

CURRICULUM VITAE

Sara C. Mednick, PhD

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Education

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

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
2007-2012 Assistant Professor, Department of Psychiatry, UCSD
2011- Assistant Professor, Department of Psychology, UC Riverside

Teaching Experience

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

2010 Memory and Sleep Lecture for UCSD Medical School
2013 The Role of Sleep in Memory (graduate and undergraduate class)
2013 Introduction to Psychology

Awards

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

Professional Society Memberships

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

Research Support.

Ongoing

2012-2013 Principal Investigator: UC Riverside Academic Senate Regents Award
(\$13,000/year for one year)

Investigating the role of anterograde amnesia in memory consolidation.

This award will allow the Mednick lab to expand on findings from the K01 in which we showed that that zolpidem augmented sleep spindles and promoted verbal memory greater than sleep alone. One aspect of zolpidem is post-administration, anterograde amnesia. The current study will examine the relationship between exceptional verbal memory and amnesia.

Pending

2013-2016 Principal Investigator: NSF Cognitive Neuroscience Proposal
(\$315,350 over three years)

Cholinergic and sleep regulation of human perceptual learning

2013-2018 Principal Investigator: NIH R01 proposal
(1,250,000 over five years)

The critical role of sleep spindles in memory consolidation.

Completed

2007-2012 Principal Investigator: K01 Career Development Award (K01MH080992 – 01)

Understanding memory consolidation by studying pharmacologically enhanced naps

The Career award enabled me to add pharmacological mechanisms to my set of tools for exploring sleep-dependent memory consolidation. The goal of this grant is to understand the pharmacological basis for sleep-dependent memory consolidation. Over five years, I will be running three studies, 1) a dose response nap study, 2) a nap study with two optimal doses of drugs that enhance SWS and stage two sleep, examining the effect of pharmacologically enhanced naps on three different memory domains, and 3) an fMRI study examining the brain mechanisms of pharmacological manipulation of sleep stages on memory consolidation.

2007-2012 Jazz Pharmaceuticals Investigator initiated study

This grant supported my K01 with sodium oxybate and placebo

2006 – 2007 Defense Advanced Research Projects Agency (DARPA)

Comparing the effects of Modafinil, Napping and Caffeine on perceptual learning and deterioration.

This study compared common fatigue countermeasures, placebo and sleep on three different forms of memory: perception, motor, and verbal declarative. We found discrete enhancements and decreases in performance in the drug and sleep conditions, which suggests that different underlying mechanisms support these different memory domains.

2008-2009 Academic Senate Award

The effects of illumination on nap architecture

The goal of this study is to examine whether daytime sleep is affected by light using light emitting goggles of across a wide range of intensities. We found the unlike nighttime sleep, illumination does not interfere with sleep onset or sleep architecture in a daytime nap.

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).
- 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) **Mednick SC** and Alaynick WA, Comparing models of sleep-dependent memory consolidation, *Journal of Experimental and Clinical Medicine* (2010) (in press).
- 15) Reith C, Cai D, McDevitt EA **Mednick SC**, “The role of sleep and practice on explicit and implicit motor memory consolidation.” *Behavioral Brain Research*, 2010.
- 16) Harrison L., Gorman M. and **Mednick SC**. The Influence of Light on Sleep Quality and Architecture during Daytime Sleep. *Physiology and Behavior* (in press).
- 17) **Mednick SC**, Cai D, Anagnostaros S, Shuman T, Wixted J, An Opportunistic Theory of Cellular and Systems Consolidation. *Trends in Neuroscience* Jul 2011.
- 18) Gupta N, Jung Y, **Mednick SC**, and Huber D, The road not taken: Creative solutions require avoidance of high frequency responses. *Psychological Science* 2012 Mar;23(3):288-94.
- 19) McDevitt EA, Alaynick, W, and **Mednick SC**, Differences in Sleep Architecture of a Nap in Habitual and Non-Habitual Nappers. *Physiol Behav.* 2012 May 31;107(1):40-44.
- 20) **Mednick SC**, Walsh J, Wamsley E, Paulus M, Kanady JC, McDevitt EA, Drummond SPA. The critical role of sleep spindles in hippocampal-dependent memory: a pharmacology study. *Journal of Neuroscience* 2013 Mar 6; 33(10): 4494-504.
- 21) Kaestner E., Wixted J., **Mednick SC.**, Pharmacologically Increasing Sleep Spindles Enhances Recognition for Negative and High-Arousal Memories. *Journal of Cognitive Neuroscience* (in press).
- 22) Brakefield, T, **Mednick SC**, Christakis NA, Fowler JH, Sexual orientation does not spread through adolescent social networks. *Archives of Sexuality* (in press).

