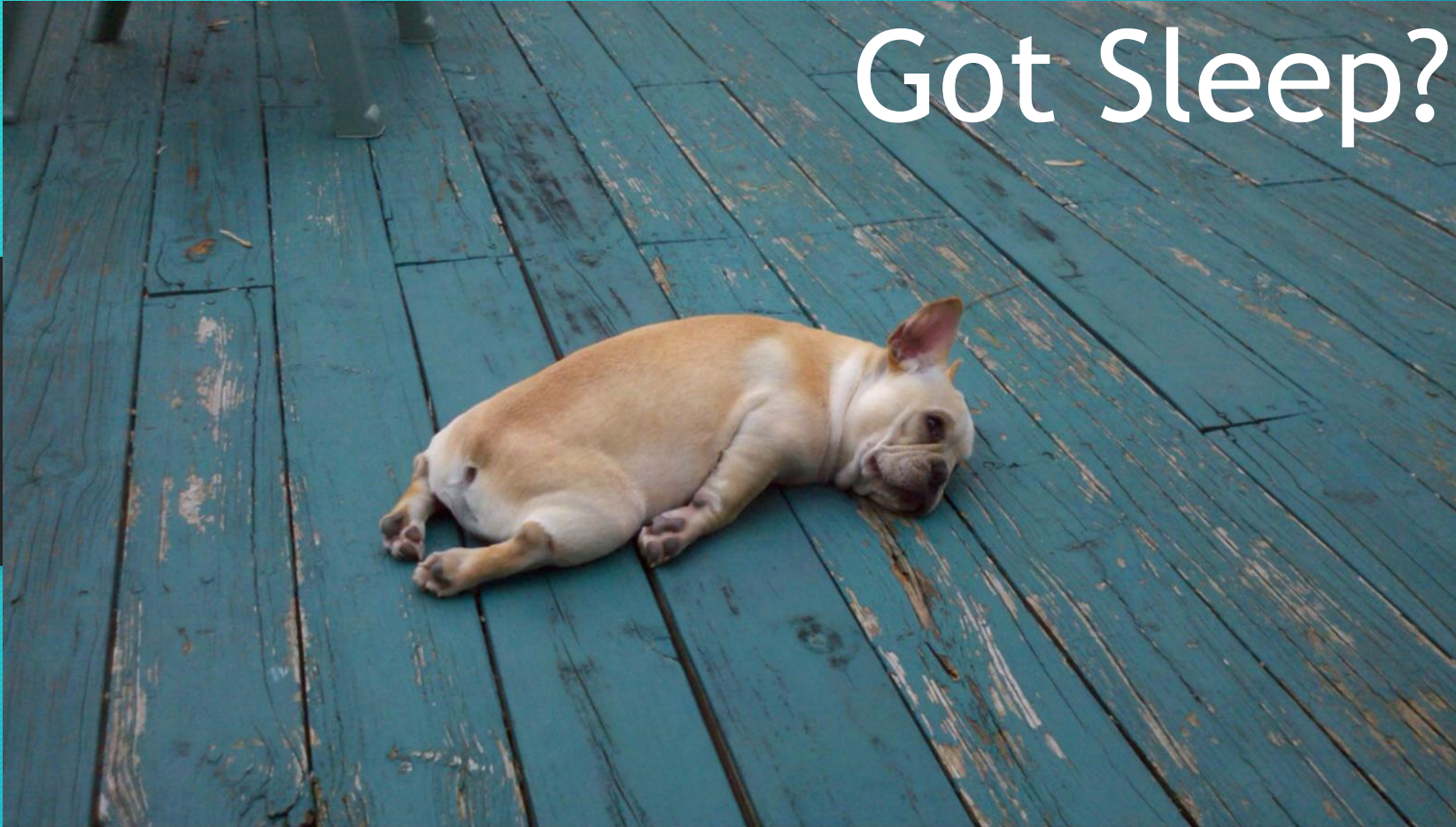


# Got Sleep?



By Free Knowledge Mission

# Disclaimer

- Don't take my word for it
- Consultant with your physician or neurologist



# Why?

## Time is a greatest asset

- Increase your productivity from an average of 16 hours a day to 22 hours.
  - That's three months a year
  - 15 years an average lifetime.

## Energy

## Peacefulness

- Get your individual work done in the middle of the night

## Disadvantage

- Conflicts with society's monophasic schedules
- #1 reason people are unable to adopt

