Prone Sleep Theory: Re-Decoding the Postural Signals of Human Sleep

● This theory was founded by Yen Cheng-Chun and formally proposed in 2025.
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I. Overview of the Theory

Theory Name: Prone Sleep Theory
Founder: Yen Cheng-Chun
Year Established: 2025

Core Concept:
Sleep is an animal instinct, not a product of conscious will.
Insomnia is not a disease but the result of modern humans adopting incorrect sleeping postures, which disrupt the body's ability to decode the “sleep initiation signal.”

By returning to evolutionarily natural positions (e.g., prone sleep),
the body can naturally initiate abdominal breathing,
stimulate the parasympathetic nervous system through rhythmic pressure,
and thus activate the body’ s sleep switch.

II. Key Concept Definitions

Instinctive Sleep:
A physiological reaction present in all mammals,
triggered by external signals and resulting in the brain shutting down consciousness.

Posture Decoding Theory:
Posture is not merely for comfort — it is a physiological signal
used by the nervous system to determine whether the body is in a safe, sleep-permissive state.

Supine Sleep Failure Mechanism:
When posture is excessively artificial (such as lying on the back and tossing and turning),
the brain fails to receive sufficient cues for sleep,
leading to an inability to enter deep sleep.

Prone Sleep Induction Mechanism:
By mimicking fetal or animal-like curled positions (such as prone or side-curling postures),

the body naturally shifts to abdominal breathing.
This rhythmic motion stimulates the parasympathetic nervous system
and induces the brain's shutdown sequence.

III. Model Process: Sleep Signal Decoding Model (SSDM)

This model explains the biological mechanism of sleep onset,
asserting that sleep is triggered by a sequence of bodily and environmental signals,
which the brain must decode accurately to enter the sleep state.

1. Environmental Signals:
Darkness, silence, and the absence of stimulation

2. Postural Triggers:
Prone (or fetal-like) posture,
where the chest naturally feels gravity and chest breathing becomes difficult;
the body adjusts into abdominal breathing,
which rhythmically activates the parasympathetic nervous system

3. Neurological Transition:
Activation of the parasympathetic system, reduction of sympathetic activity

4. Physiological Chain Reactions:
Lower heart rate, relaxed muscles, stabilized blood pressure

5. Brain Shutdown Process:
Decreased brainstem activity, leading into NREM Stage 1 sleep

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IV. Related Theory: Non-Disease-Based Thinking System

Core Idea:
Many conditions labeled as “illness” (e.g., insomnia, anxiety, difficulty concentrating)
are in fact problems of signal misinterpretation rather than medical pathology.

Practical Application:
Adjusting posture, environment, and rhythm may address chronic disorders
without the need for medication.

V. Observational & Experimental Evidence (Expandable)

- Individuals with sleep difficulties showed significantly reduced sleep latency after switching to prone sleeping (case observations)

- Rodents and canines typically adopt prone postures when falling asleep

- Cultural practices such as infant back-carrying and curled sleeping positions are correlated with parasympathetic activation

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