Polysurvey 2018

results and analysis

Created by the polyphasic sleep community, released in March 2019.

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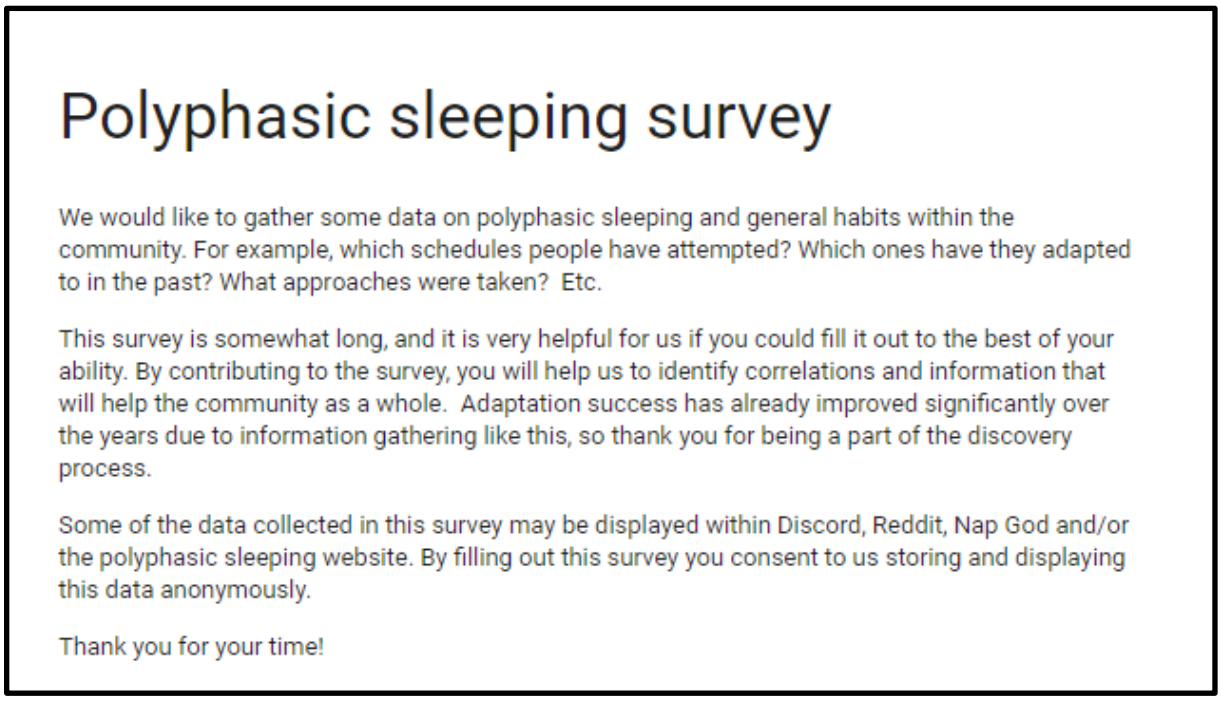


Polyphasic sleeping survey

We would like to gather some data on polyphasic sleeping and general habits within the community. For example, which schedules people have attempted? Which ones have they adapted to in the past? What approaches were taken? Etc.

This survey is somewhat long, and it is very helpful for us if you could fill it out to the best of your ability. By contributing to the survey, you will help us to identify correlations and information that will help the community as a whole. Adaptation success has already improved significantly over the years due to information gathering like this, so thank you for being a part of the discovery process.

Some of the data collected in this survey may be displayed within Discord, Reddit, Nap God and/or the polyphasic sleeping website. By filling out this survey you consent to us storing and displaying this data anonymously.

Thank you for your time!

This survey was launched in 08/2018 with the intent to create a basis for future surveys, as well as allow for some questions to be answered and statements made on polyphasic.net source able, and gathered results up until 12/2018. During this time the survey managed to get 78 entries, out of which two were discarded. People who had adapted to a schedule were favored, but experience of adapted polyphasic schedules was not required. Two people had not tried any polyphasic schedules. 42 people had adapted to at least one schedule, specifically to an average of 1.83 schedules per person (with a standard deviation of 1.67), and the average adapted per attempted rate was 0.64 (with a standard deviation of 0.29) for them. People who had adapted to no schedules had attempted an average of 1.91 (standard deviation of 1.00) schedules per person. The total adapted per attempted schedules rate was 38%.

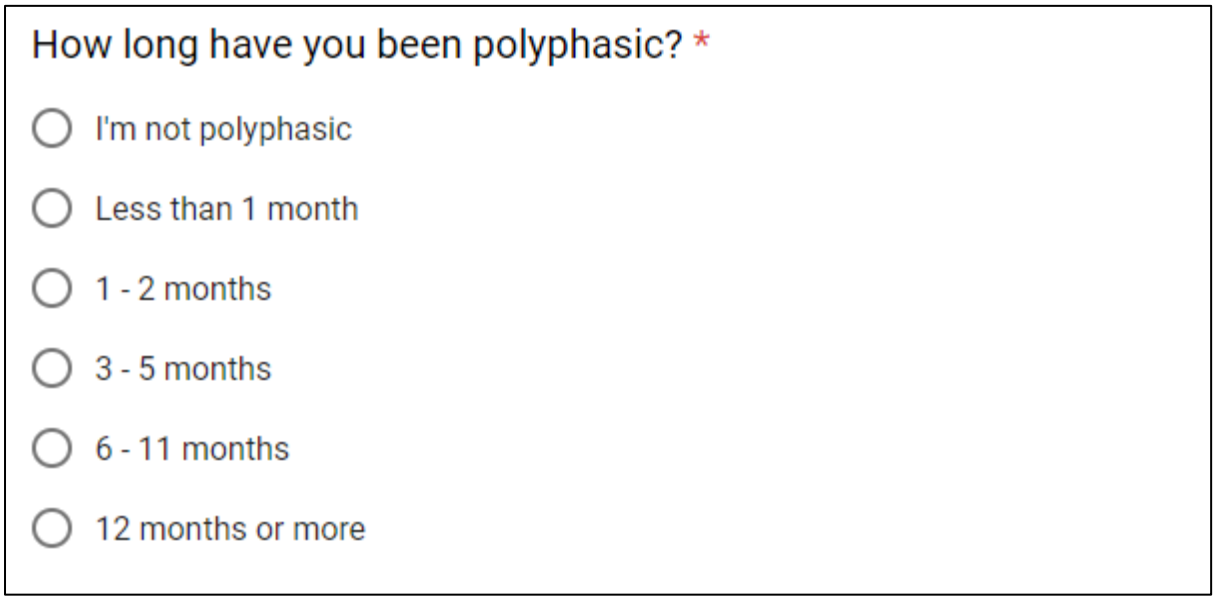
Number of people who had adapted to at least one schedule	42
Average adapted schedules per person who has at least one adapted schedule	1,83
Adapted per attempted schedules (at least one adapted schedule)	64%
Attempted schedules per person (no adapted schedules)	1,91
Adapted per attempted schedules (total)	38%

In this analysis some correlations will be presented, however it should be pointed out that they are not necessarily causational to the points or conclusions made. This is because of

the fact that there are so many variables that could affect the results, and minor points might not have been detrimental or beneficial for the adaptation. Regardless, the results still show something that could be useful if a large majority follow a certain pattern with success.

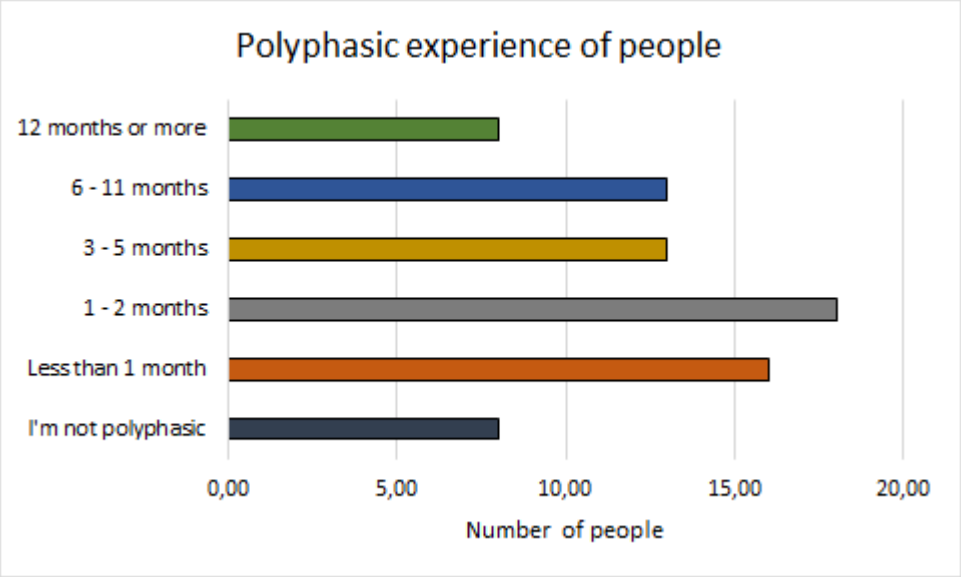
Demographic

Experience



The people answering the survey had the following polyphasic experience:

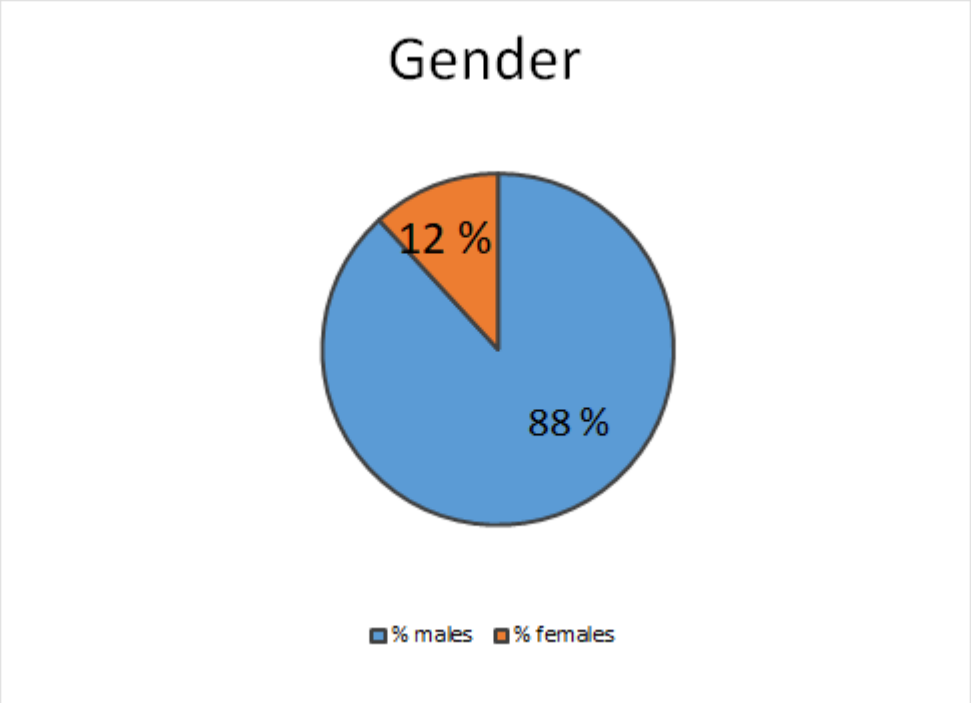
Experience (months)	I'm not polyphasic	< 1	1 - 2	3 - 5	6 - 11	12
Number of people	8	16	18	13	13	8



It seems like some people filled out the wrong option, and probably interpreted the “I’m not polyphasic” option as “I’m not currently polyphasic”. This option will be changed in future versions of the survey. There were quite a few people who had a lot of polyphasic experience.

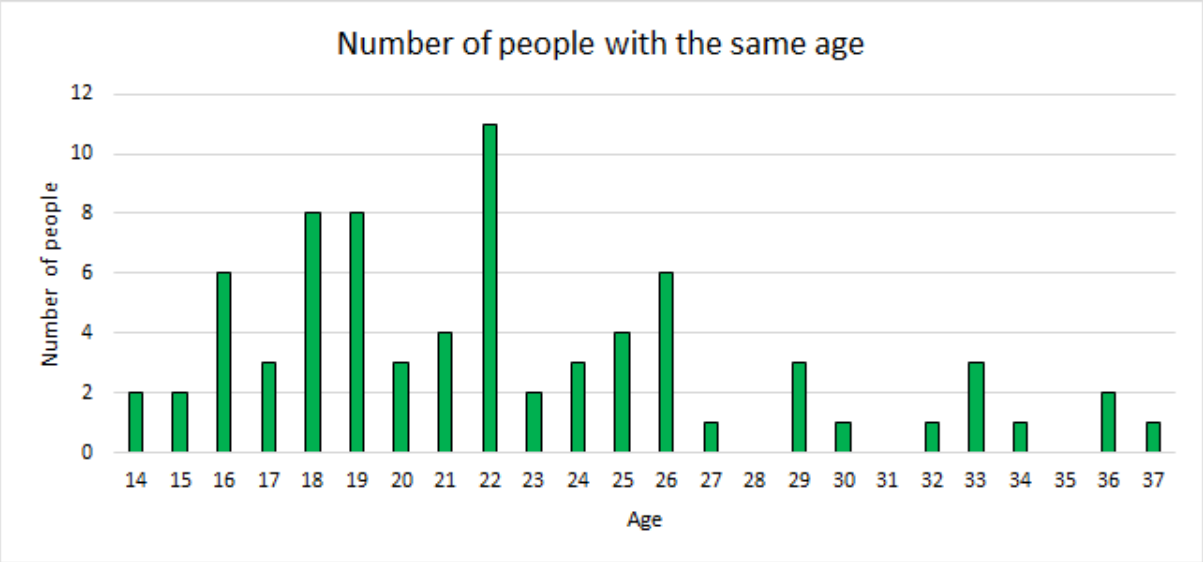
Gender

The percent of women who took this survey was 12%, while the percent of men was 88%.



