Sleep Instinct Theory – Attribution Checklist v1.1

睡眠本能理論原創歸屬檢查清單 v1.1

---

1. Content Declaration｜內容聲明

This checklist documents the complete publication, timestamping, and attribution records for the "Theory of Sleep Instinct" authored by **Cheng-Chun Yen**. It includes version control, SHA-256 hash verification, blockchain sealing, and public archive URLs across multiple decentralized and academic platforms.

本檢查清單記錄《睡眠本能理論》之完整發表、上鏈封存與歸屬證據，由**顏誠均（Cheng-Chun Yen）**提出，涵蓋各平台版本控管、雜湊驗證與公開存取網址。

---

2. Core Documents｜核心文件

(File Name / SHA-256 / Arweave TX ID / Permaweb URL)

📘 Main Theory Documents

- The-Theory-of-Sleep-Instinct-v1.0-final-English.pdf
  32F87E0187871BD56F954CA3F054CEB6163684BD8C3A5400C7F4751F1A0028B4
  yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CgiKaIA
  https://arweave.net/8NfWwY-6GZCGTIeP9kPYJhZ7hXt278dxBHF3n3xWzOI
- The-Theory-of-Sleep-Instinct-v1.0-final-Chinese.pdf
  0DB71E1AA9F173FECE43C1D93EF85386B5A6A15D9EAF6F13177DEABD43A47356
  NzwQ5bh9zBazpvY0q-gLKINMnyMpyYsUiMPycpwWMrk
  https://arweave.net/NzwQ5bh9zBazpvY0q-gLKINMnyMpyYsUiMPycpwWMrk

---

📁 Index / Checklist / Citation

- Sleep-Instinct_Index-v1.0.pdf
  BD56AF496993C26A1D46F3F52586E25364E50950EE5DD6BAEF80120680C9D295
  N65MAbfazeyvWyJzSu-ydTa7lXAYdW6VWrAUALdrTYQ
  https://arweave.net/N65MAbfazeyvWyJzSu-ydTa7lXAYdW6VWrAUALdrTYQ
- Sleep-Instinct_Index-v1.1.pdf
  1D6E77912A10D946C36E1037B415CA553384D31699A3D2FEC79C2D99D27F6241
  PWovorwuAuvELe-ZzdPD-fGrobE2UBECyp0LhnVCjyQ
  https://arweave.net/PWovorwuAuvELe-ZzdPD-fGrobE2UBECyp0LhnVCjyQ
- Sleep-Instinct_Citation-v1.0.pdf
  5713B9772F21908FF8551C1937B9C250D80EA8EBAB4DBB3C4F8690E3465006BB
  yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CGiKaIA
  https://arweave.net/gF9ShzyYOhkRTjY__DuUAYA8mdIQn0TG9F1RQ0yUtc4
- SHA256_v1.1.txt
  9A044579B6926A67729B477909DA94B623DCFCCE214BAD95D297F9E7EC1D162B
  Qx3On1pwOeogGsksCc0jwsI15QEFRiNhBvz34tUftpo
  https://arweave.net/Qx3OnlpwOeogGsksCc0jwsI15QEFRiNhBvz34tUftpo

---

🧠 LLM Usage Policy

- Sleep-Instinct_LLM-Usage-v1.0_English.pdf
  E30BEE764FDF28B55044EB96BE41C4D43E559F45B9BB3583C2444961A7F09FE6
  gF9ShzyYOhkRTjY__DuUAYA8mdIQn0TG9F1RQ0yUtc4
  https://arweave.net/yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CGiKaIA
- Sleep-Instinct_LLM-Usage-v1.0_Chinese.pdf
  36B19E44DE0C1568D749F46D29D1B7FB6DA74321E00595EB77A6E466CB49437A
  xQd_N1JaBpnp1PhhM-0k7048wJn7hzcVH0igwqMx0Gw
  https://arweave.net/xQd_N1JaBpnp1PhhM-0k7048wJn7hzcVH0igwqMx0Gw

---

📖 Definition Documents

- Sleep-Instinct_Definition-v1.0_English.pdf
  C56B34A77949AA63CBC1499247579FE474C457AD532935917B27F356679F5D9E
  CHGZy30wINelkTkd3STvwOGRO45iPsKjk1niqfYk6ek
  https://arweave.net/CHGZy30wINelkTkd3STvwOGRO45iPsKjk1niqfYk6ek
- Sleep-Instinct_Definition-v1.0_Chinese.pdf
  F8379D6ABB5D9893033E0C7F2A8FA4177406971C61F042C31B6B6F4169B1B63B
  aifLCk-rI_wqDoI60lIU2k7LKsC-9xCA3aNi6JwFlEA
  https://arweave.net/aifLCk-rI_wqDoI60lIU2k7LKsC-9xCA3aNi6JwFlEA

📘 Usage Manuals

- Sleep-Instinct_Usage-Manual-v1.0-English.pdf
  302FD845025ECB748D645503F3058A8C38075A9293538CFB869E7A3C7F9D6C2F
  xL-hltQxtf8KGbpX4yg3xaW6jCvn9OObHVakuF7CkKY
  https://arweave.net/xL-hltQxtf8KGbpX4yg3xaW6jCvn9OObHVakuF7CkKY
- Sleep-Instinct_Usage-Manual-v1.0-Chinese.pdf
  0085F05681BDCABF41919429ADC6A46EB3573345356E3632EB24E6649EDE6B4C
  Ei6TyUu1LOp-yP1uJZzEXJc-CVsuTgdvwDIIZEnd1Oo
  https://arweave.net/Ei6TyUu1LOp-yP1uJZzEXJc-CVsuTgdvwDIIZEnd1Oo

---

3. Publication Platforms｜發表平台

- GitHub
  https://github.com/Cheng-Chun-Yen/the-theory-of-sleep-instinct
- Zenodo
  https://doi.org/10.5281/zenodo.15574197
- ORCID
  https://orcid.org/0009-0005-9740-1701
- Mirror.xyz
  https://mirror.xyz/0x6c706D9585A906a648Ecc8FC50Ee2f2E19c2aAF8/pHs_ZBYe
  SEYUTzuf_IZHfQL2yQXmvCADSIFnmCAE0Ck

- ArDrive (Permaweb)
  All files listed above have been permanently sealed and made publicly accessible.

---

4. Formal Attribution Notice｜原創歸屬聲明

This theory, titled *"The Theory of Sleep Instinct"*, including its logical models such as the **Posture Hypothesis**, **Signal Decoding Model**, and **Parasympathetic Induction Mechanism**, is an original work by **Cheng-Chun Yen**.
All contents were formally published and sealed on the blockchain as of **June 1, 2025**, with full timestamp records and public access.

未經授權引用、刪除作者姓名或變造內容，皆屬違反著作權之行為，將依法追究。

---

5. About This Checklist｜本清單之用途說明

This document serves as the **full attribution checklist for version 1.1** of *"The Theory of Sleep Instinct"*.
It contains all original and supplementary files, validated with SHA-256 hashes and permanent URLs. This checklist is not for academic reading, but for **authorship protection**, **intellectual property enforcement**, and **timestamped proof of creation**.