

# Disclaimer

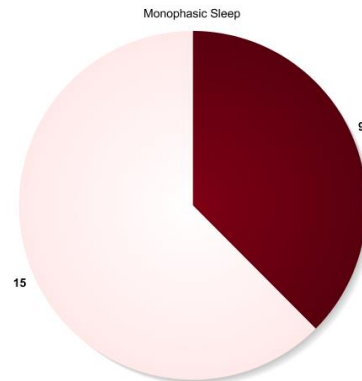
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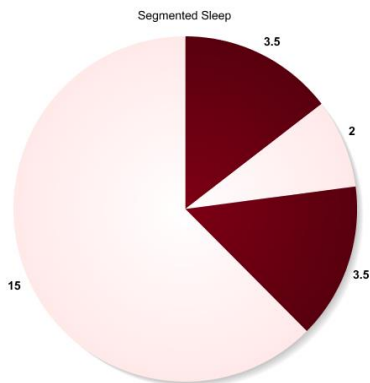
# Sleep Schedule Overviews

*These are overviews of all the sleep schedules, and not detailed guides. Please read the appropriate adaptation guide before attempting any of these schedules.*



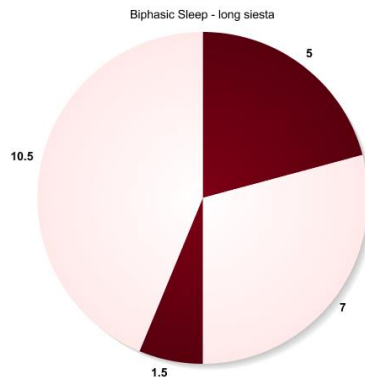
## **Monophasic Sleep:**

Monophasic is pretty much the most common sleep schedule in the world. Monophasic sleep essentially consists of sleeping once per day, usually for between 7 and 9 hours per night. Monophasic is not the best way to sleep contrary to popular belief, but instead it is a byproduct of the long work hours of the industrial revolution that has remained a cultural norm even as work hours have shortened.



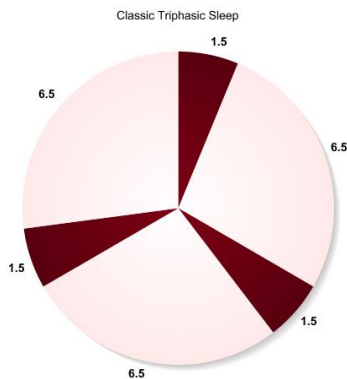
## **Segmented Sleep (biphasic):**

Segmented sleep is considered the most natural sleeping pattern according to common scientific literature. It consists of two sleeps, both at night time, first going to sleep at dusk, and secondly waking at dawn, synchronized with the local lighting patterns, sunrise and sunset. If a person changes their sleep from monophasic sleep to segmented, then after some acclimatization they will experience a change in hormone regulation, energy metabolism and a profound mental clarity throughout the day, and the middle of the night. A Segmented Sleeper typically sleeps between 6 and 8 hours a day.



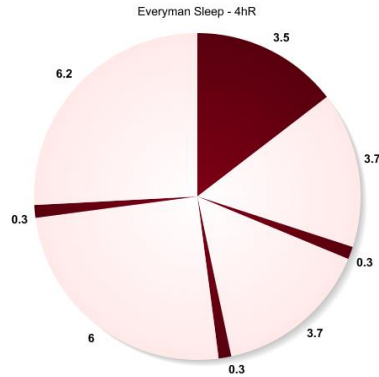
**Siesta Sleep (biphasic):**

The siesta sleep is very common in Spain, Germany, and various other European countries. Spain specifically closes shops in the middle of the day for a few hours so that people can go home for lunch, napping, and other quiet activities. The siesta schedule consists of 5-6 hours of sleep at night and a 20 to 90 minute nap in the early afternoon. This form of sleep matches with our natural Circadian rhythm, and is commonly known by scientists to be healthier than monophasic sleep, with the short nap increasing productivity and alertness during evening hours. A biphasic sleeper typically sleeps between 5 and 7 hours a day.



