



# The Power Nap Formula For Busy People: Boost Your Energy in 20' Or Less

*Bill Valandreas*

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## Tired of feeling tired?

The *Power Nap Formula for Busy People* will help you boost your energy in 20' or less using applied physiology of sleep and advanced sound technology.

**(FREE ambient napping mp3s are included too)**

People employ napping for two main reasons:

- To boost their daytime energy, increase creativity and enhance performance
- To reduce their total sleep time, drawing more time for their daily activities

You can have both...

This workbook is about to teach you:

- How to get better rest out of your sleep
  - What power napping can do for you
  - Applying sleep physiology to find out when to nap, where and for how long
  - How to use advanced sound technology to nap faster and deeper while waking up fully energized
  - The step by step power nap formula
  - How to reduce total sleep time by going polyphasic
- Want to learn more on how to boost your energy?  
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