



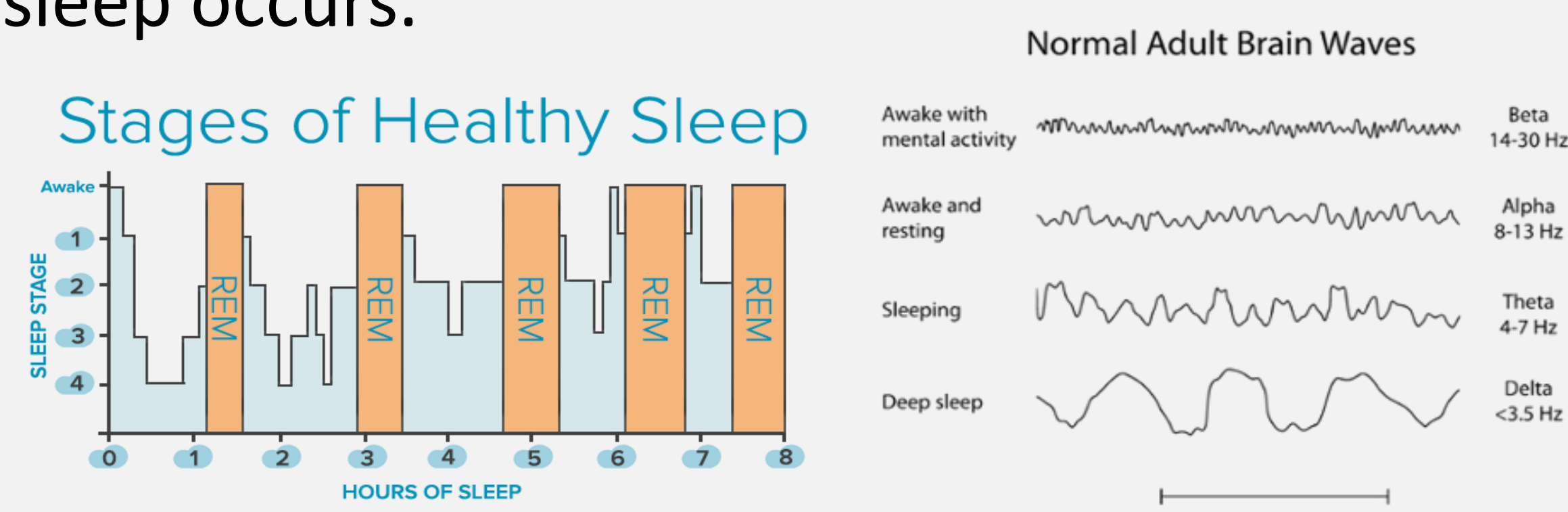
24 Hours a Day is Always Enough



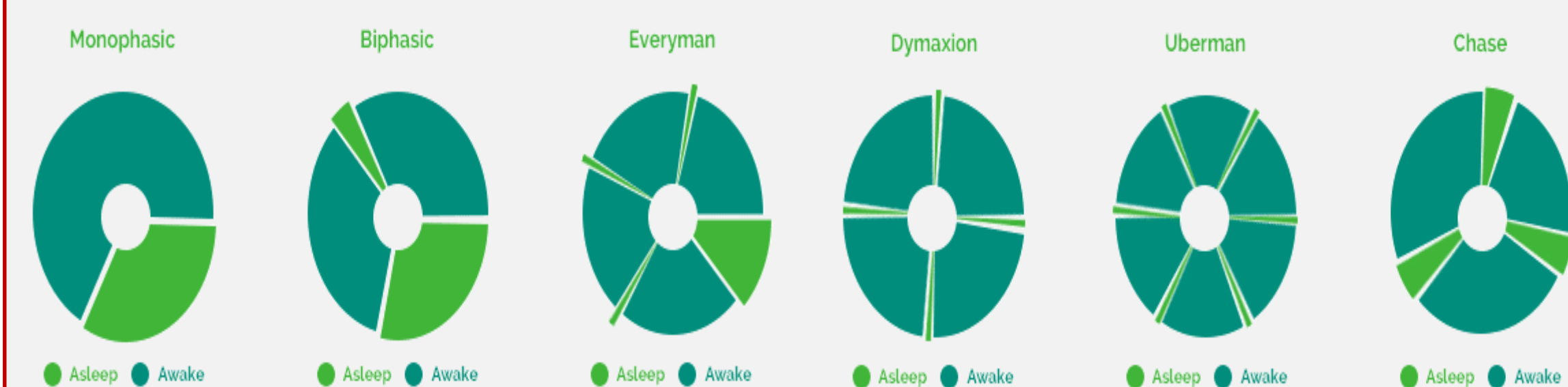
The Effect of Polyphasic Sleep Pattern on Lifestyle
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Introduction

