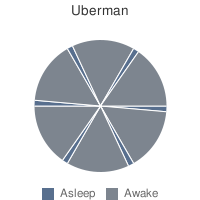
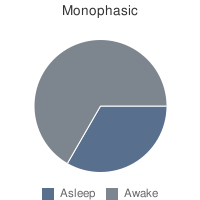
Alec’s Uberman Sleep Schedule

# What am I doing?

I’m altering my sleep schedule from the normal 8 hours a day (00:00-08:00) to 2 hours, spread throughout the 24 hours in a day in 20 minutes segments. This is called the “Uberman” sleep pattern (rather than the traditional “monophasic”) and will mean I’m awake for 6 more hours each day than I am currently, to do with what I please.

# Comparison of sleep patterns



# The basics

* Each nap will be 20 minutes long.
* I will have 6 naps through the 24 hours in a day, every 4 hours.
* In total I will receive 2 hours of sleep a day.

# Won’t you be tired?

This is the slightly scientific bit. During a standard 8 hours sleep, your body will keep cycling through 5 different stages of sleep ([read about them here](http://www.sleepdisorderchannel.com/stages/index.shtml)). Only during the last stage called REM (Rapid Eye Movement) does your body really recuperate. This is the only sleep stage that is vital to your body and is the one in which you dream and your body becomes truly relaxed. Nobody really knows what the other 4 stages are for, but I’m willing to take the gamble that they’re not important!

This REM stage lasts for a very short time before the cycle begins again, and in a standard 8 hour sleep you’ll receive only about 90 minutes of REM sleep. With my new schedule, I plan to receive 120 minutes of REM sleep a day.

# How?!

I will begin by forcing myself into the sleeping schedule below. Falling asleep during these times won’t be a problem since after the first night of sleep deprivation my body will crave sleep. Waking up will most certainly be a problem, which is why I have an extremely loud alarm!

Every time I fall asleep for 20 minutes my body won’t have a chance to reach the REM stage. This is why for the first two weeks I will be a complete zombie. Near the end of the two weeks, my body will begin its workaround to what I’m doing, and start sending me straight into REM sleep even for only 20 minutes at a time.

At the end of my transition period, every time I fall asleep I will go straight into the REM stage, recuperating my body and making me feel refreshed and energetic when I wake up. I’ll end up with more recuperative sleep a day than the standard person who sleeps 8 hours a day.

# The schedule

Below is the schedule I’ve decided which will have the least impact on my daily life.

23:00-23:20

03:00-03:20

07:00-07:20

11:00-11:20

15:00-15:20

19:00-19:20

# Why?

There are a few reasons I’m undertaking this:

* 22 hours a day of being awake! It will mean I suddenly have time for everything. Work, personal projects, socialising, general tasks and learning new skills will all fit nicely into my 22 hour days.
* More energy! Since all the sleep I get will be of the recuperation kind (REM), I should feel more awake and active at all times (except the 2 week transition stage – which will be hell).
* Lack of caffeine dependency. Almost every day I have to rely on caffeine to stay alert, since I usually haven’t had enough sleep the night before. This regime will allow me to be alert without the need for a drug.

# Work implications

I normally get to work at 10:00, and leave at 18:00. I have a 1 hour lunch break, so am working 7 hours of the day.

If I get into work at 09:00 and sleep for 20 minutes at 11:00 and 15:00, I’ve slept for 40 minutes of my work day. Because of this, on the new schedule I’ll have to leave work at 17:40. I’ll be at work for 40 minutes longer each day (to make up for time spent sleeping) but should be more alert and productive throughout the day after my body has become used to it.

# Socialising implications

This is the one I’m most concerned with. Being a teenager my evenings mostly consist of drinking and socialising, and having to take a nap at 19:00 and 23:00 will certainly have an effect on this. To be quite honest the main thing I’m worried about is drinking “more than I should”, passing out and sleeping right through all of my alarms. This will seriously impact my schedule, and make me tired for a day or so while I get back into my routine. The only solution to this problem is to cut right back on my intake of “bad” substances, and this I’m sure is what I’ll find most difficult under peer-pressure.

# Right. So what’s this blog?

This blog which I’ll update daily is a way for me to record how I feel and the different effects on my body. It’s also a way for people who are interested or who are considering the same thing to follow my progress.

I begin tonight – wish me luck!