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**sleepy nation** - Oct 15, 2008 Archives of Internal Medicine.

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**library - v-yu.com** - Archives of Internal Medicine, 167(1) Psychiatry Research, 65(2) The use of prophylactic naps and caffeine to maintain performance during a continuous

**sleep, alertness, and fatigue education in** - alertness are for the most part at optimal levels during daylight hours, and that sleepiness is maximized during the night.

**the science of the perfect nap - lifehacker** - The practice is called a "caffeine nap" and Didn't get enough sleep last night? Grab a quick midday nap The Science Behind Why Power Naps Help You

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**, author at primary psychiatry** - Dr. Rogers is research associate and Dr. Dinges is professor of psychology in psychiatry at the Unit for between the internal body night shift (eg

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