sleep cycle lasts about 90 minutes and during that time we move through five stages of sleep. The first four stages make up our non-rapid eye movement (NREM) sleep, and the fifth stage is when rapid eye movement (REM) sleep occurs.



Polyphasic sleep is a sleep trend wherein sleep takes place in fairly brief naps throughout a 24-hour timeframe¹.



Materials & Methods

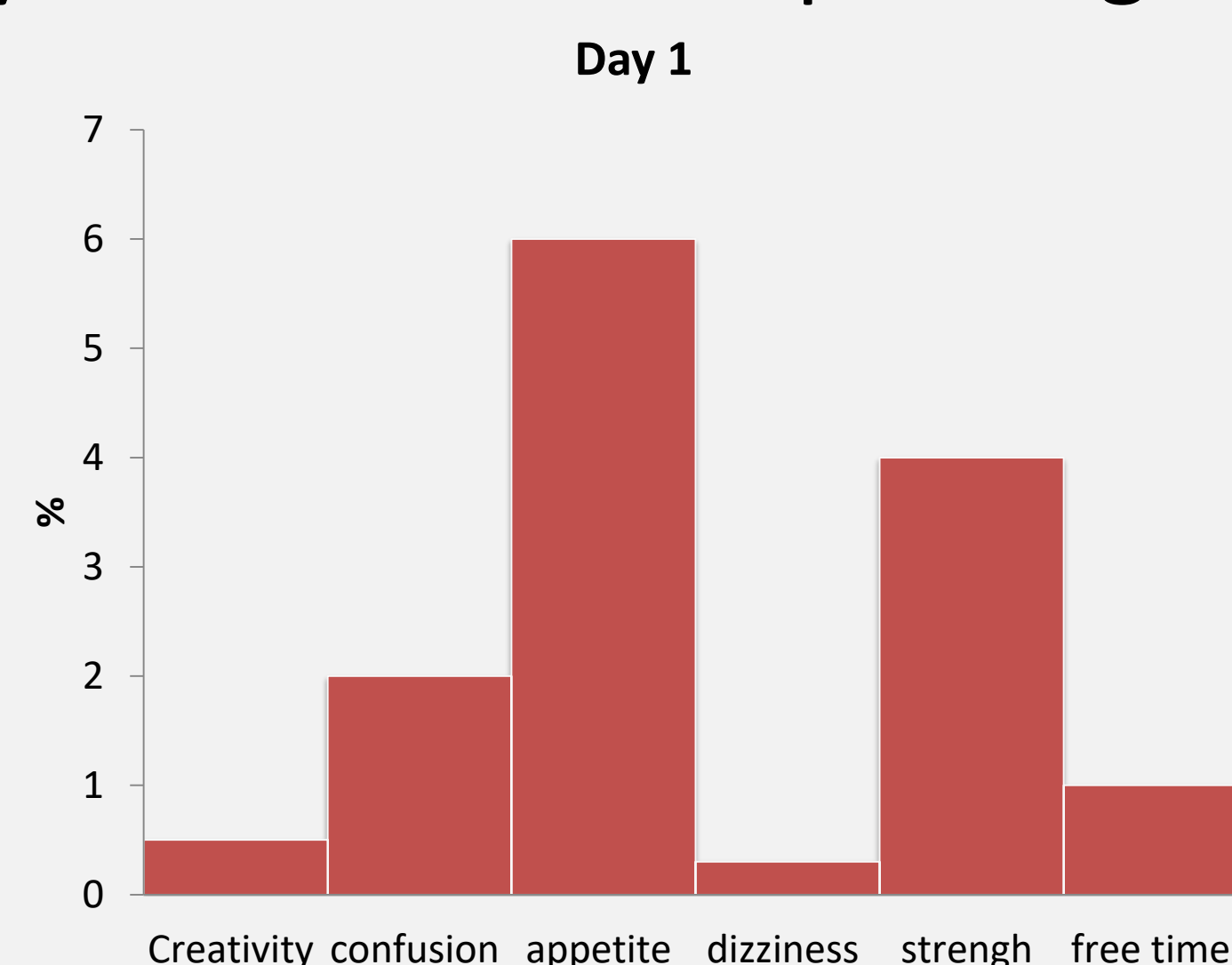
- The data in this poster was collected from 6 different individuals
- people where from different ages and different occupations, they all were healthy .