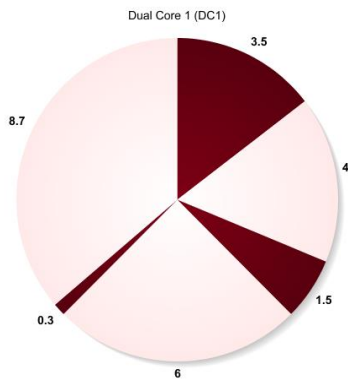
**Triphasic Sleep:**

Triphasic was coined and made popular by Leif, and is an efficient and simple schedule. There is little adaptation involved in a change from monophasic sleep to this schedule, and 3 to 5 hours extra are gained each day. The reason for its ease of adaptation is that, similar to biphasic sleep, it aligns with the Circadian rhythm, with a nap after dusk, a nap before dawn, and a nap in the afternoon. A Triphasic sleeper typically sleeps between 4 and 5 hours a day.

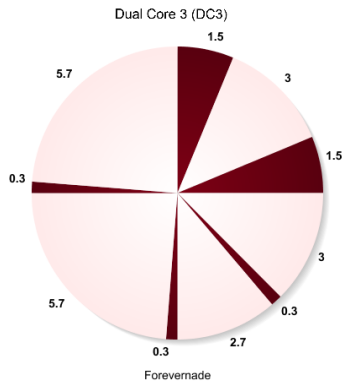


**Everyman Sleep:**

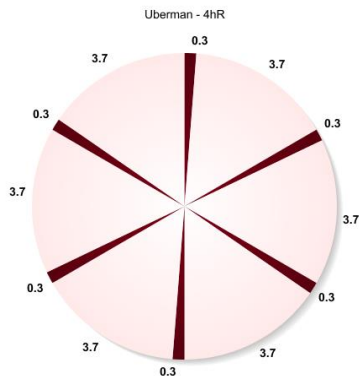
The Everyman schedule is the most successful reduced-sleep schedule to date, it is constantly increasing in popularity, and people have achieved it without compromising their current health. While monophasic, biphasic, and triphasic schedules are all Circadian centric schedules, Everyman schedules rely on both Circadian and Ultradian Rhythms. This makes Everyman schedules have a significantly more difficult adaptation period than all of the previous schedules, as the consistency of times between sleeps matters much more. That being said, Everyman is still significantly easier than any of the nap-only schedules. Everyman schedules include Everyman 2 (E2) which is a with core sleep between 4.5 and 6 hours and two 20 minute naps; Everyman 3, with a core between 3 and 4 hours and three 20 minute naps; and Everyman 4 with a core between 1.5 and 2.5 hours, with four 20 minute naps.



## Dual Core Sleep:

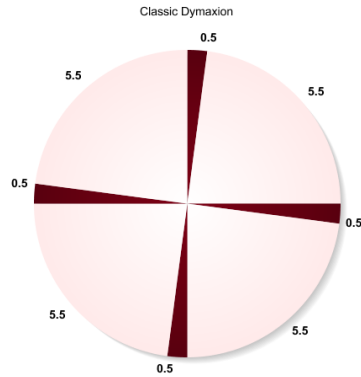


Dual Core sleep is a derivative of the other schedules but with a core sleep around dusk, a core around dawn, and a number of naps in the afternoon. Dual core schedules can have the benefits of both segmented sleep and siestas and so is theoretically very healthy. DC1 is two cores totalling about 5 hours sleep, and one nap in the middle of the day. DC2 is two cores totalling about 4 hours sleep, and two naps throughout the day. DC3 is two cores totalling about 3h sleep, and three naps throughout the day.



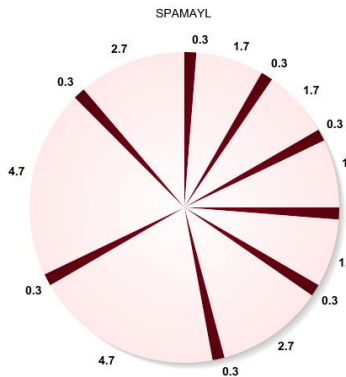
## Uberman Sleep:

Uberman is the most commonly attempted, and most failed of polyphasic schedules. This is largely due to a misunderstanding of the difficulties associated with its adaptation period. Uberman is the most well known nap only schedule, and is an extension of the Everyman schedules, to the point of getting rid of the core sleep entirely. While Uberman is extremely difficult, it can have great benefits by increasing the amount of time in a person's day drastically. An Uberman will have 6 or 8 x20 minute naps a day, with total sleep time ranging from 2-3 hours a day.



