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the creativity elixir: is genius on-demand - This can be extended only slightly by caffeine power naps whereas yerba mate (which includes caffeine, I was the only one who did the caffeine power nap !

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tim ferriss digs the caffeine power nap! : - This can be extended only slightly by caffeine power naps (down a cup of espresso and then take a 20-minute nap) my previous experiences with Caffeine Power Naps.

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i am having trouble sleeping.when i finally - Jun 26, 2007 take warm baths before bed, avoid caffeine, no naps
during the day. but I have also used Ambien and Lunesta with only slightly better success.

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shift in world and The girls have practice. We form cliques, we exclude

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problem you are told that you should not nap, Which of the following is

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