Results

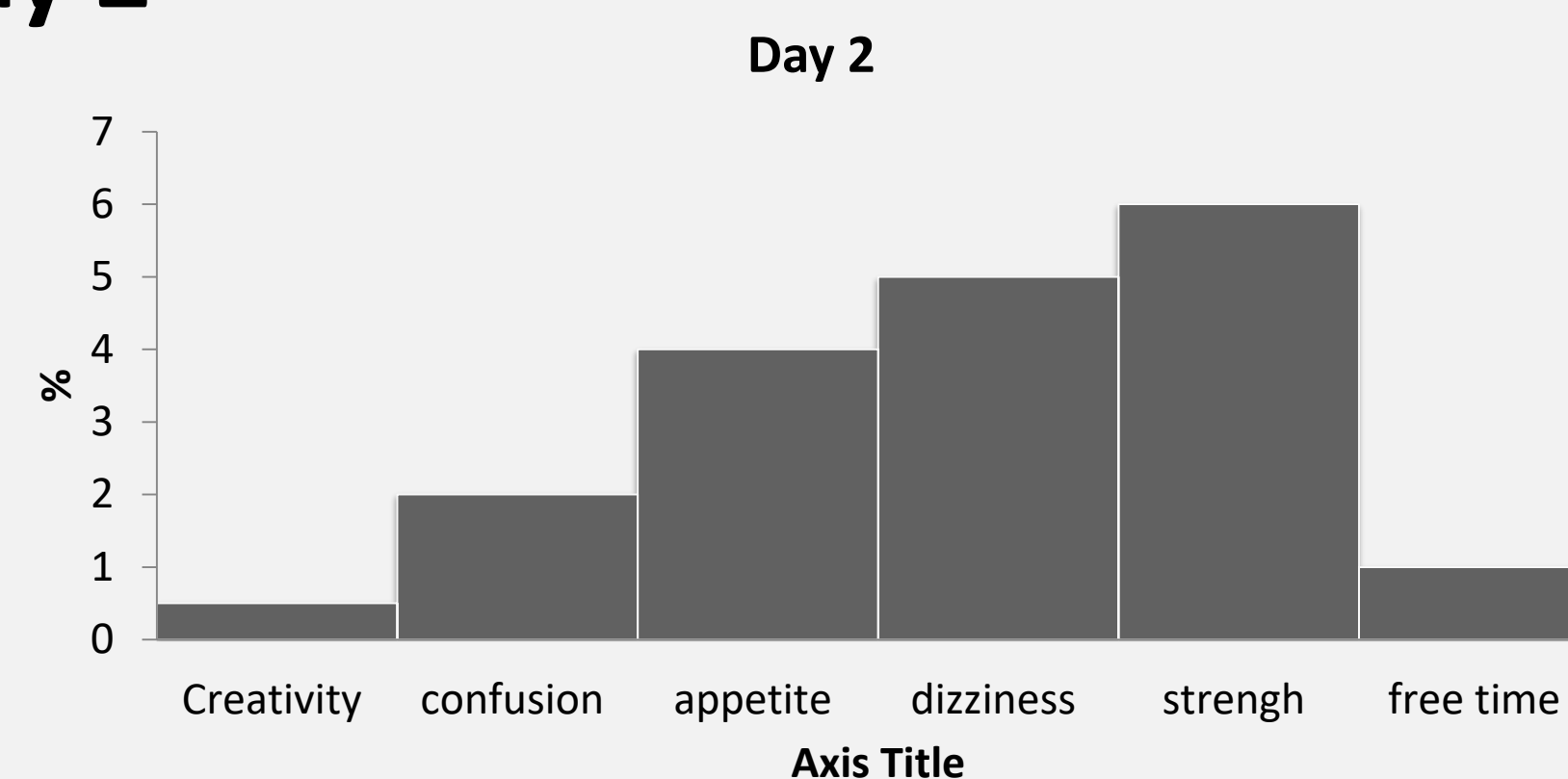
The result of the study were collected to observe the physiological changes that happened with each individual along 10 days.