**Dymaxion Sleep:**

Dymaxion is another popularly attempted schedule, although its difficulty is even greater than Uberman, to the point of being nearly impossible. It's predict only the genetically mutated *DEC2 gene* 'very short sleepers' can be successful following such a schedule, which would include far less than 1% of the world population. The Dymaxion schedule was coined by Buckminster Fuller, and involves sleeping 4 times a day for 30 minutes. Even though the Dymaxion schedule does not increase available awake time any more than Uberman, it is prized for the increased convenience to the person's social and work life.



**SPAMAYL:**

SPAMAYL is the younger, fresher cousin of Uberman. SPAMAYL stands for Sleep Polyphasicly As Much As You Like. SPAMAYL was coined by Rasmus, and so far it seems he is the only person to be successful long term. While Uberman has a sense of extreme rigidity, SPAMAYL takes in extra sleep for extra flexibility. SPAMAYL is more flexible than Uberman, in that Rasmus could move things around for social events and a SPAMAYLer can expect to take no less than 7 naps a day, and often need as many as 10. Rasmus usually get between 2.5 and 4 hours of sleep per night.

# Why Be a PolySleeper?

*Have more time in your day:*

Ever thought you simply do not have enough time in your day to do all the things you wanted to do? Let me scare you a little bit, an average 9h sleeper is cumulatively only awake 227.5 days a year, out of 365 days! Changing to a single nap schedule you can have an extra 40 days a year to do what you want. That is like getting a free week's holiday! Alternatively, if you cut down to only 3h sleep a day, you can improve that to an extra 91 days a year (an extra 3 months you never had). In the long run, your life will be effectively longer and you will live more years in a younger body!

### ***Live longer:***

Although it's a common belief that 8 hours of sleep is required for optimal health, a six-year study of more than one million adults ages 30 to 102 has shown that people who get only 6 to 7 hours a night have a lower death rate. Individuals who sleep 8 hours or more, or less than 4 hours a night, were shown to have a significantly increased death rate compared to those who averaged 6 to 7 hours.<sup>1</sup>

Many may like to point out 'or less than 4 hours a night', but these individuals also were tested to get far less REM and less SWS than the suggested amount. Polyphasic sleep depends on the fact that you are getting the same amount of REM and SWS as you do monophasically. A 4h monophasic sleep will not be the same quality sleep as 4h polyphasically.

### ***Become a better learner:***

For humans taking a 90 minute nap "...containing both SWS and REM sleep... performance over 24h showed as much learning as is normally seen after twice that length of time. Thus from the perspective of behavioral improvement, a nap is as good as a night of sleep for learning."<sup>2</sup>

### ***Elevate your mood:***

Sleeping too much has been linked to depression. Many adapted poly-sleepers have anecdotal evidence for feelings of euphoria, elevated mood, better social skills and increased happiness.

### ***Dream More (Lucidly):***

Because you are sleeping more often and getting dream-full REM in your multiple sleeps, you will be dreaming more! Many polysleepers are also practiced Lucid Dreamers, as they go hand in hand. Even without Lucid Dreaming techniques many polysleepers experience frequent lucid dreams.

## **Analogy of Sleep and the Body**

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<sup>1</sup> [http://health.ucsd.edu/news/2002/02\\_08\\_Kripke.html](http://health.ucsd.edu/news/2002/02_08_Kripke.html)

<sup>2</sup> [http://www.learningace.com/doc/1120222/1a85d23d9e16600aa31e638585176068/118natneuro\\_mednick\\_brief](http://www.learningace.com/doc/1120222/1a85d23d9e16600aa31e638585176068/118natneuro_mednick_brief)

Imagine, if you will, your brain as an automobile. As you use your car each day it gets dirty in the rain and mud (synaptic stress) getting you from A to B (thinking).

Each day the car becomes dirtier until the windscreen gets blocked up and you can no longer drive safely as you have no perception of the road (REM sleep deprivation).

You decide to take your car for a wash through an auto-washer, but there is a big line (light sleep).

You check your oil and it is dirty (Slow Wave Sleep deprivation).

Dirty oil can result in wearing away at your parts, lower efficiency (athletics), more fuel consumption (hormones) and eventually engine failure (blacking out).

You stop the car to change the oil (Slow Wave Sleep) and continue down the line into the car wash.