- 23) Cellini MS., Buman MP, McDevitt EA., Ricker A., Rowe K., Duggan K., **Mednick SC.**, Direct comparison of two actigraphy devices with polysomnographically-recorded naps in healthy young adults. *Chronobiology International* (in press).
- 24) Feupe SF, Frias PF, **Mednick SC**, McDevitt EA, Heintzman ND, Analysis of nocturnal continuous glucose and sleep stage data in adults with type 1 diabetes in real-world conditions. *Journal of Diabetes Science and Technology* (in press).
In Review
- 25) McDevitt, EA, Rokem, A, Silver, M, **Mednick SC**, Sex differences in sleep-dependent perceptual learning.
- 26) McDevitt EA., **Mednick SC**, REM sleep prevents interference in the texture discrimination task.
- 27) *In Preparation*
- 28) Rowe K., Brady M, **Mednick SC**, Novel object learning depends on rapid eye movement sleep.
- 29) McDevitt EA, **Mednick SC**, Habitual nappers show nap-dependent perceptual learning compared to non-habitual nappers
- 30) Duggan K., McDevitt EA., Rowe K., **Mednick SC.**, Personality and Healthy Sleep.

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.
- 3) **Mednick SC**, Naps, *Encyclopedia of Sleep*, Cleve Kushida Editor, Elsevier, 2010

Books

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

Research Support

- 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 UC San Diego
- 2012-2013 Academic Senate Regents Award UC Riverside
- 2012 University of Sydney, Australia travel Award

Review Contributions

Grants

2004 Reviewer for Austrian Science Fund

2004 Reviewer for Israeli Science Foundation
2008-2010 National Science Foundation
2013 National Institute of Health: Study Section Reviewer: Multisensory processing

Journals

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.
- 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
- 31) McDevitt EA, Kanady JC, Cai DJ, Harrison EM, and Mednick SC, Differences in Sleep Architecture of a Nap in Habitual and Non-Habitual Nappers. APSS 2011
- 32) Mednick SC, Brady M, Novel object learning depends on rapid eye movement sleep. APSS 2011

- 33) Knudsen J, Mednick S, McDevitt E, Seek-Hirscher M, Wolf J. Nap-Induced Cortisol Awakening Response is Dependent on Sleep Architecture. Society for Neuroscience 2011.
- 34) Knudsen J, Mednick S, McDevitt E, Seek-Hirscher M, Wolf J. How do you feel after napping? Influence of post-nap cortisol levels and sleep architecture. Society for Neuroscience 2012
- 35) Men need a nap to show perceptual learning but women do not VSS May 2012
- 36) The differing effects of REM and non-REM sleep on performance in visual statistical learning VSS May 2012
- 37) Drug altered sleep enhances memory APSS June 2012
- 38) Does sleep prevent interference and enhance visual statistical learning? May 2012
- 39) Pharmacologically enhanced naps modulate perceptual learning and verbal memory May 2012

Oral Presentation Chair Session Moderator

- 2009 APSS "O22: Sleep and Memory Consolidation"
- 2010 VSS "Perceptual learning: Plasticity and adaptation"
- 2010 APSS "O03: Memory Consolidation, Sleep Staging and Naps,"
- 2010 APA "The role of sleep in memory and cognition"

Symposium Organizer

- 2010 AAAS "The role of sleep in memory from development to old age"
speakers: Lynn Nadel, Matthew Walker, Marcos Frank, Sean Drummond, Sara Mednick

Invited Editorials

- 2007 "Nap time: How a little sleep can change your life", Union Tribune,
- 2007 "Nodding Off", GOOD
- 2010 "The workplace coffee effect", Room for Debate, New York Times

Selection of Invited Talks

- 2000 Circadian Rhythm Group, Harvard Medical School, Boston, MA
- 2002 Princeton University, Princeton, New Jersey.
- 2002 Charles University, Prague, Czech Republic.
- 2002 Center for Human Information Processing, UCSD, La Jolla CA.
- 2002 University of Southern California, Los Angeles, CA.
- 2002 The Salk Institute, La Jolla, CA.
- 2003 Dartmouth College, Hanover, NH.
- 2003 Sleep and Chronobiology Research Group, VA UCSD, La Jolla CA.
- 2004 J. Christian Gillin Sleep/Chronobiology seminar, UCSD La Jolla, CA.
- 2004 Sleep Research Laboratory Brown University.
- 2004 New York University, Psychology Department. New York, NY
- 2004 Columbia University, Psychology Department. New York, NY
- 2004 City College of New York, Biology Colloquium. New York, NY

