

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.

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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/ox6c706D9585A906a648Ecc8FC50Ee2f2E19c2aAF8/pHs_ZBYeSEYUTzuf_IZHfQL2yQXmvCADSIFnmCAEoCk
- Zenodo DOI: June 1, 2025 – <https://doi.org/10.5281/zenodo.15574197>
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- SHA256 (v1.0-final English):
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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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