



Teen Stress *An Inside View*
Study/Discussion Guide
Expert View 4: **The Sultan of Sleep** pages 20–21

Summary: A regular schedule of adequate sleep is critical to success.

Discussion points:

1. According to Dr. Maas, how much sleep do adolescents need—and how much do they normally get?
2. Seven types of mental abilities are affected by sleep deprivation. List and discuss.
3. What is the best way to “guarantee a good night’s sleep”?
4. How can a Power Nap help?
5. What is the “Yo–Yo effect”?
6. According to Dr. Maas, are today’s adolescents more or less stressed than their parents?
7. How does alcohol affect people who are rested as opposed to people who are sleep deprived?
8. What does Dr. Maas think of the Power Nap?

This information is provided FREE as a public service to educators and students and is intended to be used as a study/discussion guide in association with the book entitled, **Teen Stress: *An Inside View***, which is included in The Power Nap Kit™ © 2003 At Peace® Media LLC.

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