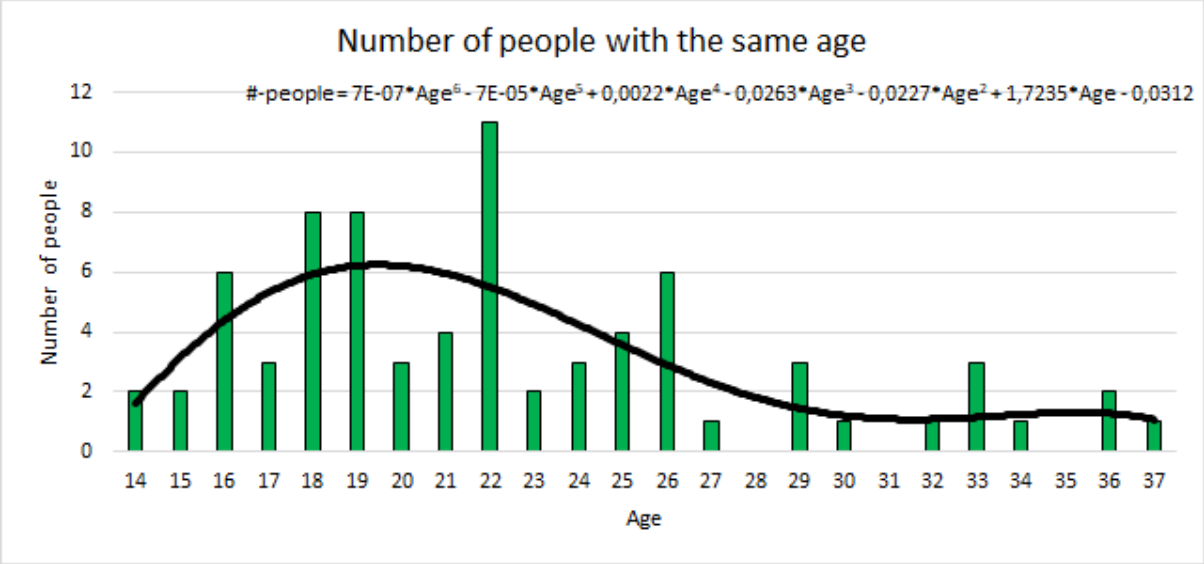
Age

The average age of the survey takers was 22.6 years, with a standard deviation of 5.89 and a median age of 22 years.



Making a polynomial trend line of the 6th order with Excels inbuilt function yields the following equation and graph:

#-people = 7E-07*Age^6 - 7E-05*Age^5 + 0,0022*Age^4 - 0,0263*Age^3 - 0,0227*Age^2 + 1,7235*Age - 0,0312



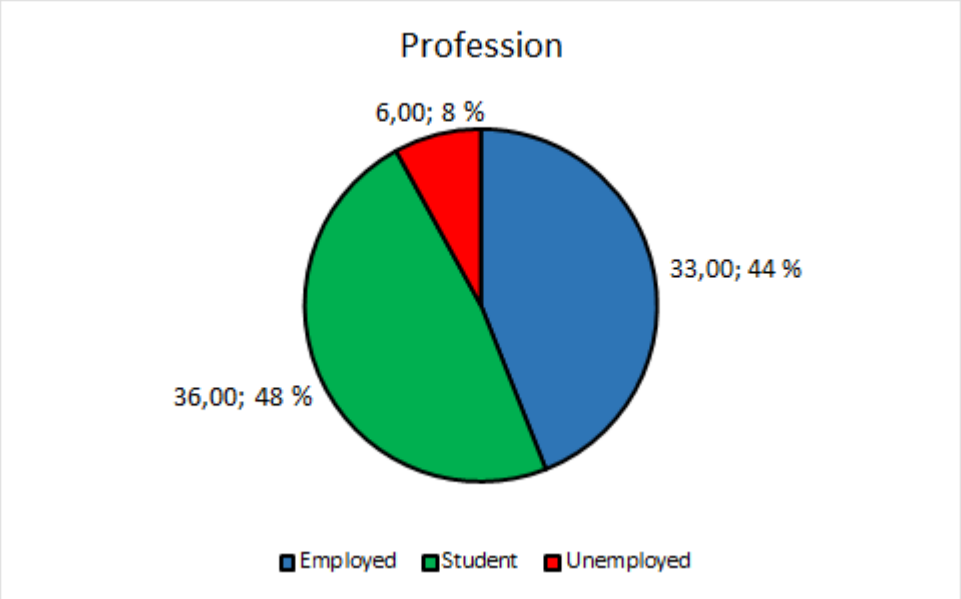
From which it is clearly visible that the majority of people who answered this survey are adolescents or young adults.

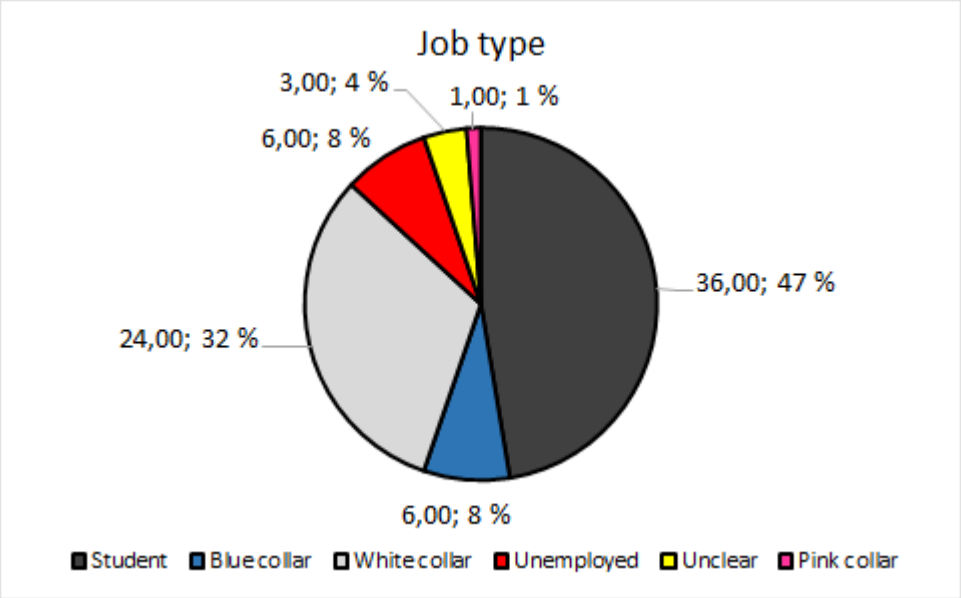
Profession

Profession *

Your answer

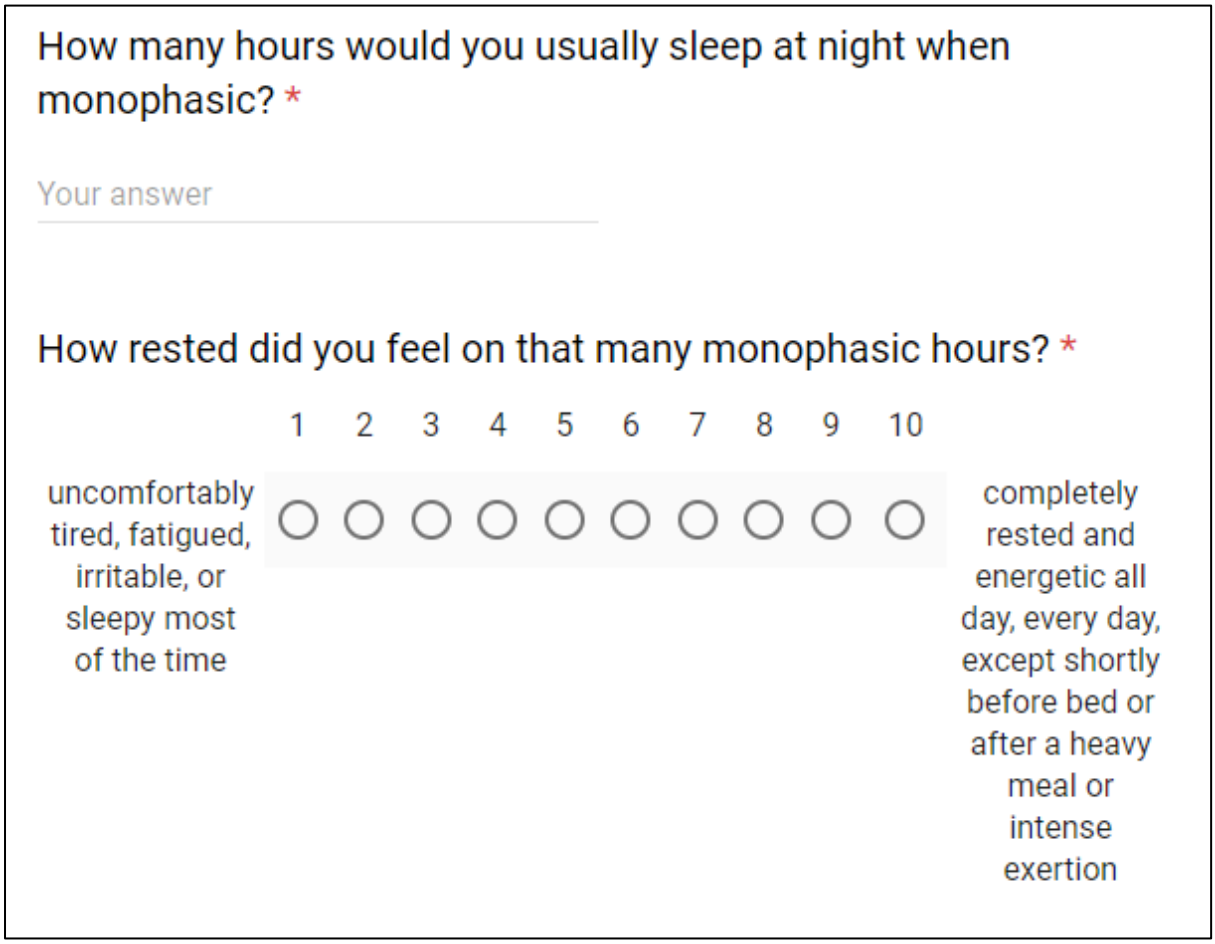
The answers submitted have been categorized into a couple of different pie charts, based on the professions (a broad overview), and the job types (specific).
The following sources were used to determine the definition of blue (https://en.wikipedia.org/wiki/Blue-collar_worker), white (https://en.wikipedia.org/wiki/White-collar_worker) and pink (https://en.wikipedia.org/wiki/Pink-collar_worker) collar workers.





These charts show that a clear majority of the people answering to the survey are students, most likely because of their ages. After this comes the white collars, then blue collars and unemployed people with as many replies each, and lastly the pink collars. The unclear ones were mostly reported as “self-employed”, which can refer to any job type.

Monophasic habits



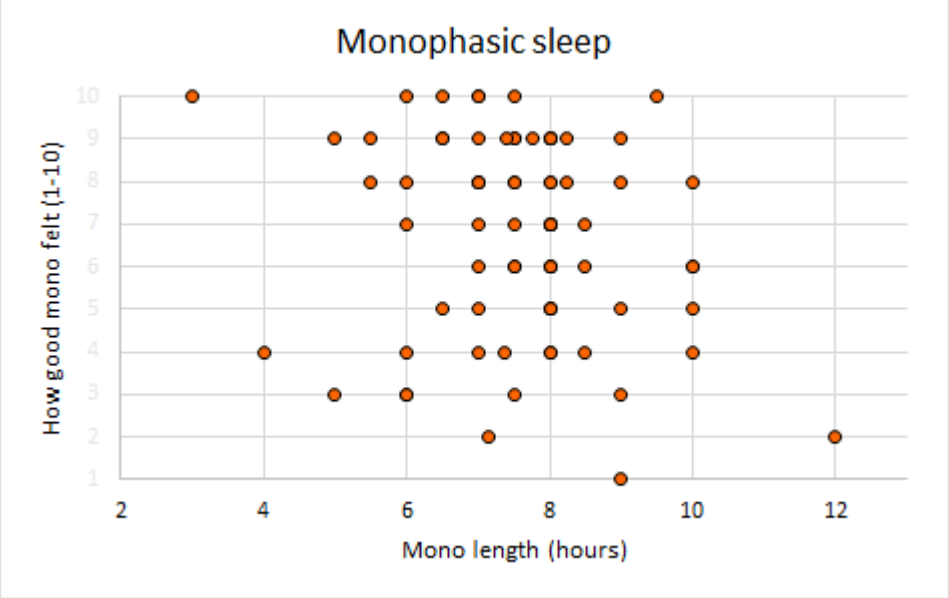
People slept on average 7.6 hours while monophasic (with a standard deviation of 1.42), and felt rested at an average of 6.7 on a 1-10 scale, with a standard deviation of 2.33.
The following specific data was gathered.