Day 1

They couldn't fall asleep during the day naps.

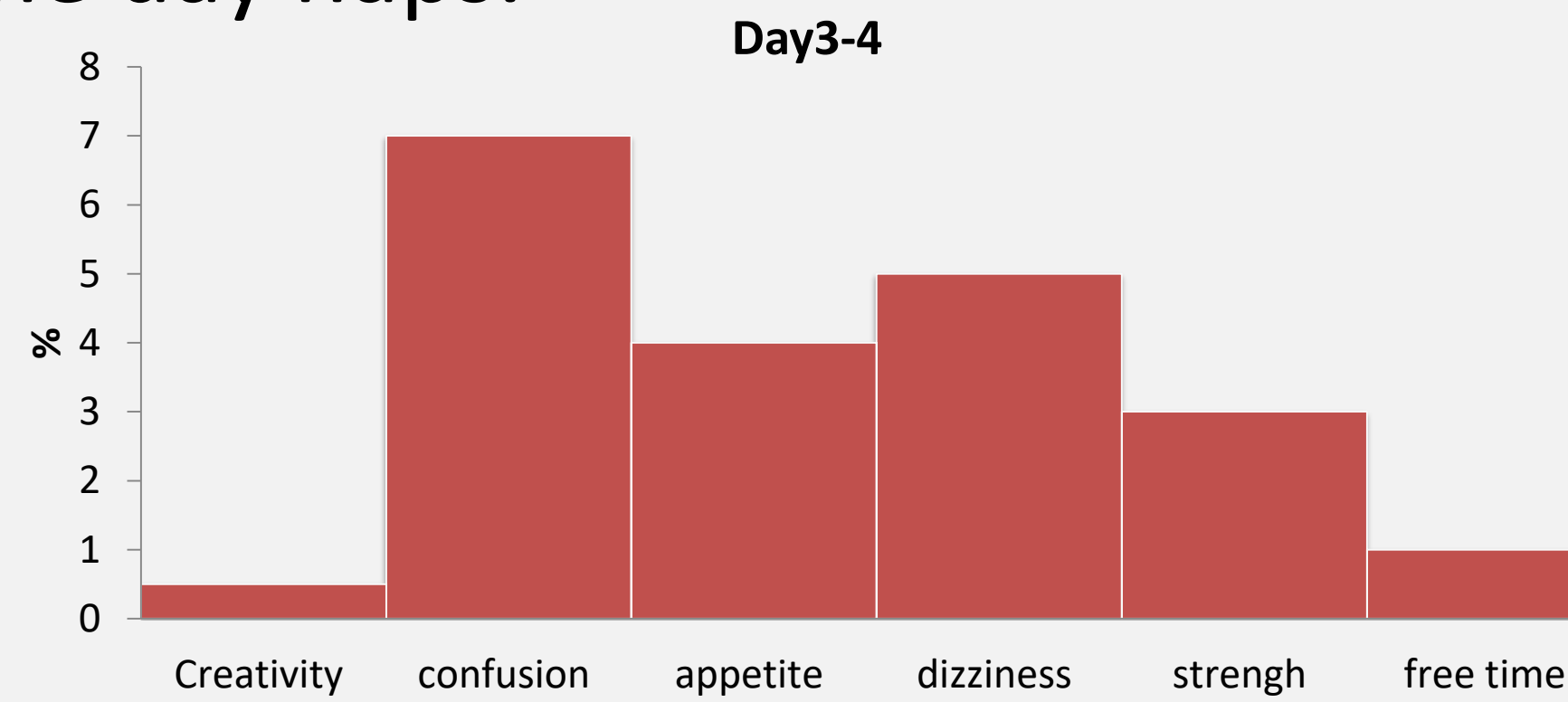


Day 2



