

Forum:[Hack Forums](#)

Thread: [Polyphasic sleeping thread for those that hate sleeping 8 hours a day](#)

littleblueguy24 - August 4, 2020, 3:03 pm

Biphasic sleep (or diphasic, bimodal or bifurcated sleep) is the practice of sleeping during two periods over the course of 24 hours, while polyphasic sleep refers to sleeping multiple times – usually more than two.[1] Each of these is in contrast to monophasic sleep, which is one period of sleep within 24 hours. Segmented sleep and divided sleep may refer to polyphasic or biphasic sleep, but may also refer to interrupted sleep, where the sleep has one or several shorter periods of wakefulness. A common form of biphasic or polyphasic sleep includes a nap, which is a short period of sleep, typically taken between the hours of 9 am and 9 pm as an adjunct to the usual nocturnal sleep period. Napping behavior during daytime hours is the simplest form of polyphasic sleep, especially when the nap(s) are taken on a daily basis. Therefore, biphasic sleep is considered the most quasi form of polyphasic sleep, thanks to the long sleep duration at night. Nowadays, the definition of polyphasic sleep is any sleep schedule with at least two sleeps per day, to distinguish it from monophasic sleep, which only has one sleep per day.

The term polyphasic sleep was first used in the early 20th century by psychologist J. S. Szymanski, who observed daily fluctuations in activity patterns (see Stampi 1992). It does not imply any particular sleep schedule. The circadian rhythm disorder known as irregular sleep-wake syndrome is an example of polyphasic sleep in humans. Polyphasic sleep is common in many animals, and is believed to be the ancestral sleep state for mammals, although simians are monophasic.[2]

Marketplace - August 4, 2020, 3:06 pm

Man this thread hurts my eyes

littleblueguy24 - August 4, 2020, 3:08 pm

What's wrong with it man/lady?

Marketplace - August 4, 2020, 3:09 pm

(Aug 4, 2020 03:08 PM)littleblueguy24 Wrote: [\[CITE\]](#) What's wrong with it man/lady?
I'm tired and it's so much text

Guess I should get some normal sleep

littleblueguy24 - August 4, 2020, 3:10 pm

Lol I hate normal sleep personally, hence the thread

Artisan - August 4, 2020, 3:13 pm

Try looking up the sleep cycles of polymaths. You might find it interesting.

littleblueguy24 - August 4, 2020, 3:15 pm

I'm familiar, hence the thread, who specifically do you mean?