How many hours would you usually sleep at night when monophasic?	How rested did you feel on that many monophasic hours?
7.50	3.00
6.50	9.00
7.00	8.00
3.00	10.00
5.50	9.00
8.25	9.00
10.00	6.00
6.00	4.00

How many hours would you usually sleep at night when monophasic?	How rested did you feel on that many monophasic hours?
7.50	9.00
7.50	6.00
7.50	8.00
10.00	5.00
9.50	10.00
9.00	5.00
7.00	8.00
8.00	5.00
6.00	3.00
8.50	4.00
7.14	2.00
6.50	9.00
8.00	8.00
6.00	8.00
7.00	4.00
10.00	4.00
7.75	9.00
8.00	9.00
8.00	7.00
7.50	9.00
10.00	6.00
12.00	2.00
-	5.00
5.50	8.00
9.00	8.00
8.00	6.00
8.50	7.00
8.00	5.00
5.00	9.00

How many hours would you usually sleep at night when monophasic?	How rested did you feel on that many monophasic hours?
6.00	7.00
10.00	8.00
7.38	4.00
7.50	6.00
8.00	7.00
5.00	3.00
6.00	3.00
8.00	7.00
7.50	7.00
8.00	4.00
8.00	7.00
7.00	10.00
6.50	5.00
7.00	5.00
8.25	8.00
8.00	9.00
8.00	5.00
9.00	3.00
8.00	6.00
7.00	10.00
6.50	10.00
7.50	8.00
8.00	6.00
7.40	9.00
7.00	6.00
8.00	8.00
6.00	10.00
7.00	9.00

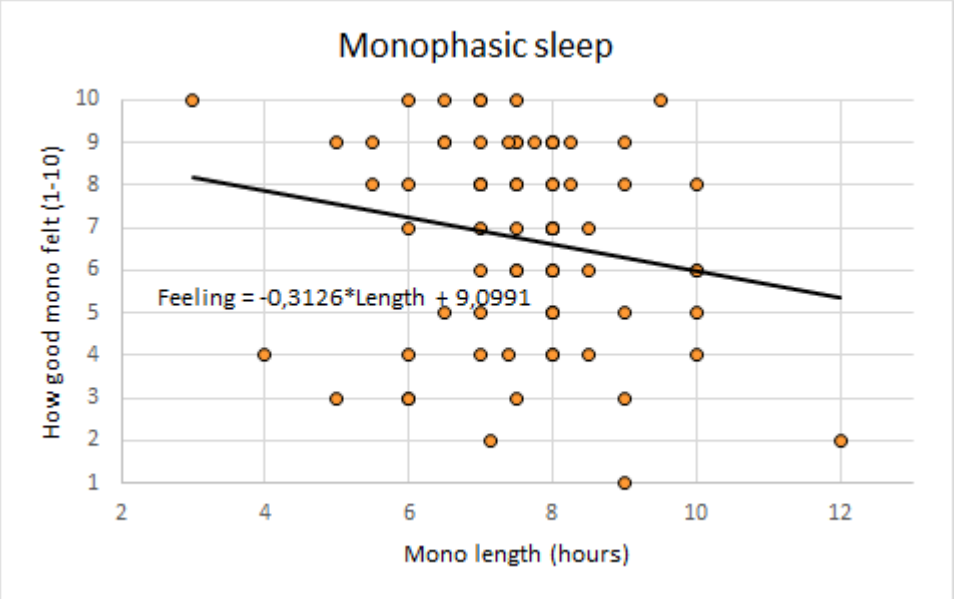
How many hours would you usually sleep at night when monophasic?	How rested did you feel on that many monophasic hours?
7.50	10.00
8.00	4.00
8.00	9.00
9.00	9.00
4.00	4.00
7.00	8.00
9.00	1.00
7.00	7.00
8.00	7.00
8.50	6.00
8.00	9.00



The trend line had the following equation:

Feeling = -0.3126*Length + 9.0991

The graphed out trend line looked as follows:



With the trend line in place for this data point graph it seems like the less people slept monophasically the better they felt.

Exercise

How many hours per week do you spend doing sports or exercise? What sorts? What levels of intensity? *

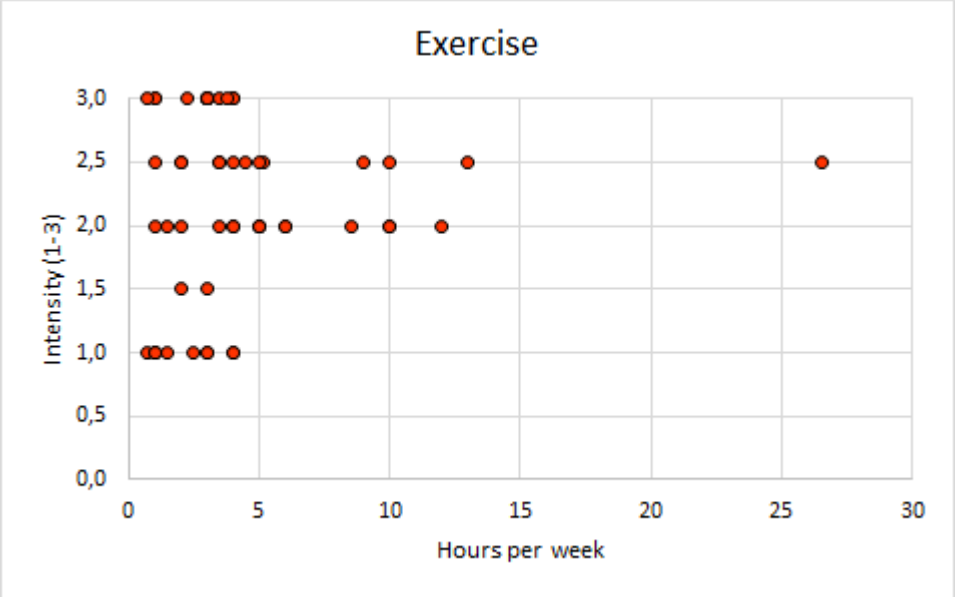
Your answer

Has this changed during your polyphasic experience?

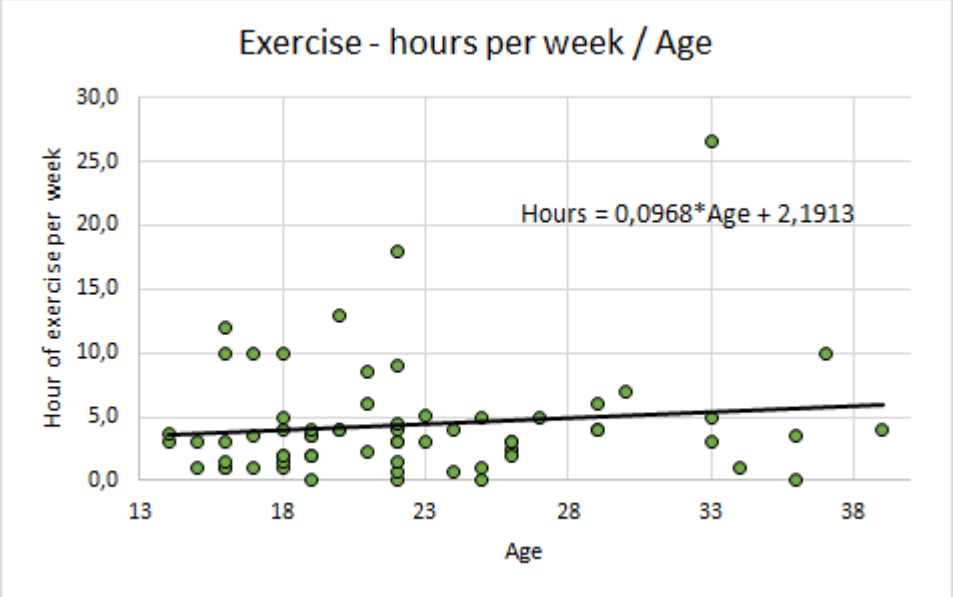
If yes, please explain how, why and the results of doing so.

Your answer

When people reported a range of exercising durations an average of them was used.
The intensity of the trainings was mostly labelled as low - high, which was then translated into numbers, where low = 1 and high = 3. An average of these was also calculated for each individual.
The average time each person spent exercising a week was 4.37 hours, with a standard deviation of 4.42. The average intensity was 2.15 (or a bit over medium), with a standard deviation of 0.68.



Comparing the amount and intensity of exercising to the age of the people yields the following graphs:



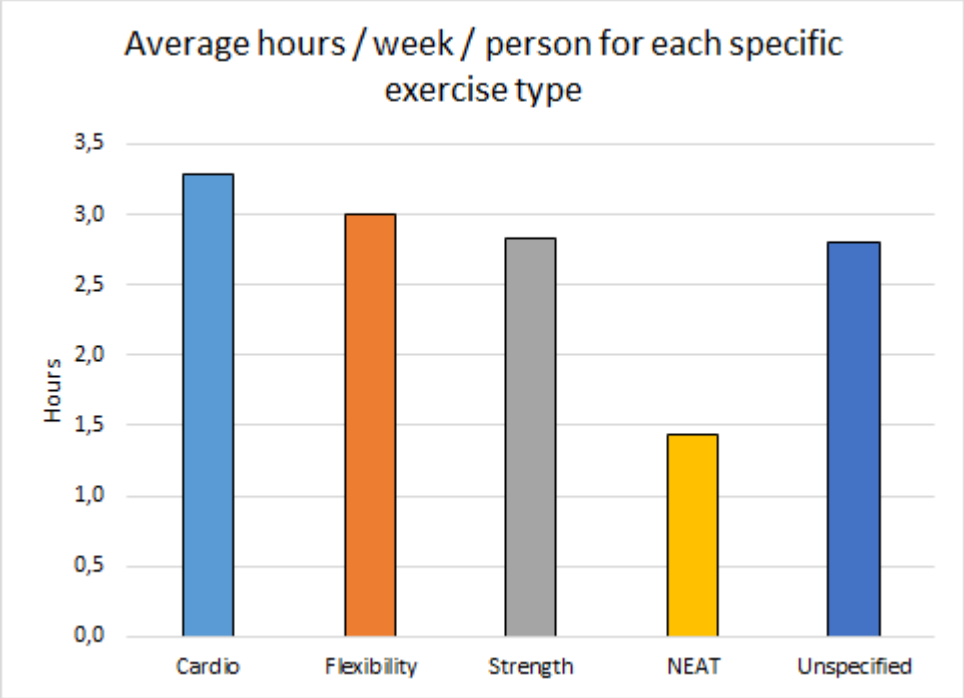
From which it can be seen that the intensity did not really change as people age. The amount of exercise per week does get a bit higher as people age.

The different types of exercise were categorized into the following categories:

- Flexibility
- NEAT (Non-exercise activity thermogenesis)
- Cardio (cardiovascular training)
- Strength
- Unspecified

Most people listed only one form of exercise, but some listed two. Listing two resulted in the duration of exercising per week being split in two equal parts in the table below.

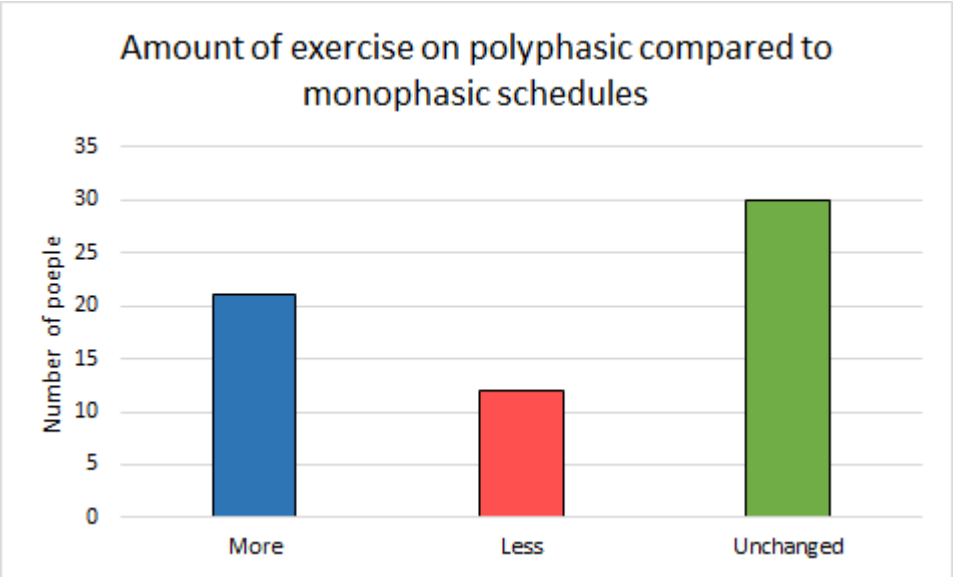
	Flexibility	NEAT	Cardio	Strength	Unspecified
People	2	7	37	24	19
Total hours	6	10	121.58	68	53.25
Hours / person	3	1.43	3.29	2.83	2.80

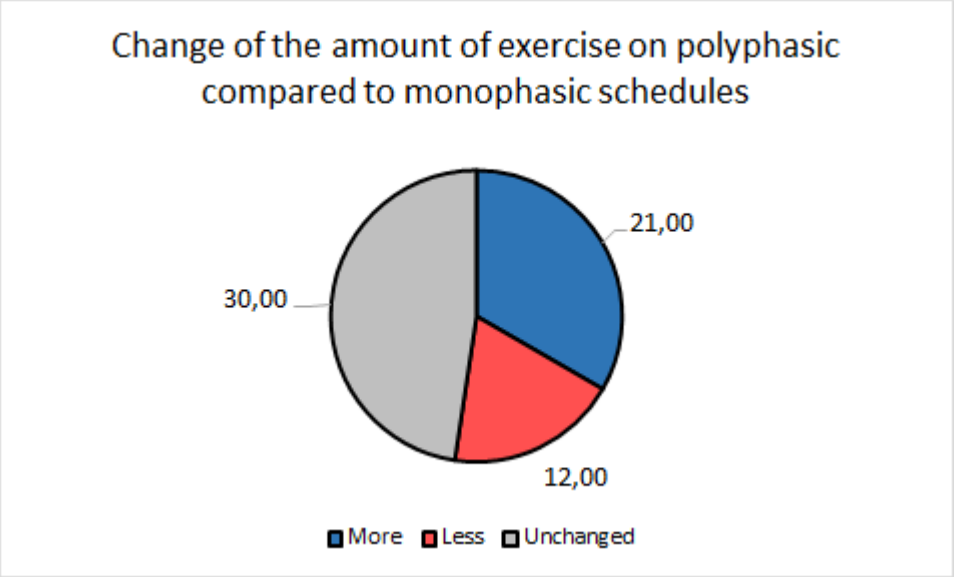


From this graph it can be seen that the people who do cardiovascular workouts train the most hours each week.