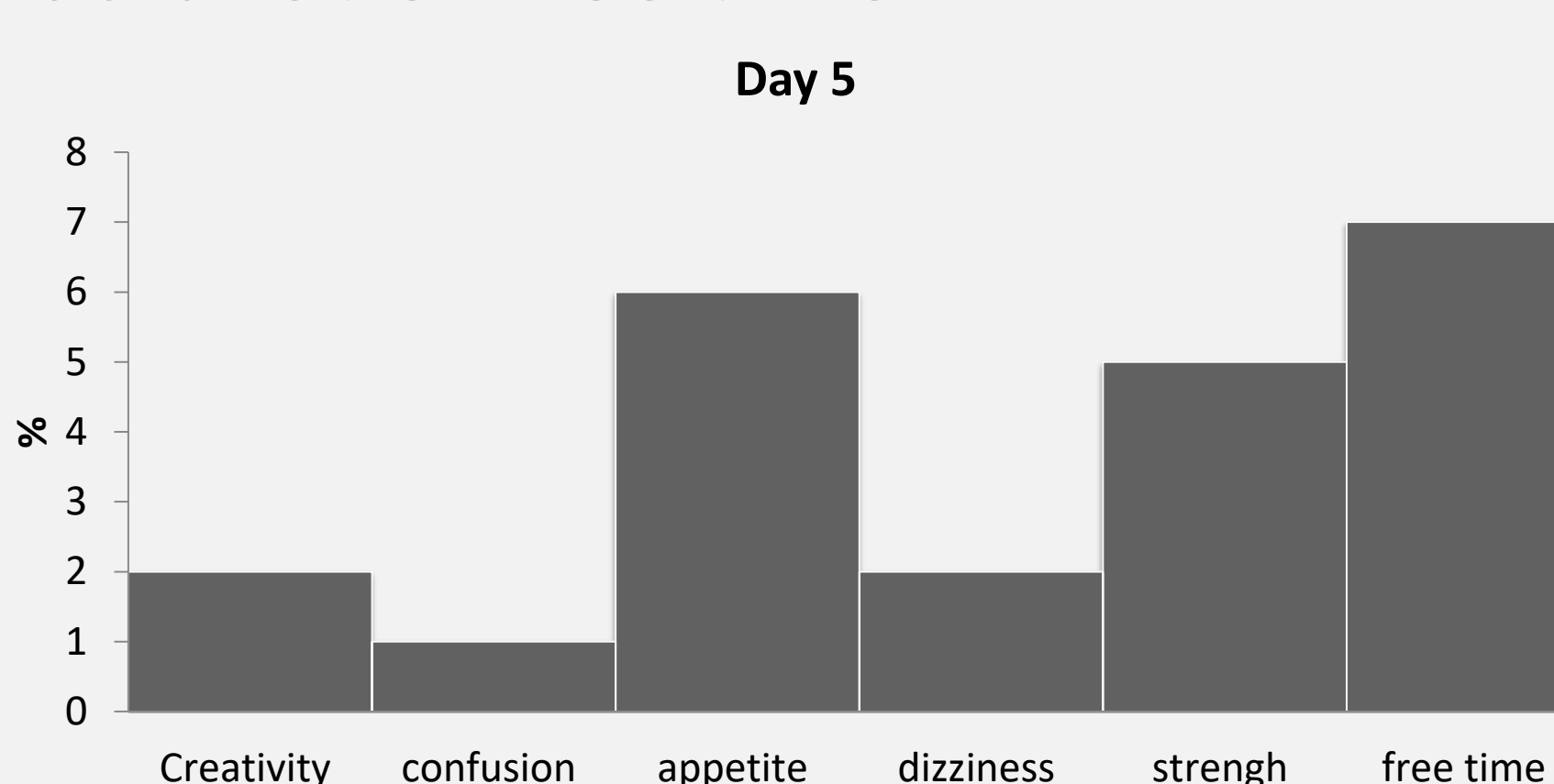
Day 3-4

They get immediately into (REM) during the day naps.



