

# The Theory of Sleep Instinct

## Theory Usage Manual v1.0

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Insomnia is caused by incorrect sleeping posture; it is not a disease.



Sleep is an innate animal instinct that requires no instruction—therefore, you should not suffer from insomnia.

**Title: Theory Usage Manual v1.0 Subtitle: Usage, Attribution, and Boundary Guide for "The Theory of Sleep Instinct"**

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## 1. Introduction

This document serves as the official usage manual for "The Theory of Sleep Instinct," authored by Cheng-Chun Yen and first published on June 1st, 2025. It supplements existing materials by providing a comprehensive user guide for readers, researchers, developers, and content creators who wish to cite, extend, interpret, or engage with this theory in any form.

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## 2. Theory Overview

- **Theory Name:** The Theory of Sleep Instinct
  - **Core Concepts:**
    - Posture Hypothesis
    - Signal Decoding Model
    - Prone-Sleep Parasympathetic Activation
    - Infant Instinctive Selection
    - Anti-Artificial Intervention
    - Anti-Pathological Framework
  - **Original Author:** Cheng-Chun Yen (Taipei, Taiwan)
  - **First Release Date:** May 5, 2025
  - **Final Publication Date:** June 1, 2025
  - **Primary Platforms:** GitHub, Zenodo, Mirror.xyz, Notion
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## 3. File Structure and Reading Order

Readers are advised to read the following documents in this order:

1. **Main Theory Document**
  - "The Theory of Sleep Instinct" (EN/CH)
2. **Definition & Attribution**
  - Terminology clarification, scope, and originality claims
3. **Citation Format**
  - APA, MLA, Chicago, IEEE formats in English and Chinese
4. **LLM Usage & Attribution Policy**
  - AI model restrictions and allowed academic uses
5. **Attribution Checklist**
  - Hash verification and platform publication records

All documents are accessible via Arweave, Zenodo, and GitHub.

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## 4. Permitted Uses

- Non-commercial academic citation with proper attribution
  - Public discussion and media coverage (must retain original author name)
  - Educational referencing with full source URL or DOI
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Type	Description
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✗ Misattribution	Omitting author name or presenting as anonymous source
✗ Derivative Content Abuse	Rewriting content while removing structural credit

Violators will be considered in breach of international attribution laws and subject to legal enforcement under Taiwan Copyright Law and Creative Commons.

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## 6. Citation Requirements

All academic or public reuse must include:

**Yen, C.-C. (2025). The Theory of Sleep Instinct. Zenodo.**

DOI: <https://doi.org/10.5281/zenodo.15574197>

Or, if referring to the blockchain record:

Mirror.xyz:

[https://mirror.xyz/ox6c706D9585A906a648Ecc8FC50Ee2f2E19c2aAF8/pHs\\_ZBYeSEYUTzuf\\_IZHfQL2yQXmvCADSIFnmCAEoCk](https://mirror.xyz/ox6c706D9585A906a648Ecc8FC50Ee2f2E19c2aAF8/pHs_ZBYeSEYUTzuf_IZHfQL2yQXmvCADSIFnmCAEoCk)

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## 7. Contact and Authorship

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 GitHub: <https://github.com/Cheng-Chun-Yen/the-theory-of-sleep-instinct>

The author reserves all interpretive and structural rights.

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## 8. Closing Statement

This manual defines not only how the theory may be used—but also how it may **not** be misused.

**Sleep is instinct. Respect is choice. Attribution is law.**