When you wash your car (brain) you turn things back on, and drive through the washer (REM sleep). If you do not get a good amount of time in the washer (15mins) then your car (brain) comes out still dirty (REM deprivation) and you need to wash again.

After the car wash you look at your fuel gauge and you are empty so decide to fuel up (eat food). You decide you want the higher octane fuel (low-GI nutrient-dense carbs or fats) rather than the lower octane fuel (sugar). Now your car (brain) is ready to drive again at optimal performance (live life!) and you go on your way.

From this analogy you can see how REM (washing) is most effective when it happens often, and REM deprivation (dirtiness) is quite obvious; SWS is just as important, but you can get away with less of it if you really needed to, and symptoms of SWS deprivation (dirty oil) do not become apparent until things start breaking down. Food is vital to keep your brain running, but there are good and bad choices of food to fuel your brain with.

## **How Polyphasic Sleep Works**

All schedules go through three adaptations: ultradian rhythm entrainment, sleep repartitioning and circadian rhythm entrainment. These might be some new words to you, but just relax! If you don't understand you can learn later.

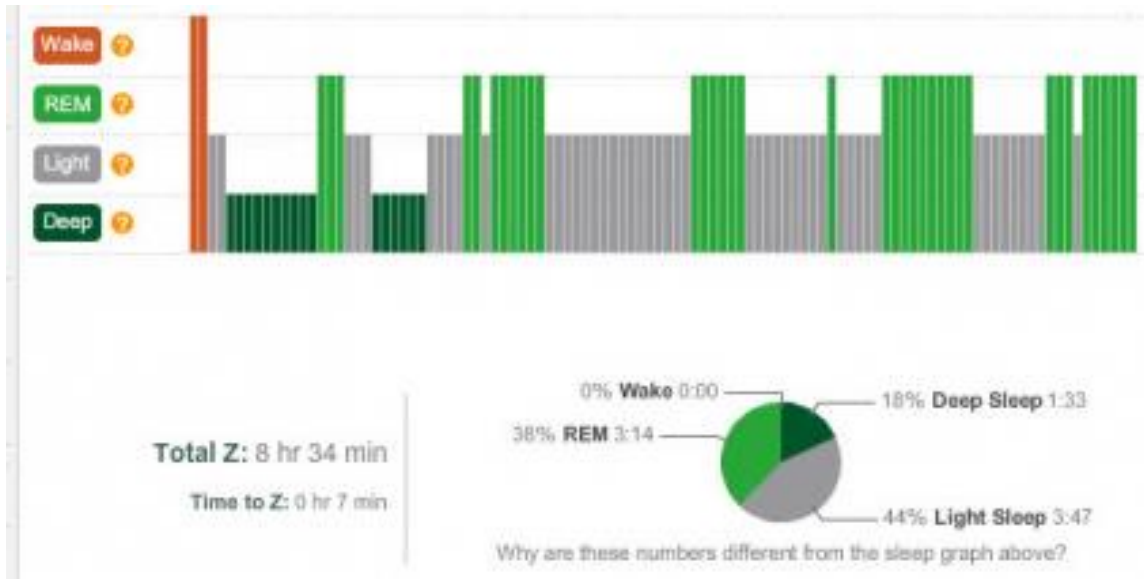
The ultradian rhythm controls when you wake up, and when you feel sleepy. You will experience this throughout the day as waves of wakefulness and drowsiness. The only way to improve the ultradian rhythm is to try to sleep according to a consistent rhythm and be awake for the same amount of time between sleeps.

Sleep repartitioning is when the body diverts from the automatic 1.5 hour sleep stage consisting of stage 1, stage 2, stage 3 (Short Wave Sleep) then REM. Normally we progress through S1, 2,