2004 MIT, Cognitive Science Colloquium. Boston MA
2006 Office of Naval Research, San Diego, CA
2006 UCSD Department of Psychiatry, La Jolla, CA
2006 DARPA, Austin, TX
2007 Waking up to Sleep La Jolla CA
2007 Biomedical Sciences Library, UCSD
2007 DARPA, SC
2007 Google, Author Talk series Mountain View, CA,
2008 Howell Foundation, La Jolla, CA
2008 Francis Parker School, San Diego, CA
2008 National Sleep Foundation, Washington D.C.
2008 J. Christian Gillin Sleep Lecture, La Jolla, CA
2008 The Big Sleep Show, Featured Speaker, Chicago,IL
2008 National Academy of Sciences, Irvine CA
2008 Insight Meeting of Sloan-Schwartz Foundation, Rancho Santa Fe, CA
2009 Mesa Community College San Diego, CA
2009 Stanley Middle School San Diego, CA
2009 UC San Diego Cognitive Neuroscience Brown Bag, La Jolla, CA
2009 UC San Diego Nap-In, La Jolla, CA
2009 Harvard University Psychology Department Vision Lab, Cambridge MA
2009 Brandeis University Psychology Department Colloquium, Waltham MA
2009 UC Berkeley Oxyopia colloquium, Berkeley CA
2009 UC Riverside Psychology Department Colloquium, Riverside, CA
2009 UC Irvine Psychology Department Colloquium, Irvine, CA
2010 Cardiothoracic Surgery Conference Laguna, CA
2010 AAAS San Diego, CA
2010 Psychology Research Conference, Mission Viejo, CA
2010 APA San Diego, CA
2010 University of Arizona, Cognitive Science Colloquium, Tucson, AZ
2011 University of New York, Binghamton Psychology Department Colloquium
2011 University of Massachusetts, Boston, Psychology Department Colloquium
2011 University of California, Riverside, Psychology Department Colloquium
2012 UC Riverside Nap-In, Riverside, CA
2012 Southern California Learning and Memory Symposium (UCSD)
2012 Center for Chronobiology Symposium (UCSD)
2012 UC Los Angeles Department of Psychology Colloquium, Los Angeles, CA
2012 University of Sydney Department of Psychology Colloquium Australia
2012 University of Melbourne Department of Psychology Colloquium Australia
2012 Queensland Brain Institute Colloquium, Brisbane, Australia
2012 Woolcock Institute for Sleep Medicine, Sydney, Australia

My research has been covered by CNN, Reuters TV, NPR, The Economist, The Wall Street Journal, Consumer Reports Health Journal, Reader's Digest, The New York Times and many other major media outlets in the US and internationally. Below is a sample from over 300 publications.

Television & Radio

1. Airtalk, NPR, Sept 2010
2. "What are Dreams?" Science NOVA, August, 2009
3. Interview, *BBC*, Jun 15, 2009
4. How creative are you when you're sleeping? *Voice of America*, Jun 13, 2009
5. UC San Diego Takes a Nap. *KPBS* Mar 9, 2009
6. Talk of The Nation. *NPR* Jun 25, 2007
7. It's time you took a nap! *NPR*, Jun 5, 2007
8. Should we nap at work? *Good Morning America*, Jan 27, 2007

Press

1. Scientist as Star: *Nature* 2010
2. Businesses waking up the benefit of napping, Bloomberg Businessweek Sept 2010
3. Better Performance After a Dreaming Nap, *New York Times*, June 2009
4. Problems are solved by sleeping. *Tehran Times* Jun 12, 2009
5. Dopo un sogno ci svegliamo più creativi. *Corriere della Sera* Jun 9, 2009
6. Let Me Sleep On It: Creative Problem Solving Enhanced By REM Sleep. *Science Daily* June 9, 2009
7. Problems are solved by sleeping. *BBC News* Jun 9, 2009
8. The Consult: Back to Bed. *Newsweek* Jun 9, 2009
9. Tests find benefit of sleeping on job. *Independent* Jun 8, 2009
10. The power of naps. *San Diego Union Tribune* (Cover) May 10 2009
11. Dr James Le Fanu on why Tube strikes are good for you. *Telegraph.co.uk* Feb 20, 2009
12. 2008 Tuesday Morning Quarterback Person of the Year: Sara Mednick, *ESPN* Jan 6, 2009
13. A wake-up call for the sleep deprived *MSNBC* Nov 24, 2008
14. A Daytime Nap Can Boost Memory. *The Washington Post*, Feb 1 2008
15. Scientists still searching for the secrets of sleep. *The Wall Street Journal*, Jan 18, 2008
16. An awakening to nap time. *USA TODAY*, Mar 5, 2007
17. Take five? Researchers say grab an hour. *The Scientist*, Jan 1, 2007
18. Not getting enough sleep? *The Boston Globe*, Apr 2, 2006
19. But a quick nap shows. *The Wall Street Journal*, Nov 17, 2004
20. Napping may be beneficial. *National Public Radio*, Jul 4, 2003
21. Power napsters do it better. *Times of India*, Jun 28, 2003
22. Could 40 winks provide more than a battery recharge? *The Lancet*, Jun 28, 2003
23. Daytime nap is as refreshing as a night's. *The Daily Telegraph* (London), Jun 23, 2003
24. Day dreams as good as a night's sleep. *The Guardian* (London), Jun 23, 2003
25. The power of sleep. *The Boston Globe*, Jan 28, 2003
26. Sleep with the boss. *New Scientist*, Jun 1, 2002
27. Siesta time. *The Economist*, Jun 1, 2002
28. A Quick Power Nap's Benefits. *The New York Times*, May 28, 2002