

DR. JAMES B. MAAS

Dr. James B. Maas is a Weiss Presidential Fellow, Professor and past chairman of the Department of Psychology, and in the graduate fields of Psychology, Communication and Education at Cornell University. He is also a member of the faculty of the Weill-Cornell Medical College in Qatar. He teaches introductory psychology to 1,300 students each year in the nation's largest university lecture class, and holds the world record for having taught 65,000 university students in his 47 year career. Prof. Maas conducts research on the relationship between sleep and performance and has produced nine prime-time national television specials for PBS. His films have won 42 major film festivals.

Dr. Maas has held a Fulbright Senior Professorship to Sweden, and has been a visiting professor at Stanford University. He is the recipient of the American Psychological Association's Distinguished Educator Award, given each year to the nation's most outstanding teacher.

Dr. Maas is one of the country's most sought after corporate speakers. His clients include: IBM, Apple Computer, Eastman Kodak, Campbell's Soups, JP Morgan Chase, Goldman Sachs, CitiGroup, ING, the GAP, Pepsi-Cola, SC Johnson, the Naval War College, Marriott, Starwood, and Wyndham Hotels, Cunard and Crystal Cruise Lines, the Orlando Magic, the New York Jets, the Young Presidents Organization (YPO), and scores of universities and national medical associations. His book, "Power Sleep", is a New York Times Best Seller and has been translated into 11 languages. His new book, "Sleep for Success!" co-authored with Rebecca Robbins, was published last week. Dr. Maas makes frequent television appearances on such programs as Today, Good Morning America, The View, Regis & Kelly and ABC's 20/20. Oprah devoted an entire hour's show to Prof. Maas and his work on sleep and performance.