

For Immediate Release  
from  
**AT PEACE® MEDIA**  
The Power Nap Kit™  
Fact Sheet



### What is the Power Nap Kit?

The **Power Nap Kit™ (PNK)** is a new, all-in-one kit designed to help teens, young adults or anyone learn how to “power nap”. The PNK can be used by teens or adults to relieve stress, develop greater awareness of the effects of sleep-deprivation, discover effective coping strategies for dealing with stress and chronic lack of sleep, and to learn how to start a **Power Nap Club™**.

#### The PNK includes the following:

- The **Power Nap** CD, 72 minutes, three guided voice power nap sessions with music.
- The **Power Study** CD, 66 minutes of acoustic, instrumental music for reading/studying/concentration.
- **Teen Stress: An Inside View**, a 44 page book that offers an up-close look at the epidemic of teen stress today. Includes articles and Q and As with medical and health professionals, interviews with real teens and educators and resources, info on starting an after-school Power Nap Club.
- A two-sided, four color poster with the **Power Nap Club™ (PNC)** logo on one side and peaceful imagery for meditation/contemplation on the flip side.

#### What are the benefits of a POWER NAP?

- **Four hours of restorative sleep in less than 30 minutes!** A power nap is an approximately 15-30 minute exercise that yields the benefit of up to four hours of restorative sleep. The term, “power nap” was created by Cornell Professor, Dr. James Maas, whose research is profiled in the **Teen Stress: An Inside View** book in the PNK.
- **Easy to learn:** The beauty of the power nap concept is that it is a natural ability and does not require extensive training. Anyone can use the PNK to learn how, when, where and why to power nap. The key is to not over-sleep. Each power nap session on the **Power Nap** CD ends with a gong/bell sound to wake you up at just the right time.
- **Tried and true technique:** Astronauts, the military and business people all “power nap” to improve alertness, aid productivity, relieve stress and alleviate sleep deprivation.
- **A valuable “life skill”:** Teens in the PNC who have learned how to “power nap” all say it is an invaluable skill that they will put to use throughout their lives.

#### Why do teens need the PNK?

- Teens today are over-scheduled, stressed out, chronically sleep-deprived.
- Young adults need to find stress coping strategies. The book included in the PNK, **Teen Stress: An Inside View**, presents research and provides valuable advice and suggestions from highly-regarded medical, healthcare and education professionals, all designed to help young people develop greater awareness of the needs of their bodies.
- As one educator has said – *stress is going to happen, and students need to develop effective coping skills.*

#### Who created the PNK?

The PNK was developed and produced by **At Peace® Media** along with high school English teacher, Anton Anderson, who created the original, after-school, **PNC** at Greenwich (CT) H.S. **“Teenagers today are totally oversubscribed; I see too many exhausted kids. . . I’ve been teaching for 36 years The pressures on kids today are unprecedented in the history of adolescence. We are expecting them to function like executives of fast-moving businesses when they are only 15 or 16 years old”**, says Anderson. The **Power Nap** CD includes Anton’s voice-guided power nap sessions and At Peace music used by Anderson and the students in his PNC. The **Power Study** CD includes At Peace music selected by Anderson and his students to enhance studying/concentration, reading, and relaxation.

#### How do I order the PNK?

- Visit [www.powernapkit.com](http://www.powernapkit.com) or [www.powernapclub.com](http://www.powernapclub.com). Order the PNK, read media reviews about the PNC, download free study/discussion guides for the **Teen Stress** book, read FAQs, subscribe to the Power Nap News e-newsletter and learn more about At Peace Media music and videos. *The PNK is packaged in an easy-to-display, DVD size, three panel, four color digipak with two plastic CD trays and an inside pocket that holds the Teen Stress book and PNC poster.*
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