Another question asked was how polyphasic sleep had changed the amount of exercise people did compared to when they were monophasic. This is the result:

More	Less	Unchanged
21	12	30

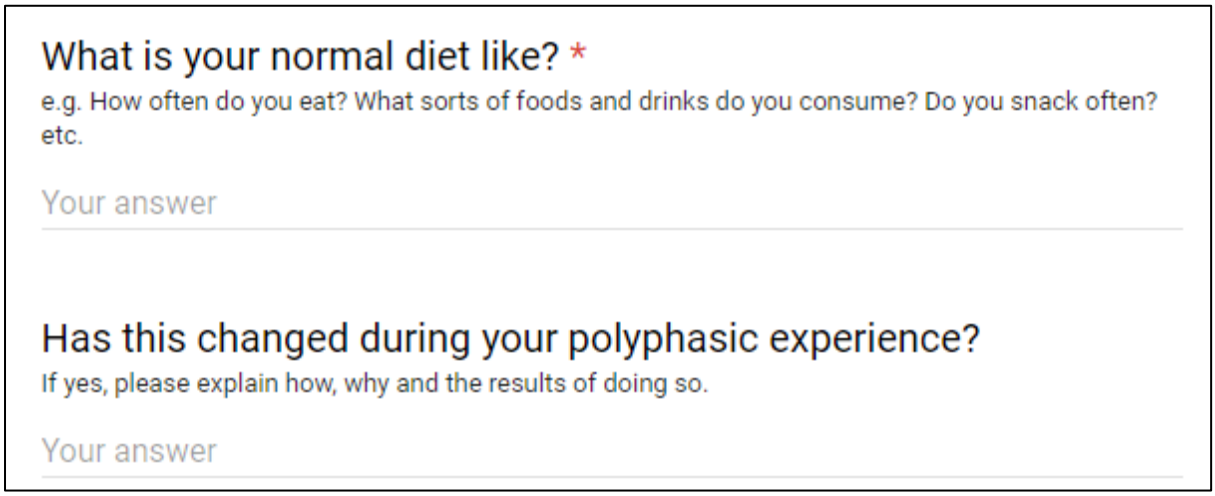




Which means that switching to a polyphasic schedule most likely either increases the amount that people exercise, or doesn't change it at all. The most common reason stated for the increase of the amount of exercise was because polyphasic sleep allowed people to have more time to exercise. The reason for less exercise was mostly a lack of energy.

Food

Diets

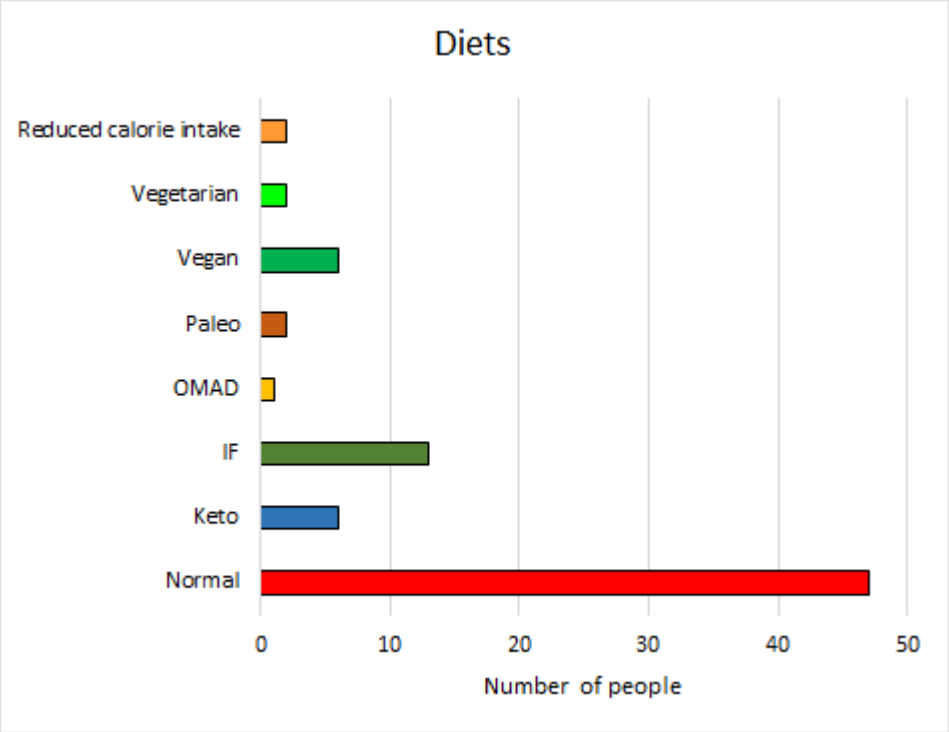


The diets detailed have been categorized into the following ones:

- Normal
- Keto (ketogenic diet)
- IF (intermittent fasting)
- OMAD (one meal a day)
- Paleo
- Vegan
- Vegetarian
- Reduced calorie intake

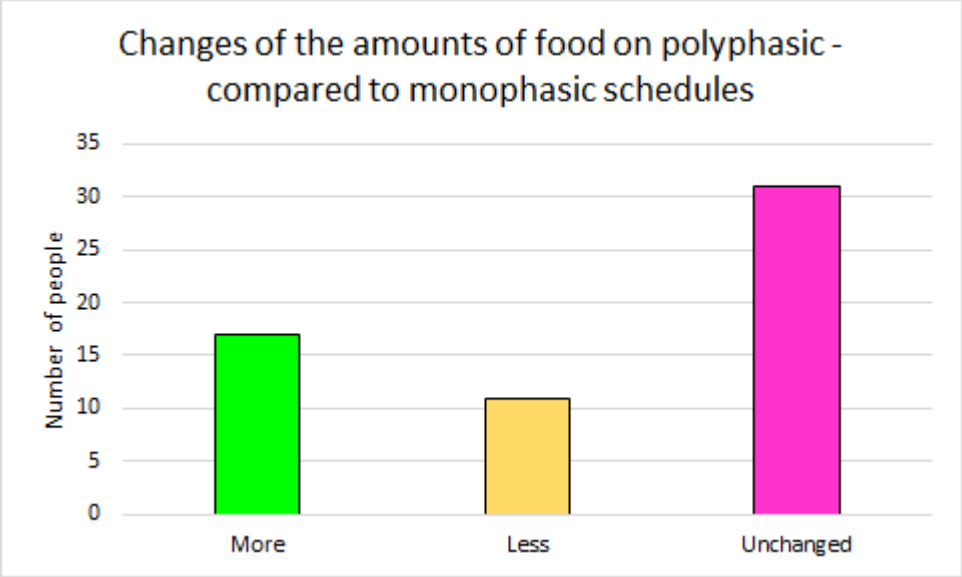
Some people combined multiple diets, for example the ketogenic diet and intermittent fasting. If several diets were combined they were counted as separate diets. The following table and graph were yielded:

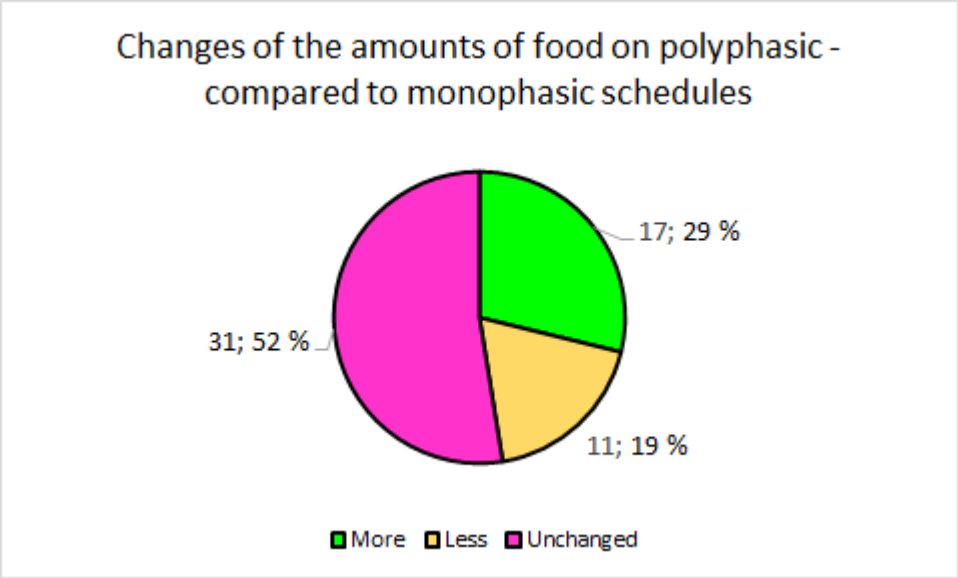
	Normal	Keto	IF	OMAD	Paleo	Vegan	Vegetarian	Reduced calorie intake
Number of people	47	6	13	1	2	6	2	2



Adaptations to polyphasic sleep schedules caused the following changes in the amounts of food consumed:

Amount of food - polyphasic compared to monophasic sleep	More	Less	Unchanged
Number of people	17	11	31





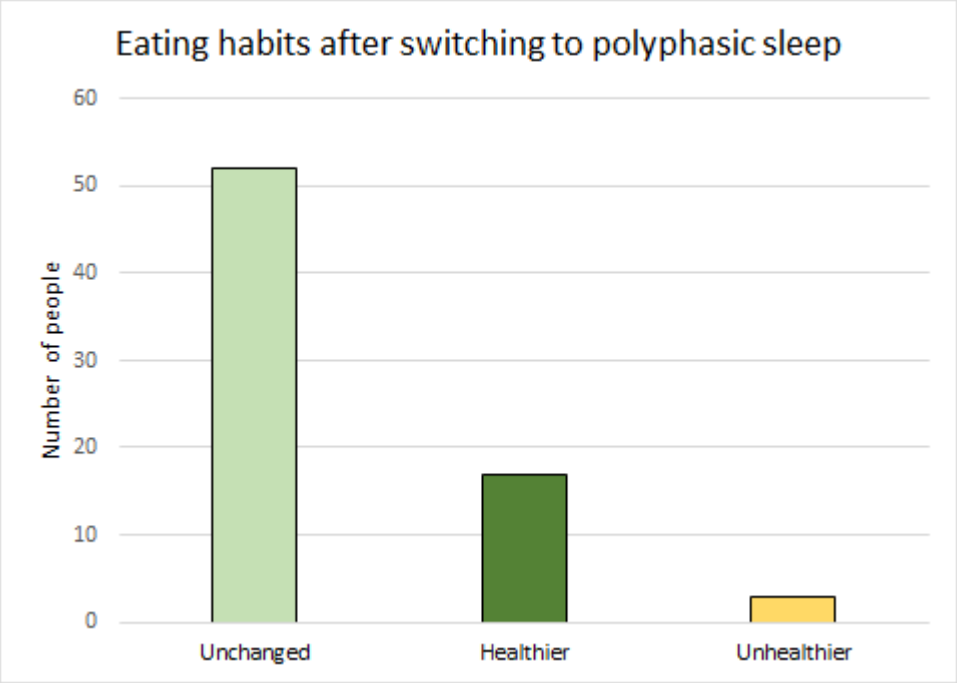
As can be seen in the above graphs the eating habits of people varied quite a bit as a result of altering their sleep.

Eating habits

The eating habits after switching to a polyphasic sleep schedule were also determined. Here the data was classified as the following:

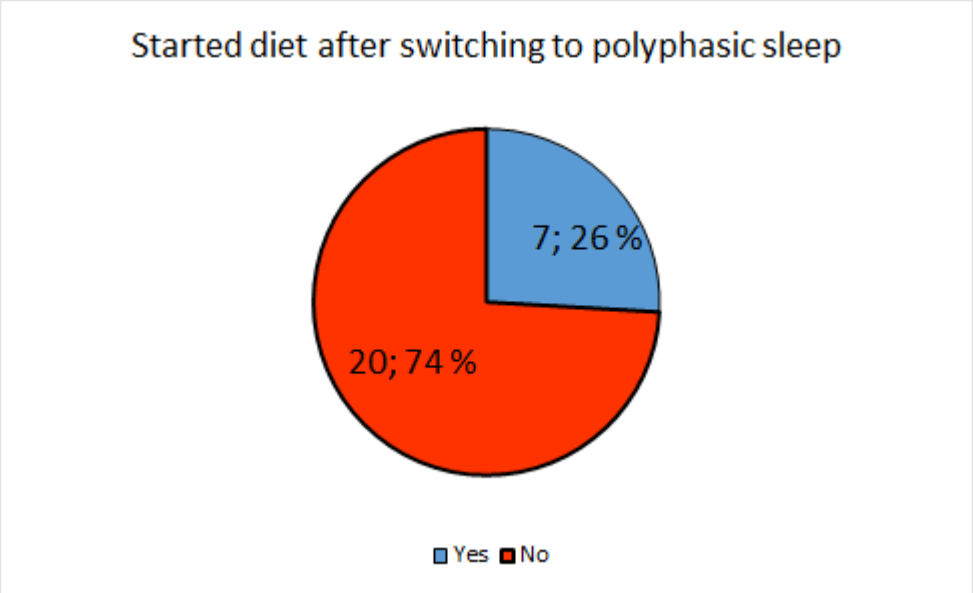
- Healthier
- Unhealthier
- Unchanged

Merely changing to a diet was put into the “unchanged” category, unless the entries specified that sugars, snacks etc were reduced upon switching eating habits.



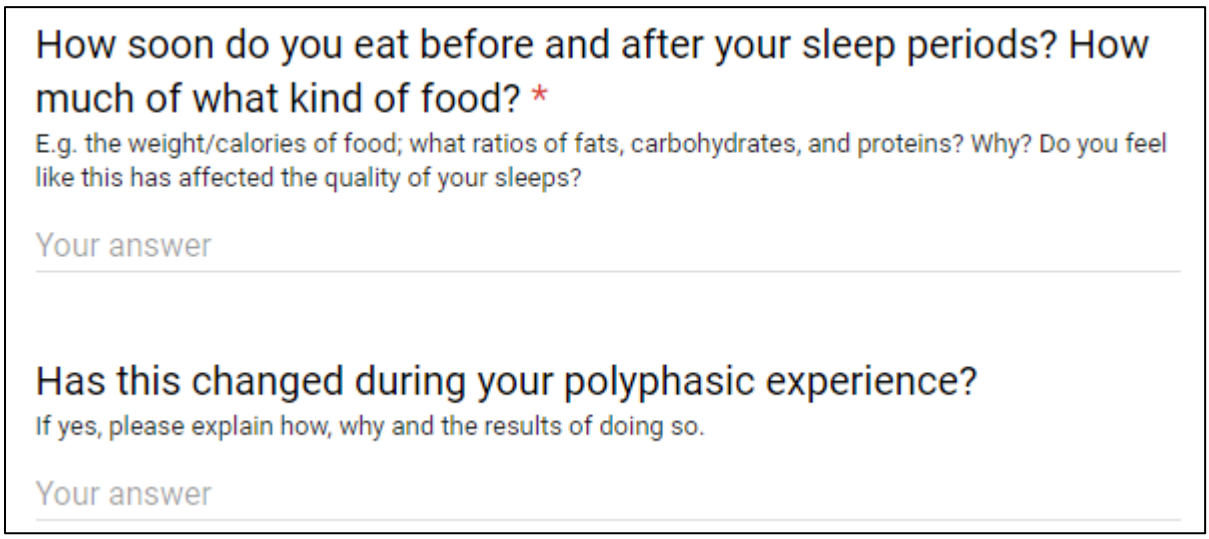
What can be derived from this is that people who switched to polyphasic schedules seem to either not pay much effect on the eating habits they have, or possibly take notice and try to improve their health.