# Examples

Biphasic (Siesta) - Latin, Mediterranean, Southern Europe cultures

Babies & Retirees

Militia

Astronauts

Animals

Mad Scientists

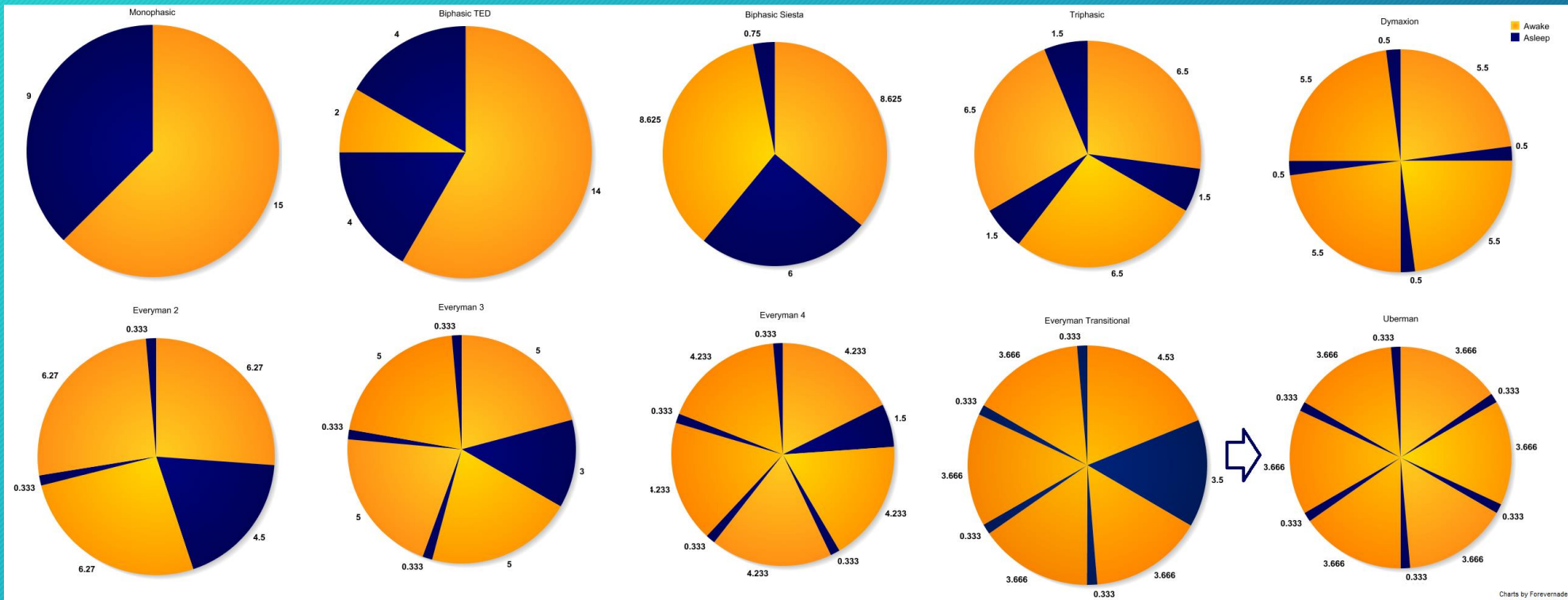
- Nicola Tesla
- Iron Man



# Sleep Health

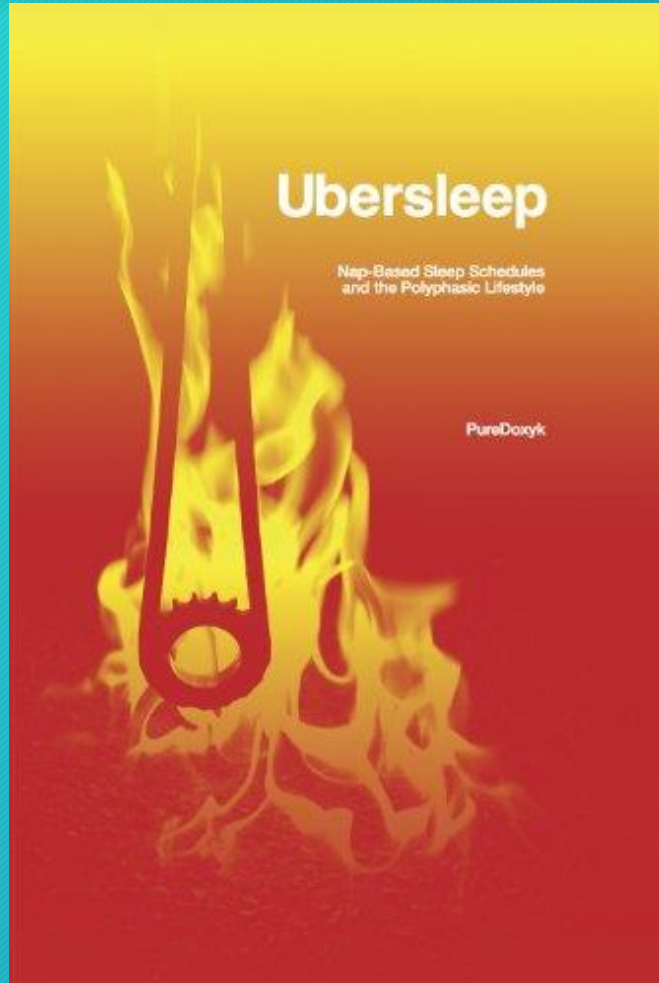
- How much sleep are you getting?
  - Average people sleep 6-8 hours a night
- Insomnia
  - Sleeplessness or sleep depravation
- Sleep Apnea
- Are you aware of your sleep patterns to your health
  - Monophasic and polyphasic have similar number REM cycles
  - Research is always being done. Most physicians & neurologist don't recommend polyphasic.
- Have you tried tracking your sleep patterns?
  - Similar to eating many meals a day
  - Smartwatch
- Meditation & Mindfulness

# Schedules





# Reading Inspiration



Limited published material

Check out Youtube videos

Google for blogs

# Bottom Line

The hardest part is not napping but waking up after each nap.

- There is what's called adoption phase. It takes up two weeks of feeling like sleep deprivation before you don't feel tired.

Passionately and purposefully busy

Energy - How's your mitochondria levels; are you eating the proper foods?

The next time your boss asks you were you've been, tell him/her you were napping because you're Uberman.