job napping. *Charlottesville Daily Press*, Mar 11, 2007
 127. Siestas. *Myrtle Beach Sun News*, Mar 11, 2007
 128. Road nap to success. *Pittsburgh Post-Gazette*, Mar 11, 2007
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129. Napping can give you a real buzz. *The Register-Guard*, Mar 11, 2007
 130. Forget the coffee—perk up with a quick nap instead. *The Salt Lake Tribune*, Mar 10, 2007
 131. Need a jolt? Catch some Z's. *Erie Times-News*, Mar 10, 2007
 132. Watercooler: Napping at work. *The Associated Press*, Mar 6, 2007
 133. An awakening to nap time. *USA TODAY*, Mar 5, 2007
 134. Energize by becoming a napster. *Fort Worth Star-Telegram*, Mar 5, 2007
 135. Close your eyes and listen to this book. *Press-Enterprise*, Feb 24, 2007
 136. Be a more productive worker by napping. *The Salt Lake Tribune*, Feb 24, 2007
 137. It pays to sleep on the job. *Financial Times* (London), Feb 24, 2007
 138. Americans need to work at napping. *Gannett News Service*, Feb 22, 2007
 139. Nap time: How a little sleep can change your life. *San Diego Union Tribune*, Feb 22, 2007
 140. Book touts benefits of nap during day. Myrtle Beach Sun News, Feb 18, 2007
 141. Take a nap on company time. *The Gazette* (Montreal), Feb 17, 2007
 142. Nap Quest—How Naps may help your heart and work. *Newsweek*, Feb 12, 2007
 143. Here's a book to put you to sleep. *The Dallas Morning News*, Feb 9, 2007
 144. Hot desks, cool chairs and a warm welcome. *Sunday Times* (London), Feb 4, 2007
 145. Workers of the world, turn out the lights! *National Post* (Canada), Jan 31, 2007
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