The following data was gathered regarding if people on diets switched to the diet while sleeping polyphasically.



So most people felt like they were fine with their diets when they started sleeping polyphasically.

Fasts



The table of fasts during the polyphasic sleep experience of people looked as follows:

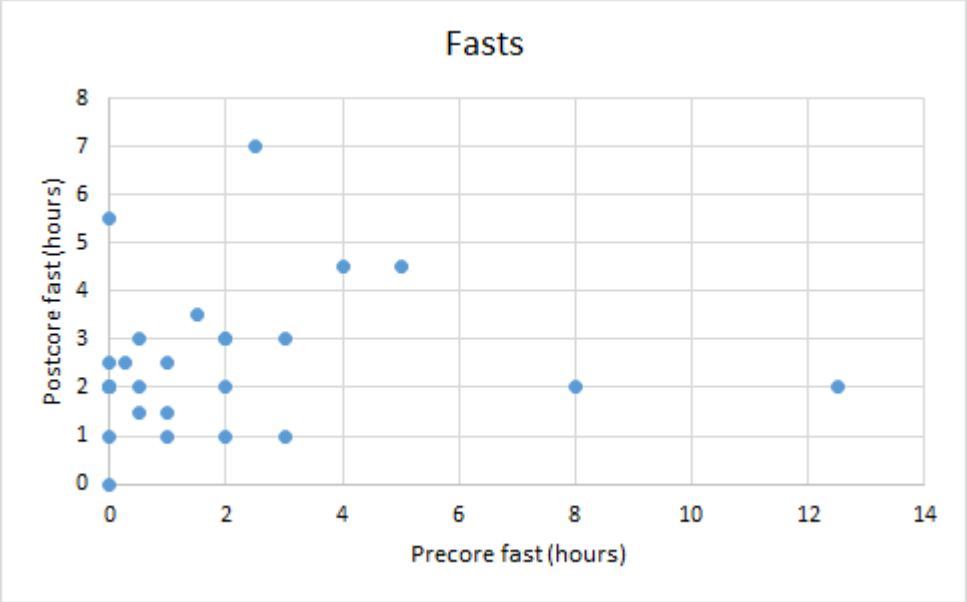
Duration of post core fast (hours)	**Duration of pre core fast (hours)**		**Duration of post core fast (hours)**	**Duration of pre core fast (hours)**		**Duration of post core fast (hours)**	**Duration of pre core fast (hours)**
4.00			5.00	4.50		0.50	3.00
4.00	4.50		1.00	1.00		0.00	1.00
2.50	7.00		8.00			3.00	3.00
8.00	2.00			3.50		1.00	
0.08				0.42			3.00
0.00	5.50			0.00		0.50	1.50
0.00	0.00		0.25	2.50			1.00
	3.00		1.00	1.50			1.00
8.50			12.50	2.00			1.50

Duration of post core fast (hours)	Duration of pre core fast (hours)		Duration of post core fast (hours)	Duration of pre core fast (hours)		Duration of post core fast (hours)	Duration of pre core fast (hours)
	2.00		0.00	2.00			2.00
0.00	2.50		2.00	2.00			0.75
0.00	2.00			3.00			2.00
0.50				1.00			3.50
	1.50		0.50			2.00	1.00
1.50	3.50		0.50			2.00	3.00
1.00	2.50			2.00		0.50	2.00
	5.00		3.00	1.00			1.50
	0.25			2.50			2.00
2.00	3.00			2.00		0.00	2.00
	1.50		0.00	2.00			2.00

The amount of people answering these questions were however not too large;

	Duration of post core fast	Duration of pre core fast
Number of answers	35	52
Percentage	45.5	67.5

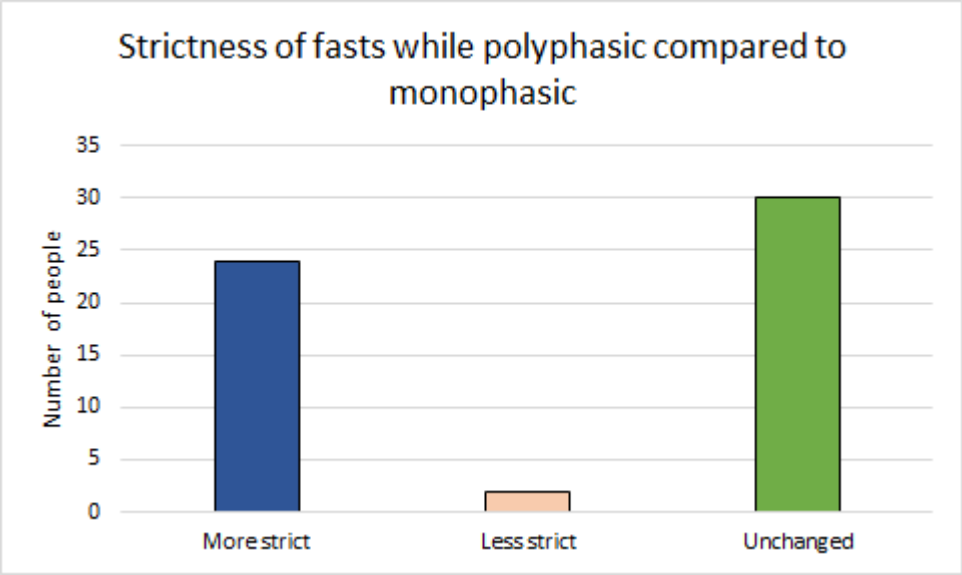
The total length of the nightly fast was not taken into consideration for this question, just the fast blocks before and after the core sleep.



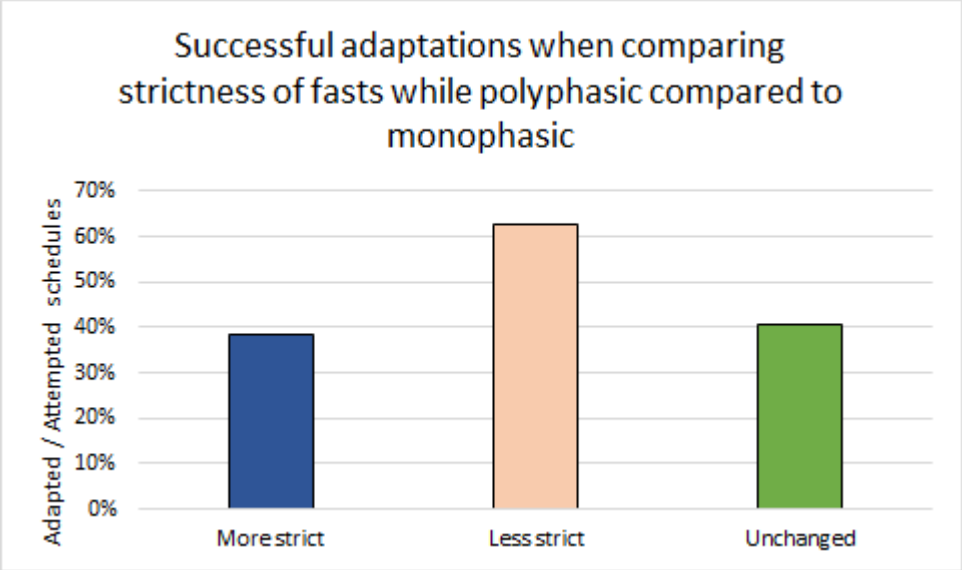
Strictness

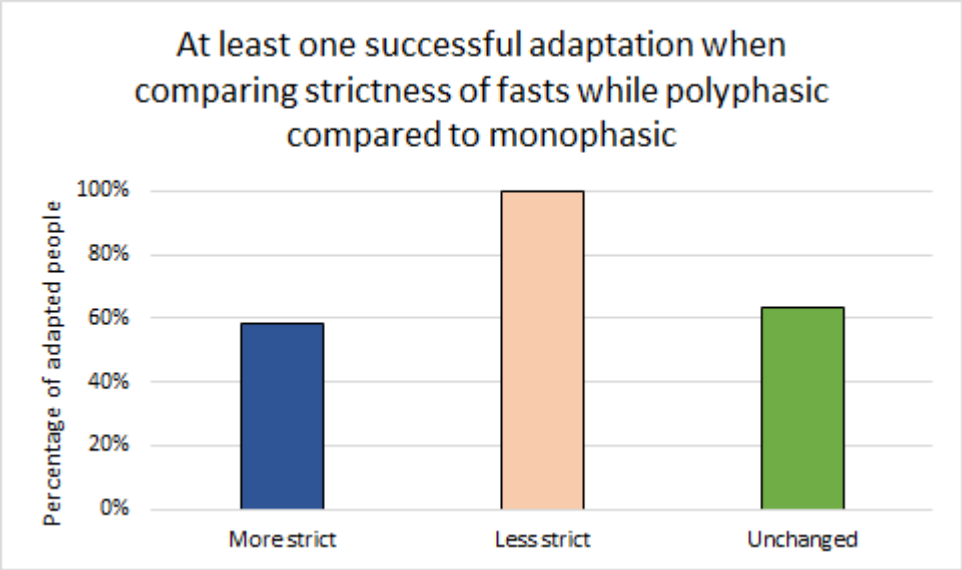
People had changed how strict they were with their fasts while polyphasic in comparison to how strict they were while monophasic in the following way:

	More strict	Less strict	Unchanged
Number of people	24	2	30



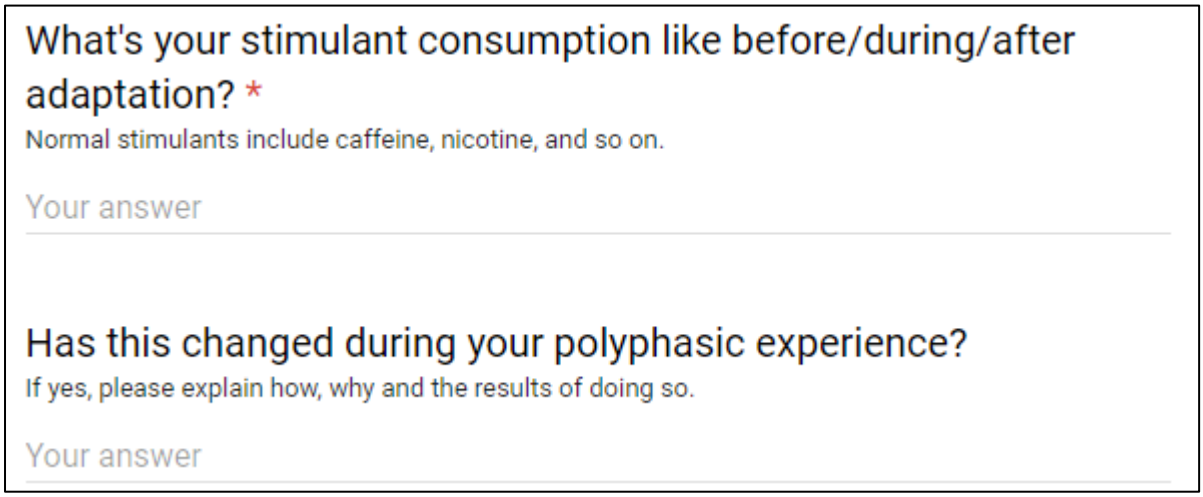
This affected the percentage of adapted people and their adapted per attempted schedules rate as follows:





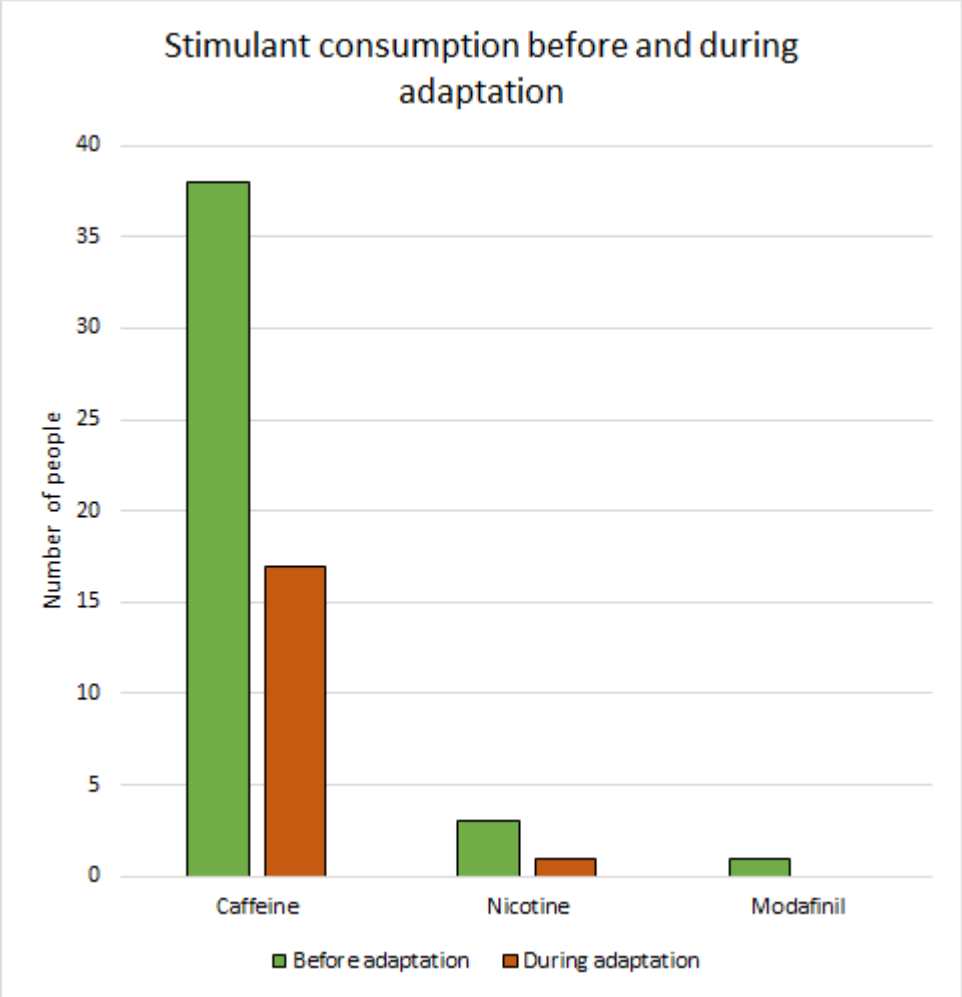
This might seem like being less strict with the feeding times increases the chance to successfully adapt, but the sample size is really too small to draw any such conclusions. Further data is required here. Because fewer people who changed the strictness of their fasts managed to adapt to any schedule, it can be concluded that it is best to already be strict with the feeding times before attempting a polyphasic schedule, though the difference is not that great.

