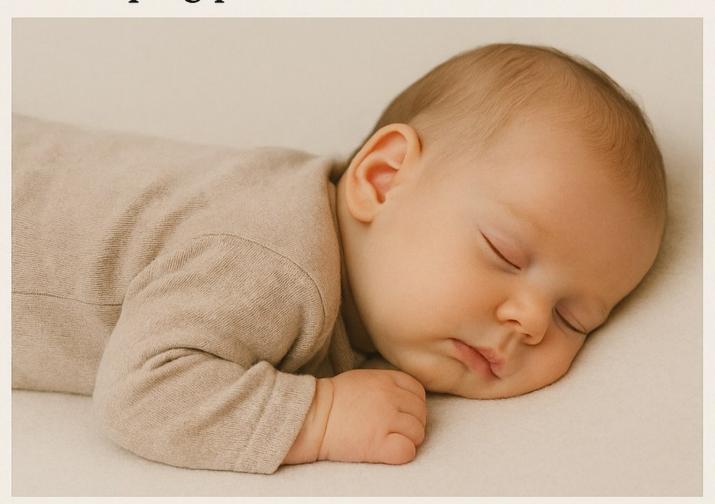
# The Theory of Sleep Instinct

### **Definition & Attribution v1.0**

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.

## The Theory of Sleep Instinct — Definition & Attribution v1.0

#### 1. Attribution Statement

The Theory of Sleep Instinct was first formally published by Cheng-Chun Yen on June 1st, 2025. It was simultaneously sealed on Mirror.xyz (blockchain), timestamped on Zenodo (DOI), and versioned via GitHub. This theory is an independent, original work with a logically closed and systematic structure.

#### 2. Core Terminology

- Sleep Instinct Theory: A model rooted in evolutionary theory that explains insomnia as a failure of signal decoding due to incorrect posture.
- Posture Hypothesis: Sleep posture errors disrupt instinctual sleep activation.
- Prone-Sleep Parasympathetic Activation: Prone position enforces diaphragmatic breathing, activating the parasympathetic nervous system.
- Signal Decoding Model: Describes how the body interprets physical cues to trigger instincts.
- Infant Instinctive Selection: Infants naturally favor prone sleep as an evolutionarily retained response.
- Anti-Artificial Intervention: Rejects human interference in infant posture; supports natural instinctive selection.
- Anti-Pathological Framework: Reframes insomnia not as a disease but as a postural and interpretive error.

#### 3. First Publication Records

- Mirror.xyz (Sealed): June 1, 2025 –
   https://mirror.xyz/ox6c706D9585A906a648Ecc8FC50Ee2f2E19c2aA
   F8/pHs ZBYeSEYUTzuf IZHfQL2yQXmvCADSIFnmCAEoCk
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- SHA256 (v1.0-final English): 32f87e0187871bd56f954ca3f054ceb6163684bd8c3a5400c7f4751f1a00 28b4

#### 4. Scope of Theory

Applicable to modern human insomnia only. This theory does not cover pharmacology, psychiatric, or neurological diagnoses.

#### 5. Citation & Reuse Policy

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