Dr. James Maas/Sleep Expert

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How much sleep do you get each night? For almost all of us, it’s not enough.

In this week’s View from the Hill, Amy Bingham talks to a sleep expert whose advice is a real wake up call.

The man who coined the term “power nap” is spreading his message on the importance of sleep. Turns out listening to our body’s clock may be the key to reaching our dreams.

What does this half court shot have to do with sleep?

The Orlando Magic’s Jameer Nelson looked no further than sleep expert Dr. James Maas when he was trying to up his game.

 “Everybody has a sleep problem whether they know it or not or have at one time or another.”

Dr. Maas shared his sleep research and success stories on campus this week including at the athletics staff meeting.

 “When you ask a student what’s it going to take for you to get more sleep they all say prove my GPA will go up and athletic prowess will improve and we’ve been able to do that.”

Dr. Maas’s book “Sleep for Success” outlines the importance of our sleep deprived society catching more zzzzzzzz’s.

 “Once you are convinced that sleep is a necessity rather than a luxury, your life changes. Better mood, more effective, more efficient.”

Another presentation to faculty and staff begged the question, how much sleep do you get each night?

 “I told him seven when he asked at the beginning of the lecture but he said we always overestimate so I’m thinking maybe six.”

That’s a full two hours less than what adults need. Teens need no less than nine and a quarter hours per night.

More sleep not only wins gold medals…it makes you live longer.

 “If you want to avoid disease, etc, you have to get more sleep.”

Dr. Maas was also the featured speaker at the annual freshman assembly. For more information on his research, log onto jamesmaas.com.

With this week’s View from the Hill, I’m Amy Bingham.

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