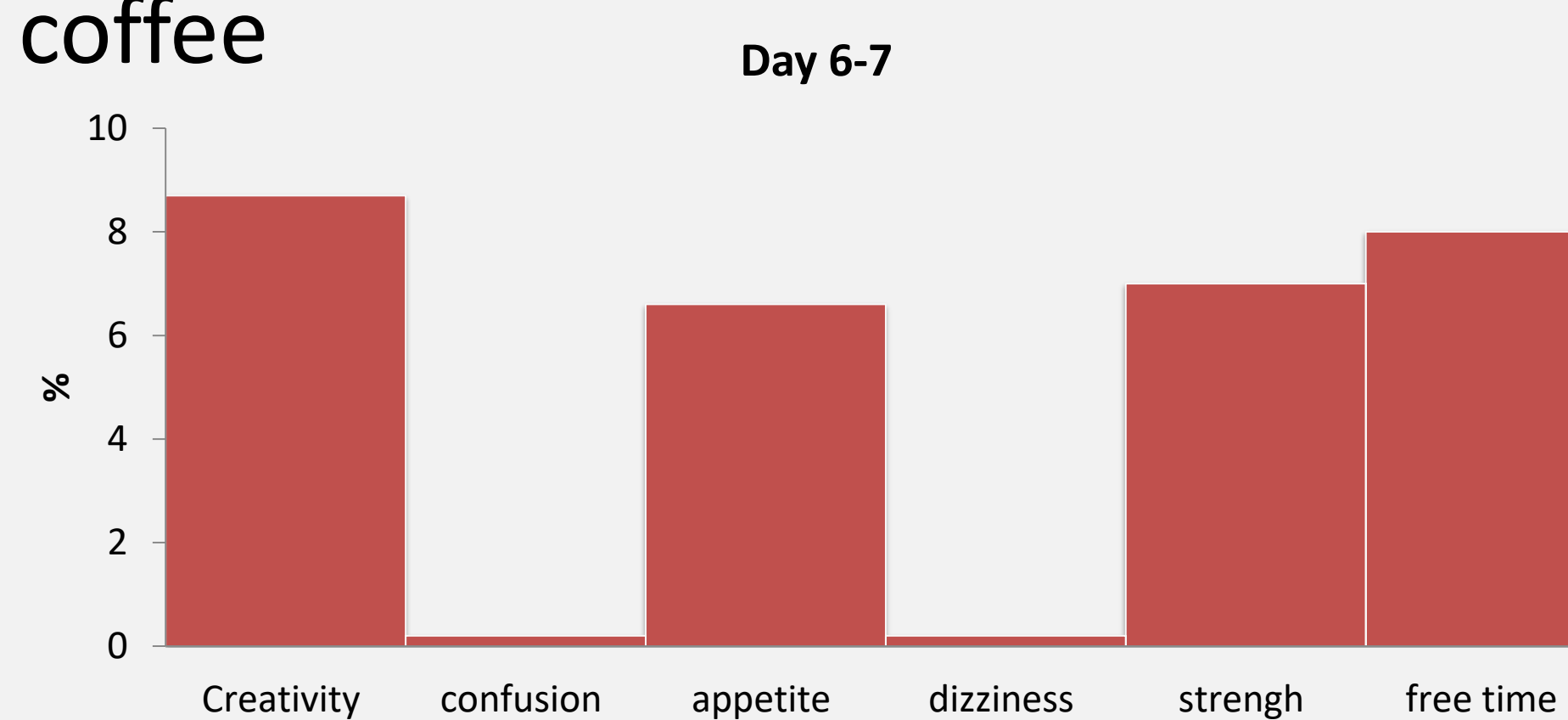
Day 5

They start to wake up without alarm and had a lot of free time

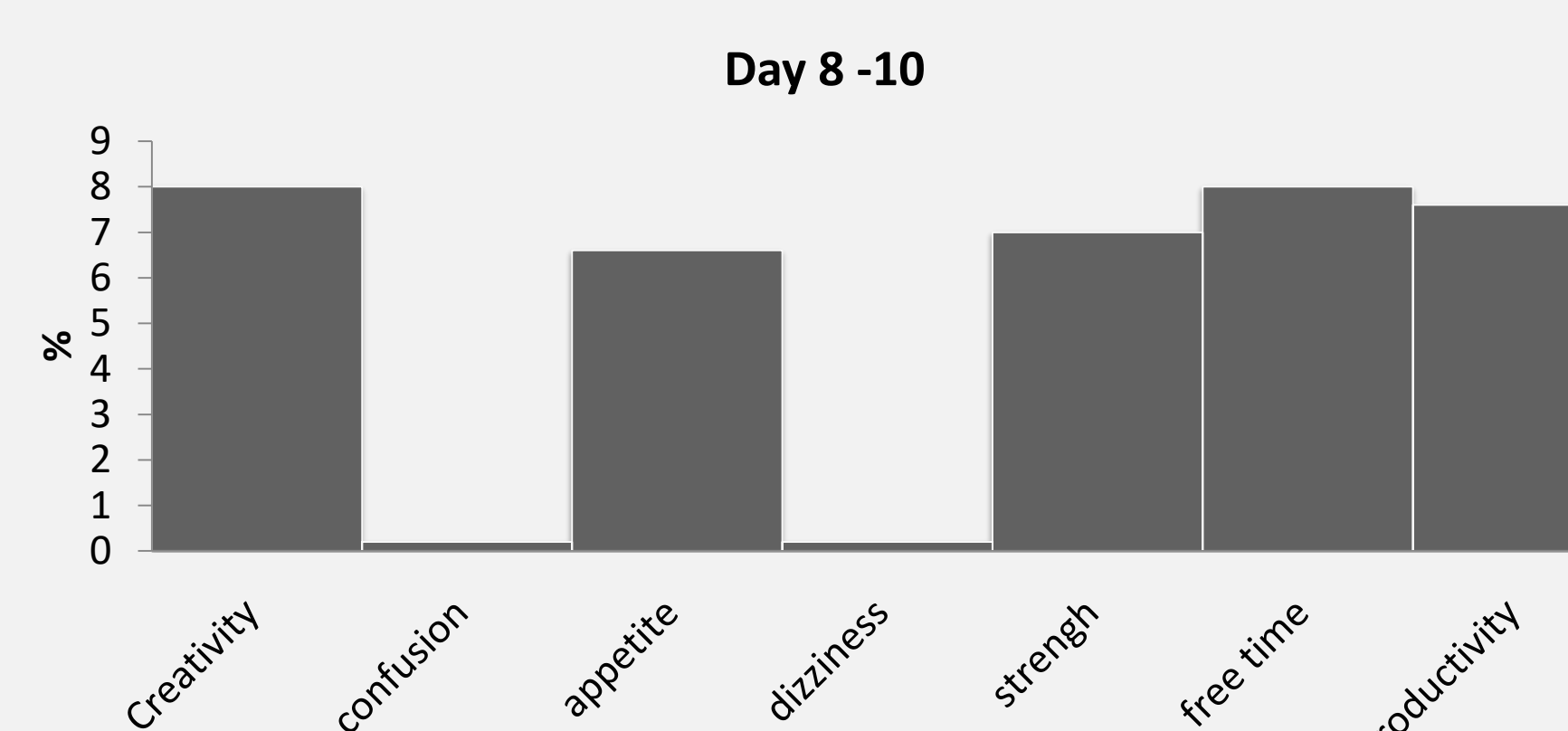


Day 6-7

Their working capacity had been improved, they feel very energetic after every day nap, and the stopped drinking coffee