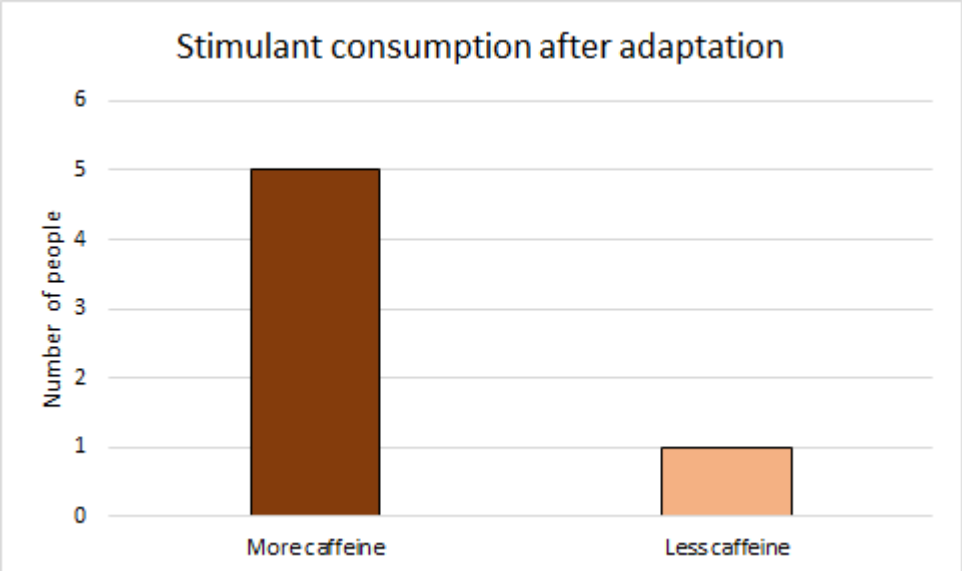
Stimulants

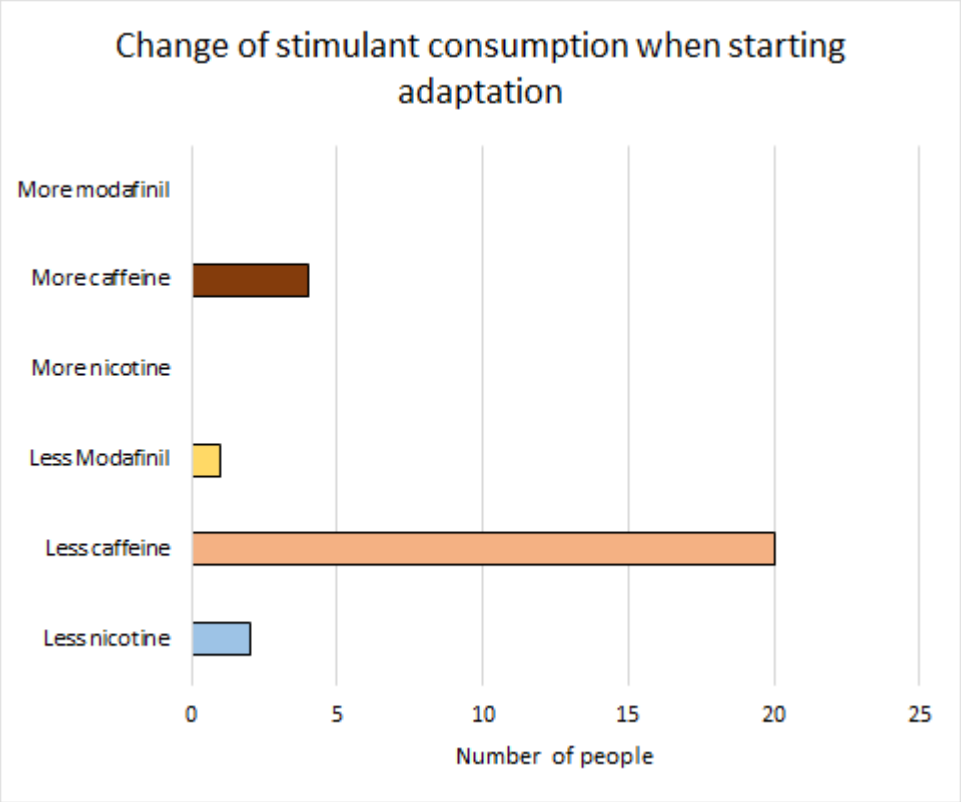


The following information regarding stimulation consumption was gathered:

	Before adaptation	During adaptation	After adaptation
Caffeine	38	17	5 more, 1 less
Nicotine	3	1	-
Modafinil	1	0	-


Stimulant consumption before and during adaptation
40
35
30
25
20
15
10
5
0
Number of people
Caffeine
Nicotine
Modafinil
Before adaptation
During adaptation


Stimulant consumption after adaptation
6
5
4
3
2
1
0
Number of people
More caffeine
Less caffeine



This information shows that most people decreased their stimulant consumption when starting a polyphasic adaptation. Some people did increase their consumption after finishing the adaptation process.

Alcohol

How often do you consume any alcohol? *

- never
- less than once a month
- about 1-3 times a month
- about 1-2 times a week
- 3 or more times most weeks

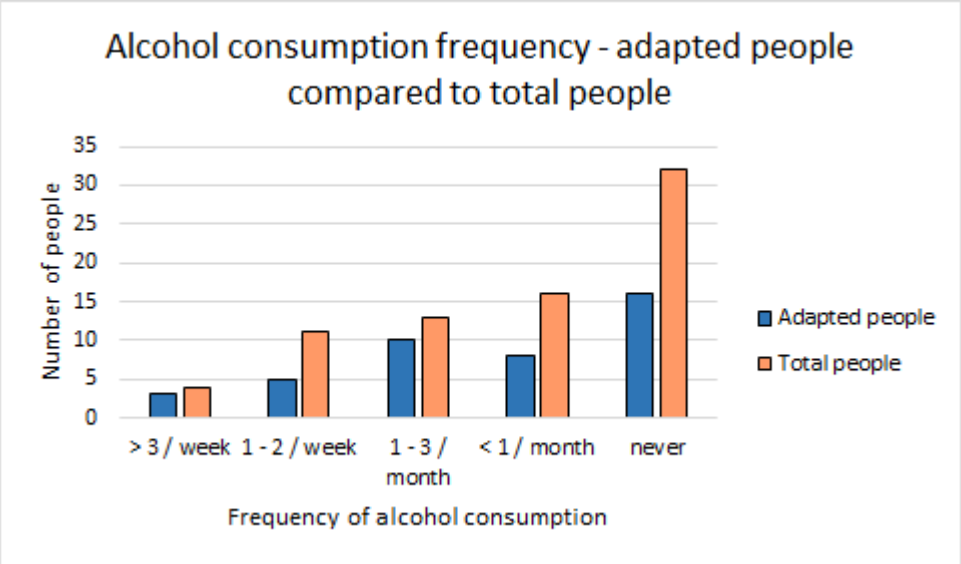
Has this changed during your polyphasic experience?

If yes, please explain how, why and the results of doing so.

Your answer

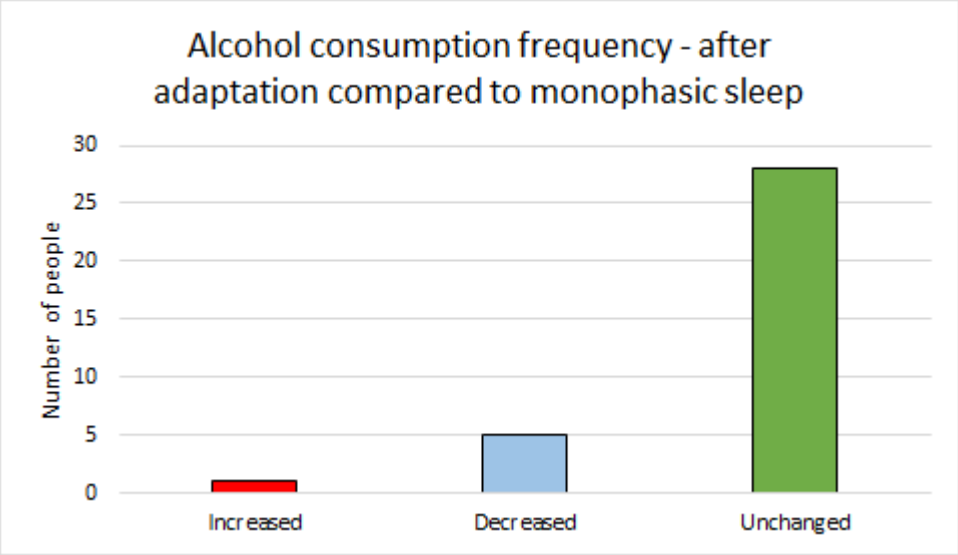
The results of the data gathered was as follows:

Frequency of drinking	> 3x / week	1 - 2x / week	1 - 3x / month	< 1x / month	never
Number of people	4.00	11.00	13.00	16.00	32.00
Number of people who have adapted	3.00	5.00	10.00	8.00	16.00
Adapted / attempted	75%	45%	77%	50%	50%



8 people (out of 8 that described the change in drinking amounts) specified that they started drinking smaller amounts of alcohol each session while polyphasic compared to when they were monophasic, and the next table details how the frequency of drinking was altered after a successful adaptation, compared to monophasic sleep:

Frequency of alcohol consumption	Increased	Decreased	Unchanged
Number of people	1	5	28



The sample size for people who had adapted to at least one polyphasic sleep schedule while drinking more regularly than 3 times a week was rather small, so no conclusions should be drawn regarding that. It is worth pointing out that several of those people said they had started consuming much smaller amounts of alcohol while switching to polyphasic schedules.
From the graph detailing alcohol consumption frequency while comparing adapted people to their monophasic sleep habits it can be seen that most people did not change the frequency of alcohol consumption, while a small portion decreased it.
This question did also not specifically ask for how much alcohol each person consumed each drinking session, which would be something worth examining in a future survey.

Drugs

How often do you consume other drugs? *
Examples include cannabis, hard drugs, prescription drugs and so on. Please specify if your habits changed during and/or after adaptation.

Your answer

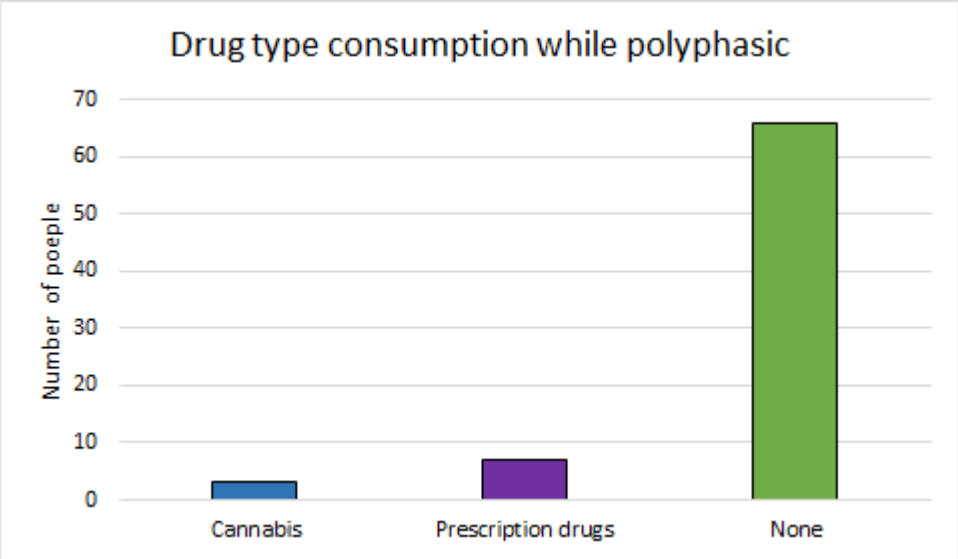
Has this changed during your polyphasic experience?
If yes, please explain how, why and the results of doing so.

