

Sleep Instinct Theory – Attribution Checklist v1.2

睡眠本能理論原創歸屬檢查清單 v1.2

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-6GZCGTleP9kPYJhZ7hXt278dxBHF3n3xWzOI>
 - **The-Theory-of-Sleep-Instinct-v1.0-final-Chinese.pdf**
0DB71E1AA9F173FECE43C1D93EF85386B5A6A15D9EAF6F13177DEABD43A47356
NzwQ5bh9zBazpvY0q-gLKINMnyMpyYsUiMPycpwWMrk
<https://arweave.net/NzwQ5bh9zBazpvY0q-gLKINMnyMpyYsUiMPycpwWMrk>
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Citation

- **Sleep-Instinct_Citation-v1.0.pdf**
5713B9772F21908FF8551C1937B9C250D80EA8EBAB4DBB3C4F8690E3465006BB
yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CGiKaIA
https://arweave.net/gF9ShzyYOhkRTjY_DuUAYA8mdIQn0TG9F1RQ0yUtc4
-



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_N1JaBnp1PhhM-0k7048wJn7hzcVH0igwqMx0Gw
https://arweave.net/xQd_N1JaBnp1PhhM-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-9xCA3aNi6JwF1EA
https://arweave.net/aiFLCk-rI_wqDoI60lIU2k7LKsC-9xCA3aNi6JwF1EA
-

■ Usage Manuals

- Sleep-Instinct_Usage-Manual-v1.0-English.pdf
302FD845025ECB748D645503F3058A8C38075A9293538CFB869E7A3C7F9D6C2F
xL-hl tQx t f8KGbpX4yg3xaW6jCvn900bHVakuF7CkKY
<https://arweave.net/xL-hltQxtf8KGbpX4yg3xaW6jCvn900bHVakuF7CkKY>
 - Sleep-Instinct_Usage-Manual-v1.0-Chinese.pdf
0085F05681BDCABF41919429ADC6A46EB3573345356E3632EB24E6649EDE6B4C
Ei6TyUu1LOp-yPluJZzEXJc-CVsuTgdvwDIIZEnd1Oo
<https://arweave.net/Ei6TyUu1LOp-yPluJZzEXJc-CVsuTgdvwDIIZEnd1Oo>
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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_ZBYeSEYUTzuf_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.

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5. About This Checklist | 本清單之用途說明

This document serves as the **full attribution checklist** 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**.

Note:

Sleep Instinct Theory – Attribution Checklist v1.2 contains newly added records as well as corrections to errors found in earlier versions. All items are listed in chronological order. In case of any discrepancy, the record with the latest official publication timestamp shall prevail.