3-minute speech

* Topic:
  + Sleep – polyphasic sleep cycles
    - How long do you sleep?
    - 3 sleep phases
    - REM most important
    - Circadian sleep rhythm (DAY-NIGHT)
    - Evolutionary background
    - Nowadays not important to sleep at night
      * Artificial light
    - Bi-phasic sleep cycles are normal
      * Siesta Sleep / Spain
    - Why not tri-phasic?
      * Split sleep into more efficient ryhtm
    - Gain more REM sleep by splitting sleep
    - Gain more active time, opposed to sleep time
    - Do more
    - Example of myself.
    - Would you try it?
  + Nootropics – the student drug – legal high´s
* Nootropics:
  + Self enhancement using legally available produces
  + Cognitive abilities are essential for students
  + Performance race, everyone wants to be the best
  + Silicon Valley, there it all started
  + All about enhancing cognitive state, such as memory, focus, energy -> motivation, physical performance, learning spans, processing speed
  + Known to everyone: coffee
  + Coffee gives the well known high, after which an individual feels “down”
    - Counteracting the “high”, one shall consume L-Theanine
  + Modafinil, racetam-family affect glutamate receptor, responsible for memory and learning processing
  + Up to 35% of students use diverted ADHD stimulants or performance increasing drugs