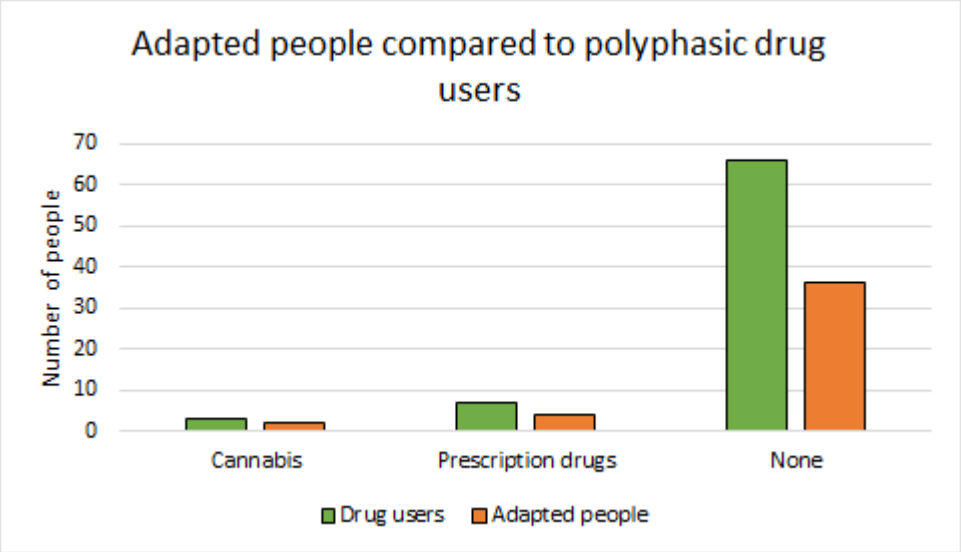
Your answer

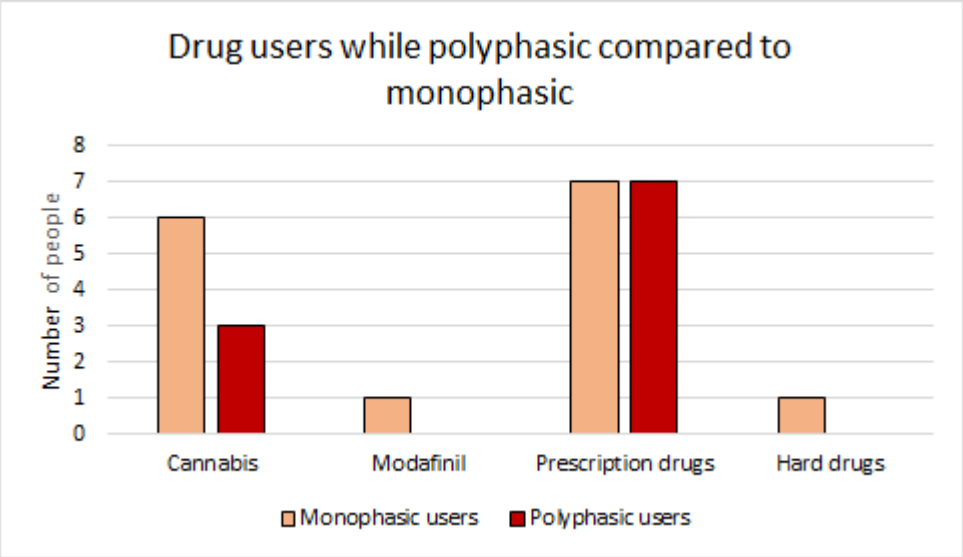
The results of the data gathered is as follows:

	Cannabis	Modafinil	Hard drugs	Prescription drugs	None
Consumption more often than once every 2 weeks while polyphasic (number of people)	3	0	0	7	64
Number of adapted people	2	-	-	4	35
Percent of adapted people compared to drug users while polyphasic	66%	-	-	57,14%	54,55%
Number of drugs users while monophasic	4	1	1	7	

Which results in the following graphs:







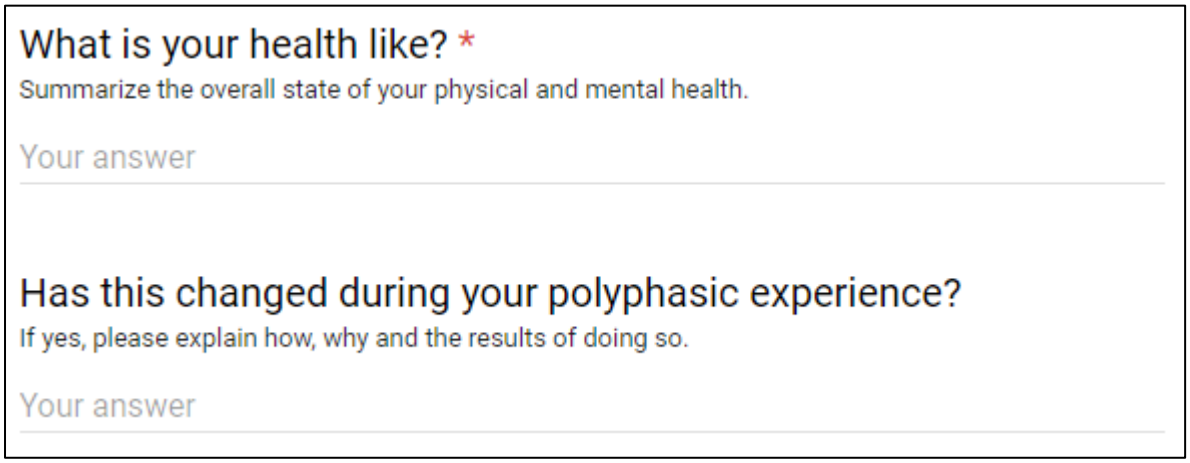
People who did drugs while monophasic changed their drug habits when becoming polyphasic as follows:

Drug consumption	Less	Unchanged
Number of people	6	8
Percentage of adaptation successes	0,67	0,63

None of the prescription drugs detailed acted as stimulants. The amounts of the drugs were not specified most of the time, which also leads to a hole in the data. For future surveys the amounts could be specified.
There was a clear lack of users of any kinds of drugs except for cannabis and prescription drugs while polyphasic.
Conclusions regarding the adaptation success rate for users of cannabis cannot be made because of the small sample size. The adaptation rate of users of prescription drugs

matches that of people who do not use drugs very similarly with this sample size, as should be expected.
People who didn't alter the amounts of drugs consumed were mostly users of prescription drugs. A clear improvement can be seen regarding the adaptation rate of people who decreased the consumption of drugs when becoming polyphasic compared to monophasic.

Health



The results of the questionnaire:

- Physical health

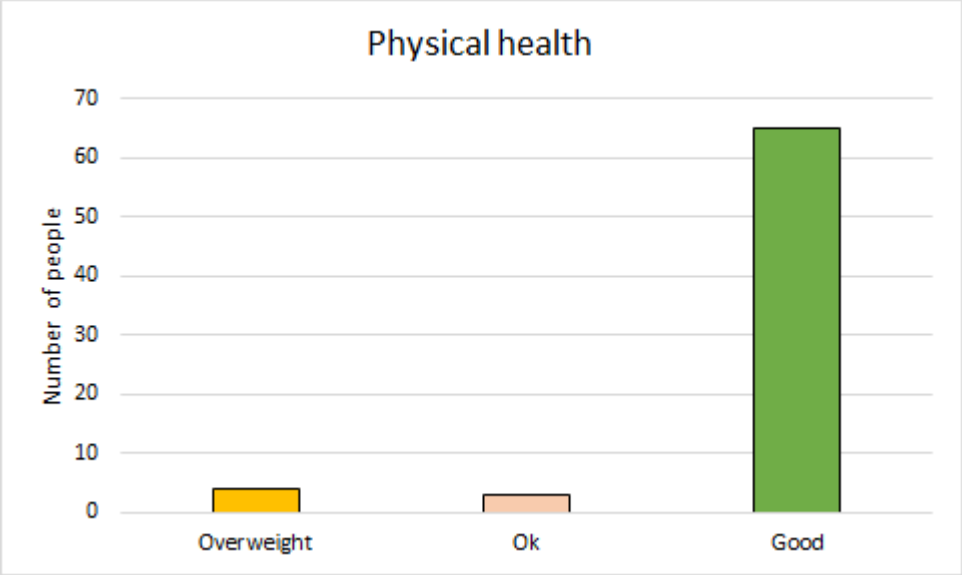
	Overweight	Ok	Good
Number of people	4	3	65

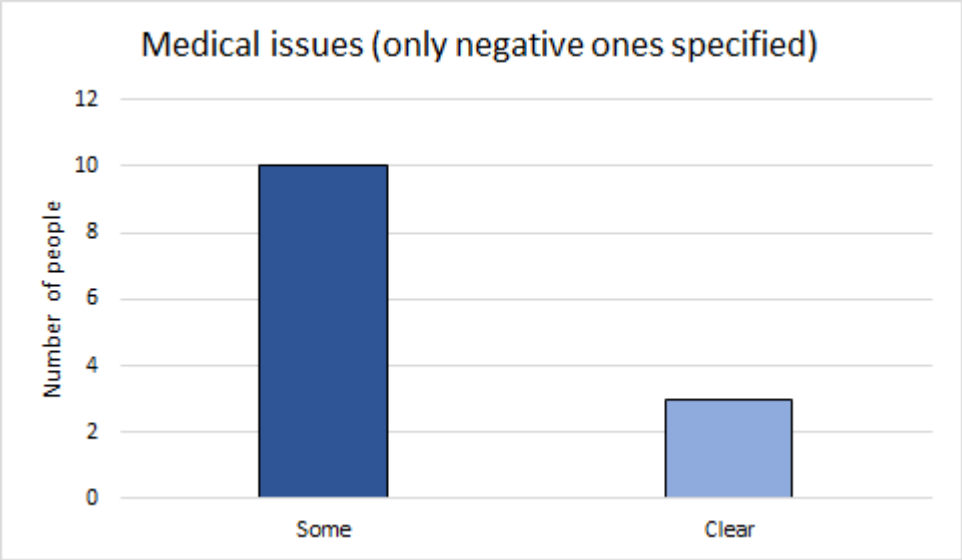
- Medical issues (only negative ones specified)

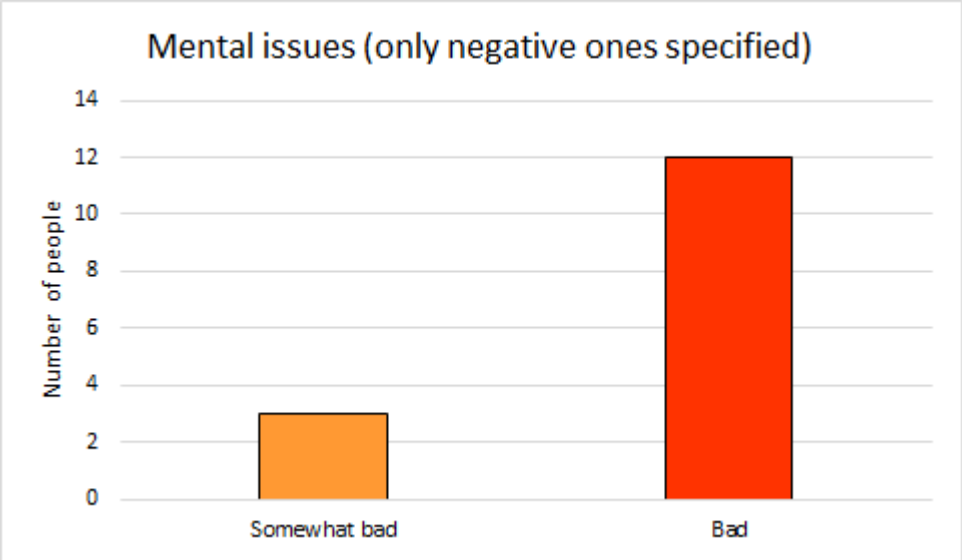
	Some	Clear
Number of people	10	3

- Mental issues (only negative ones specified)

	Somewhat bad	Bad
Number of people	3	12


Physical health
Number of people
70
60
50
40
30
20
10
0
Overweight
Ok
Good

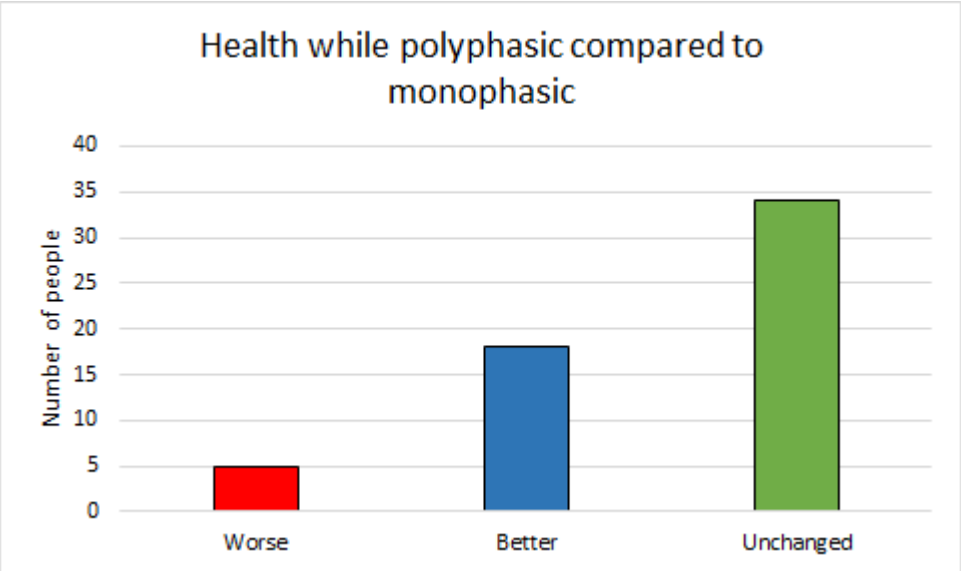

Medical issues (only negative ones specified)
Number of people
12
10
8
6
4
2
0
Some
Clear


Mental issues (only negative ones specified)
Number of people
14
12
10
8
6
4
2
0
Somewhat bad
Bad

There could unknowingly be some others who are for example overweight, but forgot to mention that in the survey. For future surveys having clearer, premade alternatives would be beneficial.

The data regarding health while polyphasic compared to monophasic yielded the following results:

Health while polyphasic compared to monophasic	Worse	Better	Unchanged
Number of people	5	18	34



It should be noted here that 2 people claiming they felt worse while on a polyphasic schedule specified that the issues are related to the adaptation process. This information is quite telling that either polyphasic sleep generally improves (either subjectively or objectively) people's health or leaves it unchanged.

Sexual health

Sexual health *

What is your sexual health like? How often do you masturbate or have sexual intercourse? Do you feel like this affects your polyphasic sleep adaptation at all, by for example keeping you awake, making you fall asleep outside desired times, or reducing/increasing sleep quality?

Your answer

Has this changed during your polyphasic experience?

