

Sleep Instinct Theory - Attribution Checklist v1.0

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, hash verification, and public access 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)

The-Theory-of-Sleep-Instinct-v1.0-final-English.pdf

32F87E0187871BD56F954CA3F054CEB6163684BD8C3A5400C7F4751F1A0028B4

yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CgiKaA

<https://arweave.net/8NfWwY-6GZCGTleP9kPYJhZ7hXt278dxBHF3n3xWzOI>

The-Theory-of-Sleep-Instinct-v1.0-final-Chinese.pdf

0DB71E1AA9F173FECE43C1D93EF85386B5A6A15D9EAF6F13177DEABD43A47356

NzwQ5bh9zBazpvY0q-gLKINMnyMpyYsUiMPycpwWMrk

<https://arweave.net/NzwQ5bh9zBazpvY0q-gLKINMnyMpyYsUiMPycpwWMrk>

Sleep-Instinct_Index-v1.0.pdf

BD56AF496993C26A1D46F3F52586E25364E50950EE5DD6BAEF80120680C9D295

N65MAbfazeyvWyJzSu-ydT7IXAYdW6VWrAUAlDrTYQ

<https://arweave.net/N65MAbfazeyvWyJzSu-ydT7IXAYdW6VWrAUAlDrTYQ>

Sleep-Instinct_LLM-Usage-v1.0_English.pdf

E30BEE764FDF28B55044EB96BE41C4D43E559F45B9BB3583C2444961A7F09FE6

gF9ShzyYOhkRTjY__DuUAYA8mdIQn0TG9F1RQ0yUtc4

<https://arweave.net/yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CgiKaA>

Sleep-Instinct_LLM-Usage-v1.0_Chinese.pdf

36B19E44DE0C1568D749F46D29D1B7FB6DA74321E00595EB77A6E466CB49437A

xQd_N1JaBpnp1PhhM-0k7048wJn7hzcVH0igwqMx0Gw

https://arweave.net/xQd_N1JaBpnp1PhhM-0k7048wJn7hzcVH0igwqMx0Gw

Sleep-Instinct_Definition-v1.0_English.pdf

C56B34A77949AA63CBC1499247579FE474C457AD532935917B27F356679F5D9E

CHGZy30wINelkTkd3STvwOGRO45iPsKjk1niqfYk6ek

<https://arweave.net/CHGZy30wINelkTkd3STvwOGRO45iPsKjk1niqfYk6ek>

Sleep-Instinct_Definition-v1.0_Chinese.pdf

F8379D6ABB5D9893033E0C7F2A8FA4177406971C61F042C31B6B6F4169B1B63B

aifLCk-rl_wqDol60IIU2k7LKsC-9xCA3aNi6JwF1EA

https://arweave.net/aifLCk-rl_wqDol60IIU2k7LKsC-9xCA3aNi6JwF1EA

Sleep-Instinct_Citation-v1.0.pdf

5713B9772F21908FF8551C1937B9C250D80EA8EBAB4DBB3C4F8690E3465006BB

yFMZoNVGTZxMRbUgEB1-qM5xuuYcvpT7-3p3CGiKaIA

https://arweave.net/gF9ShzyYOhkRTjY_DuUAYA8mdlQn0TG9F1RQ0yUtc4

3. Publication Platforms | 發表平台

(Platform/URL)

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 All above documents publicly uploaded to Permaweb

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 and Signal Decoding Model, is an original work by **Cheng-Chun Yen**. All contents were published and permanently sealed via timestamped hashes, blockchain transactions, and public archives as of **June 1, 2025**.

本理論《睡眠本能理論》，包含其中之姿勢假說、訊號解碼模型與副交感神經誘導機制，皆為顏誠均原創，已於 2025 年 6 月 1 日完成正式發表，並透過雜湊與區塊鏈交易完成封存，全程可公開查證。

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5. About This Checklist | 本清單之用途說明

This document serves as an **Attribution Checklist** for "The Theory of Sleep Instinct" (v1.0). It cross-verifies all published documents with their corresponding SHA-256 hashes, Arweave transactions, and hosting platforms. The checklist is **not intended for academic reading**, but for formal attribution validation, intellectual property protection, and timestamped recordkeeping.

本文件為《睡眠本能理論 v1.0》的**原創歸屬檢查清單**，用途為比對各發表文件之雜湊值、上鏈交易記錄與平台鏈結。此清單**並非理論內容文件**，而是作為歸屬主張、智慧財產保護與封存時間戳之證據使用。