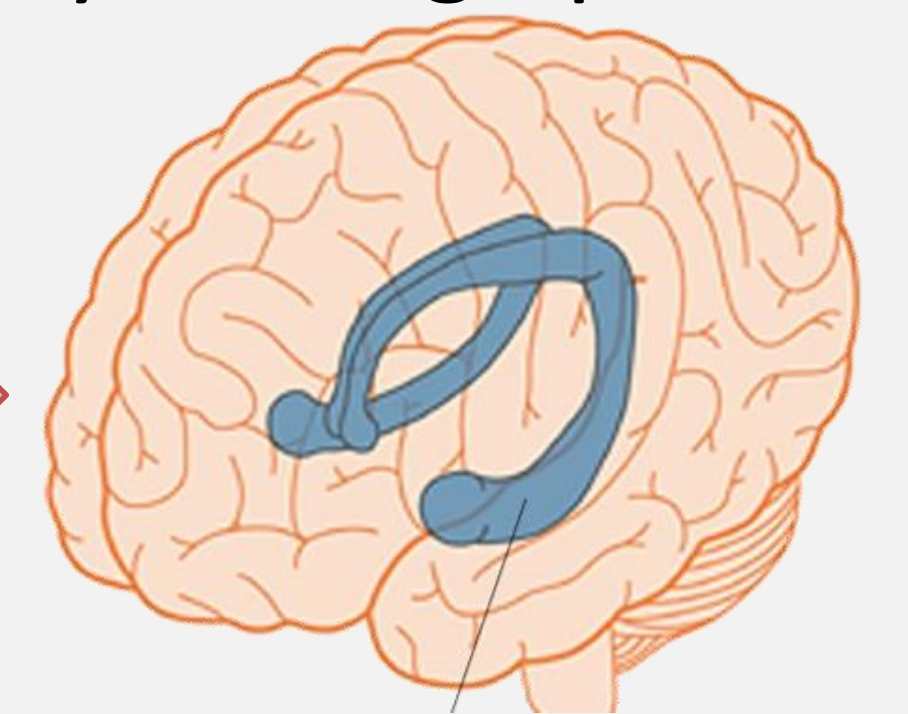
Day 8-10



Discussion

- According to the results polyphasic sleep had positive effects upon the maintenance of the daytime vigilance level.
- This way of sleeping could help in learning and approaching new levels by waking up in the (REM) phase².

Hippocampus and the long-term memory



- A lot of famous scientist where using this sleep pattern and they were very healthy and productive³.

Conclusion

Its strategy employed by people who want to spend more time awake. The aim is to have shorter sleep periods throughout the 24-hour day, rather than one 8-hour sleep through the night. this allows the practitioner to sleep less total time, and therefore have more time for waking activities. The idea is that with more waking time, the person will be able to accomplish more productive work.

References

1. scientific American. 2018. Available at: <https://www.scientificamerican.com/article/what-is-the-function-of-t-1997-12-22/>. Accessed March 6, 2018.
2. Hayashi, M., Watanabe, M. and Hori, T. (2018). *The effects of a 20 min nap in the mid-afternoon on mood, performance and EEG activity*. [online] neurophysiology. Available at: <http://www.clinph-journal.com/article> Accessed 16 Mar. 2018].
3. Nugent P (Psychology Dictionary). *Psychology Dictionary*. 2018. Available at: <https://psychologydictionary.org/polyphasic-sleep>. Accessed March 16, 2018.