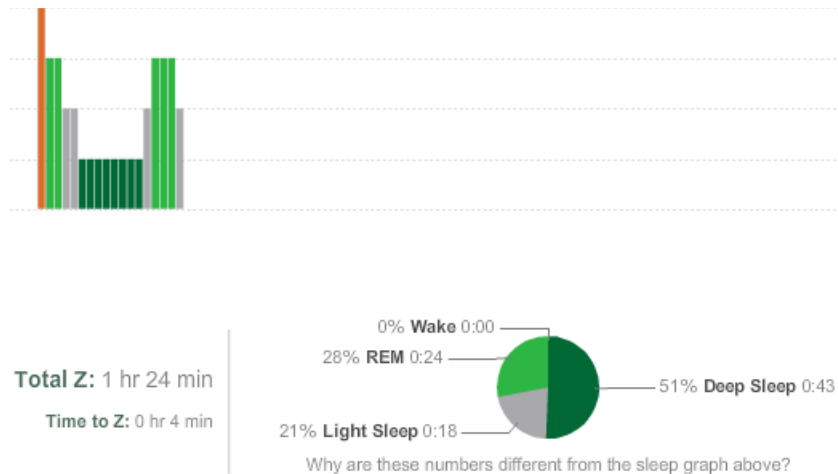


3, 4 finally to REM. If an 8h sleeper had a 20 minute nap, it will at first consist of only stage 1 and 2 sleep as per the first 20 minutes of their normal sleep.

With time the body will adapt and change a 20 minute sleep by passing through the other phases very quickly and suspending the brain in the REM stage. The body can also change the first portion of a 'core sleep' from mostly stage 1 and 2, to mostly stage 3 (Short Wave Sleep), and many other changes like the first and second examples.



A normal night's sleep.



A well timed 1.5h core sleep has a high % of deep sleep.



A 19 minute nap has a brief period of light sleep, but is mostly REM.

Sleep repartitioning depends also on circadian rhythm which is the body's tracker for 'time of day and lighting conditions'. Lastly the circadian rhythm will change to accommodate to a new time of day. With this change will come digestive timing, a definite placement of the 'graveyard hours' and a general stability.

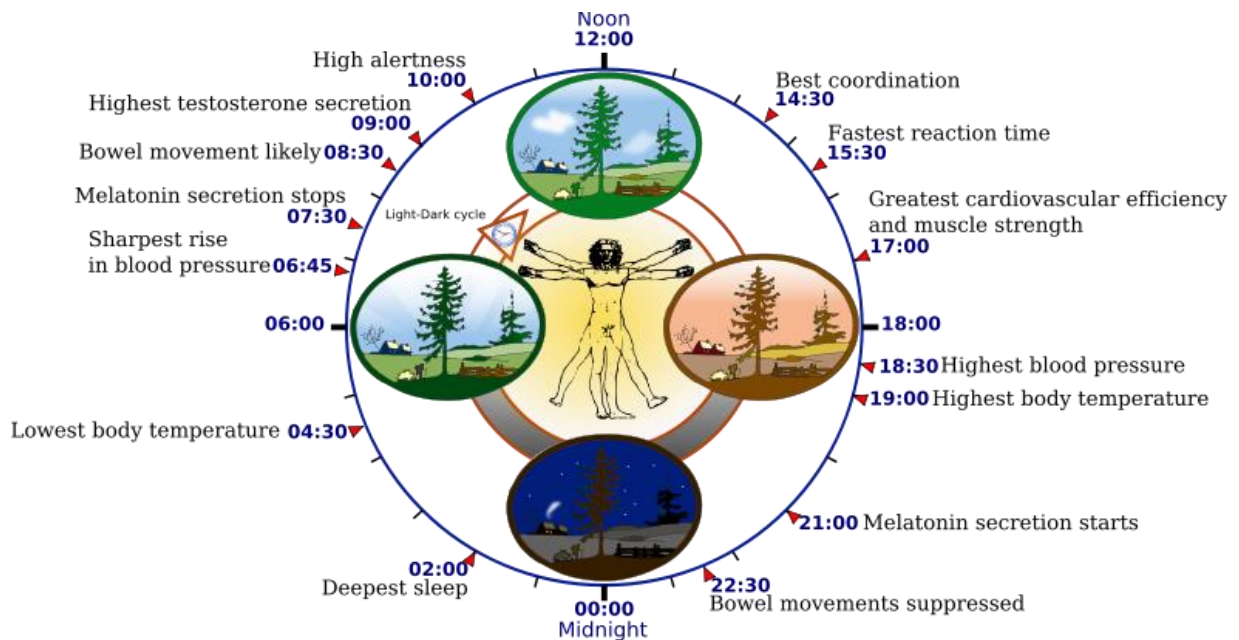


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The actual clock times do not matter to the circadian rhythm, but lighting conditions do! This picture isn't entirely accurate, but is a good learning tool.

# LEARN MORE!

To learn more about polyphasic sleep check out our [Polyphasic Sleep Mastery](#) eBook as well as our [forum](#) where you can interact and exchange ideas with other polysleepers.