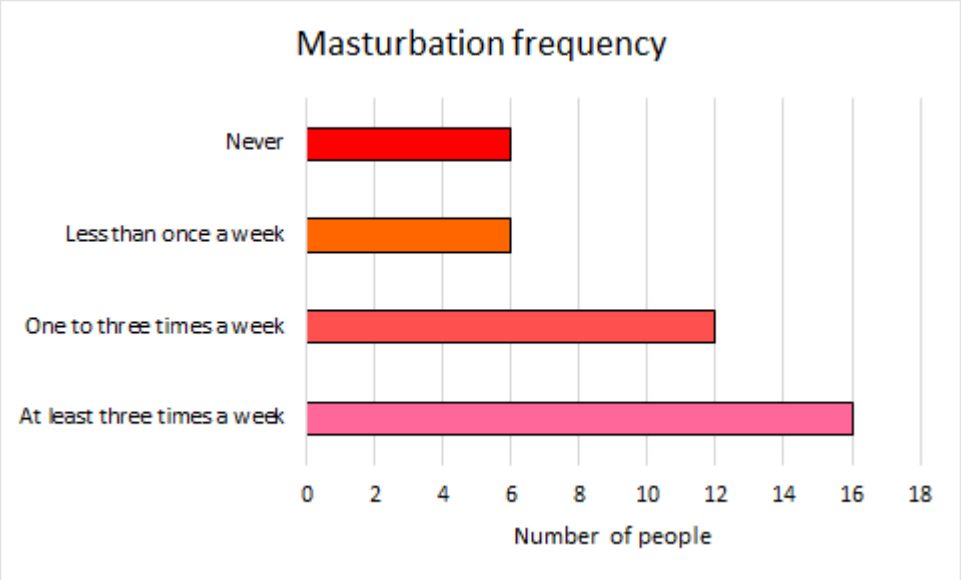
If yes, please explain how, why and the results of doing so.

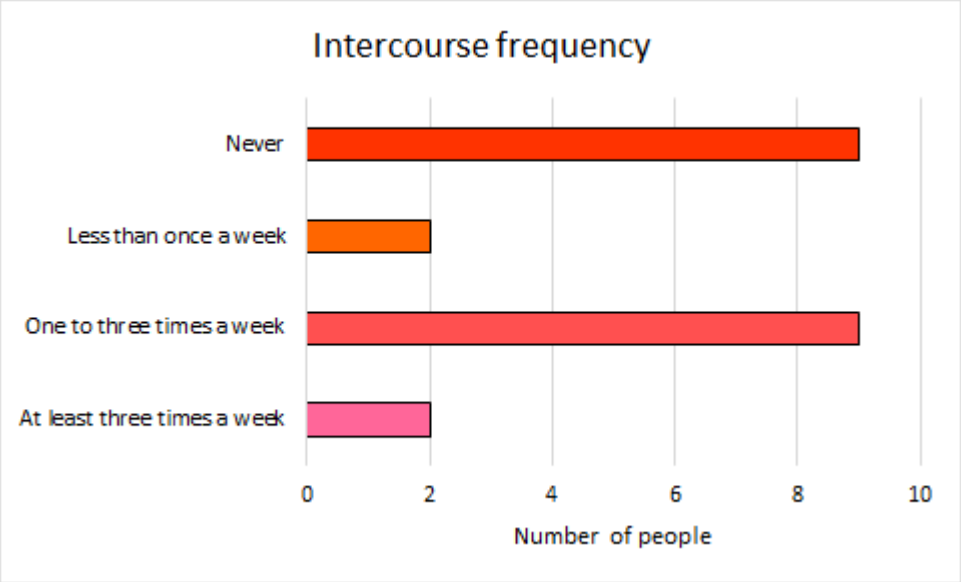
Your answer

Masturbation and intercourse

The people answering the survey were mostly frequent masturbators:

Frequency	>3 times a week	1-3 times a week	<1 times a week	Never	Total number of answers
Masturbation - number of people	16	12	6	6	40
Intercourse - number of people	2	9	2	9	22





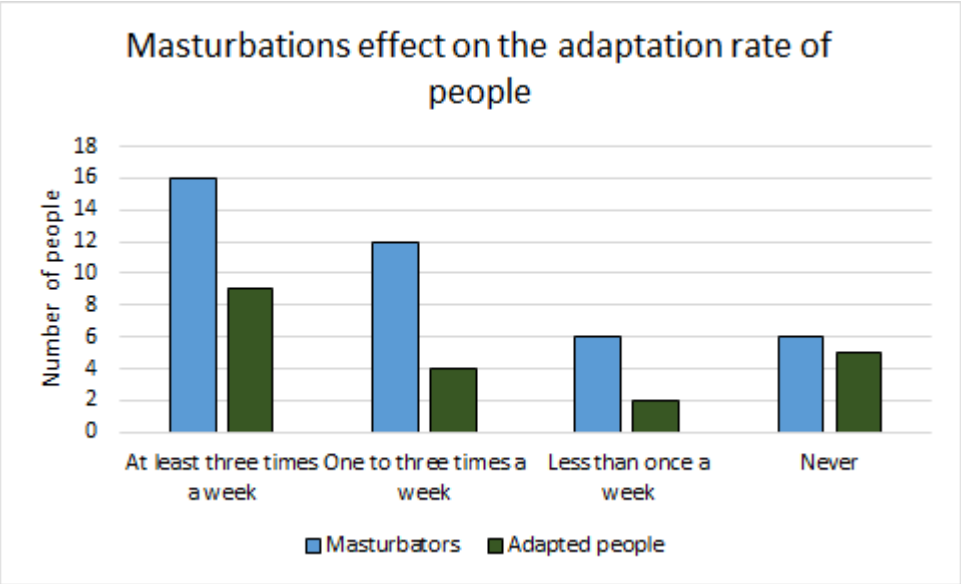
It seems like a very small proportion of all people reported themselves not masturbating at all, and like a majority masturbates very frequently. The amount of reports regarding the frequency of sexual intercourse was rather low overall, only 22 replies. For future surveys specifying the question into several parts in order to get more replies regarding this specific topic seems wise.

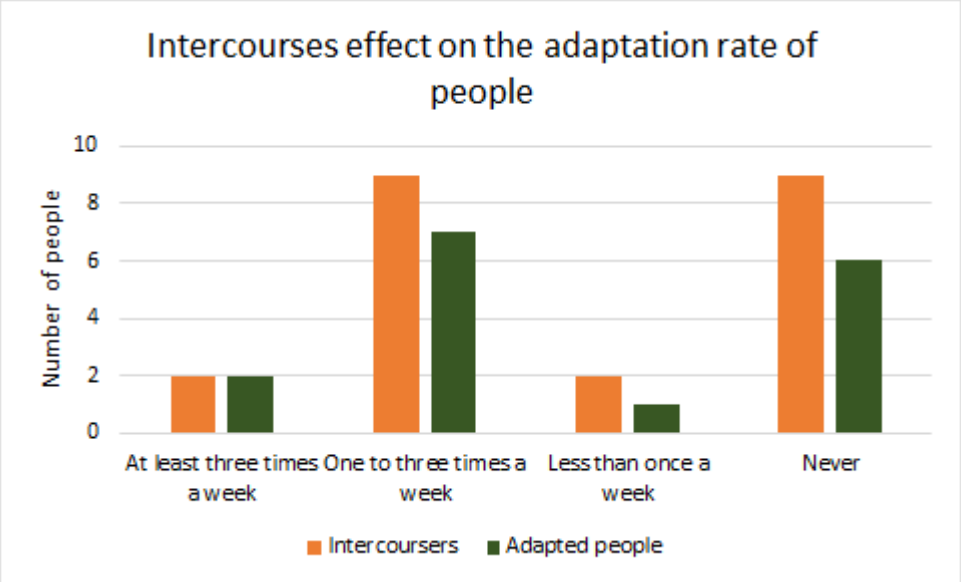
Adaptation rate

The sample size was rather small for the people who answered this question, but this is the data yielded when comparing the frequency of intercourse and masturbation to the adaptation percent of those people:

Masturbation frequency	>3 times a week	1-3 times a week	<1 times a week	Never
Number of people	16	12	6	6
Number of adapted people	9	4	2	5
Adaptation percent	56%	33%	33%	83%

Intercourse frequency	>3 times a week	1-3 times a week	<1 times a week	Never
Number of people	2	9	2	9
Number of adapted people	2	7	1	6
Adaptation percent	100%	78%	50%	67%





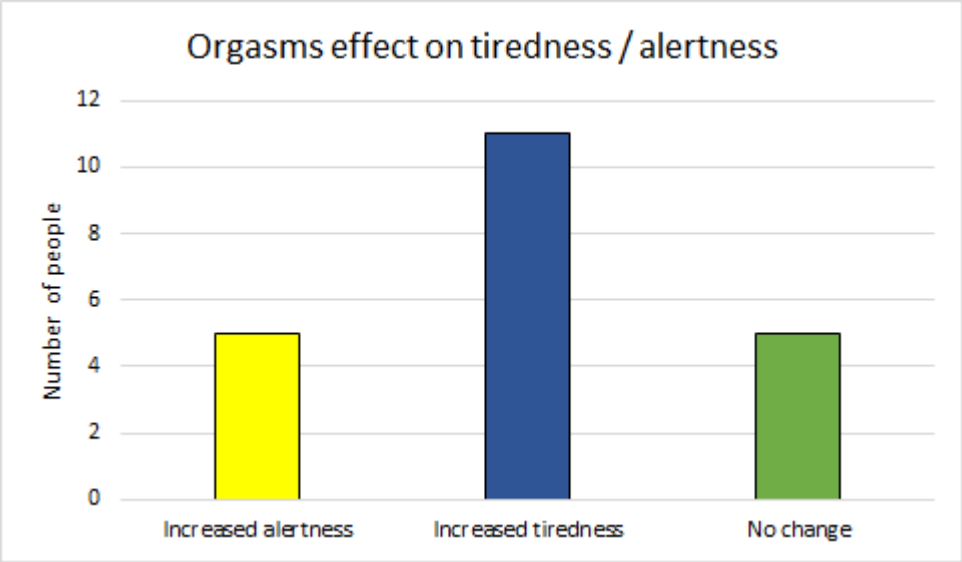
Because the sample size is so small for some of these results any conclusions shouldn't be drawn for many of these points. It seems like having intercourse overall doesn't affect people's adaptation rates, and interestingly enough that people who masturbate less frequently than three times a week, though while still masturbating from time to time, manage to adapt at a worse percent than people who masturbate very frequently or never.

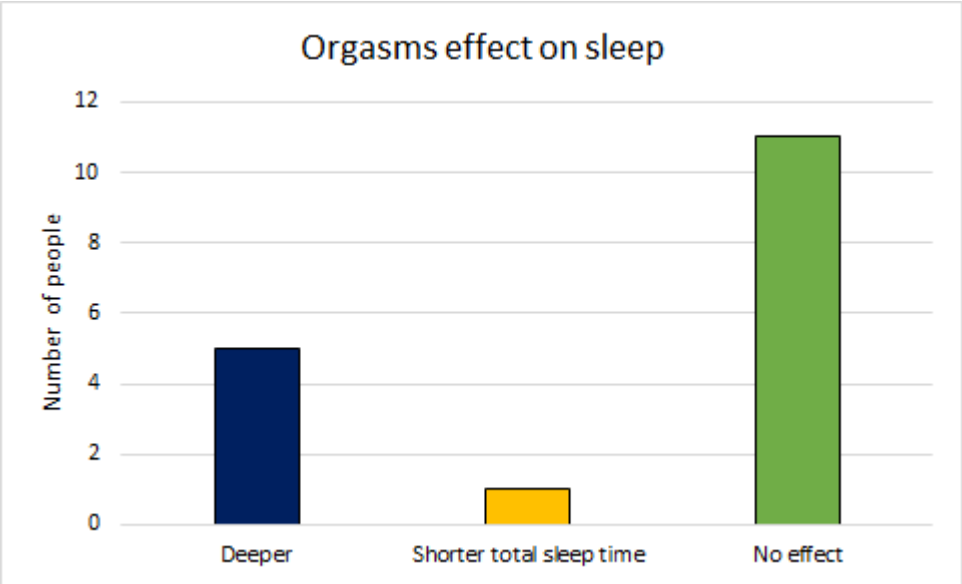
Orgasms

People found that orgasms in general affected their sleep, alertness and tiredness as follows:

	Increased alertness	Increased tiredness	No change
Orgasms effect on tiredness / alertness - number of people	5	11	5

	Deeper sleep	Shorter total sleep time	No effect
Orgasms effect on sleep	5	1	11



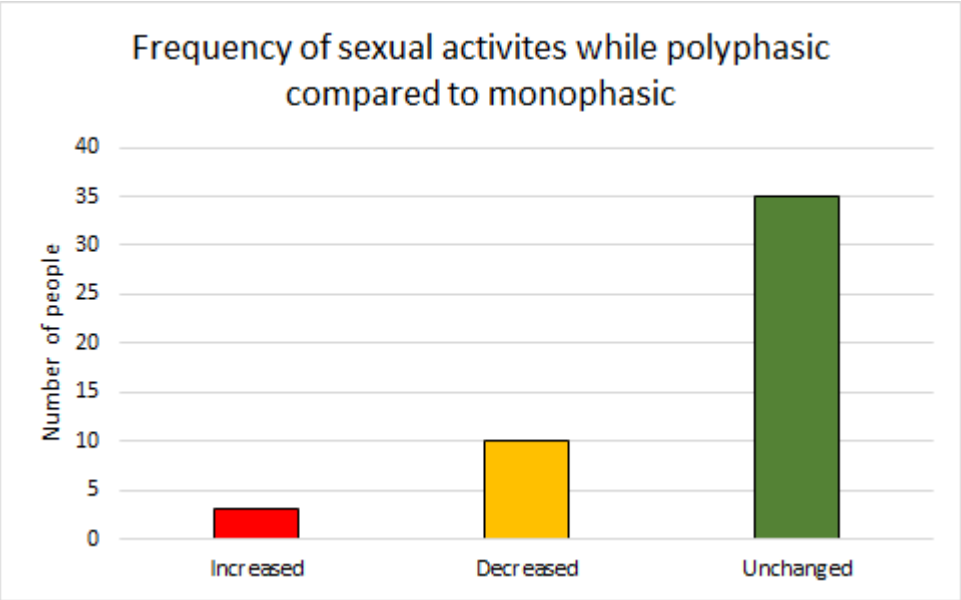


Orgasms effects on alertness and tiredness seems rather varied, with a majority of people feeling like orgasms induce tiredness. It might be wise for people to test out how orgasms affect themselves and possibly use that information to time their orgasms so they either stay awake or fall asleep easier. Most people felt that their orgasms did have no effect on sleep, but a small percentage of people felt like orgasms increased their sleep depths, and made it harder to wake up during the next morning. Further testing regarding the effects of orgasms on sleep will be necessary in order to determine this.

Polyphasic vs monophasic

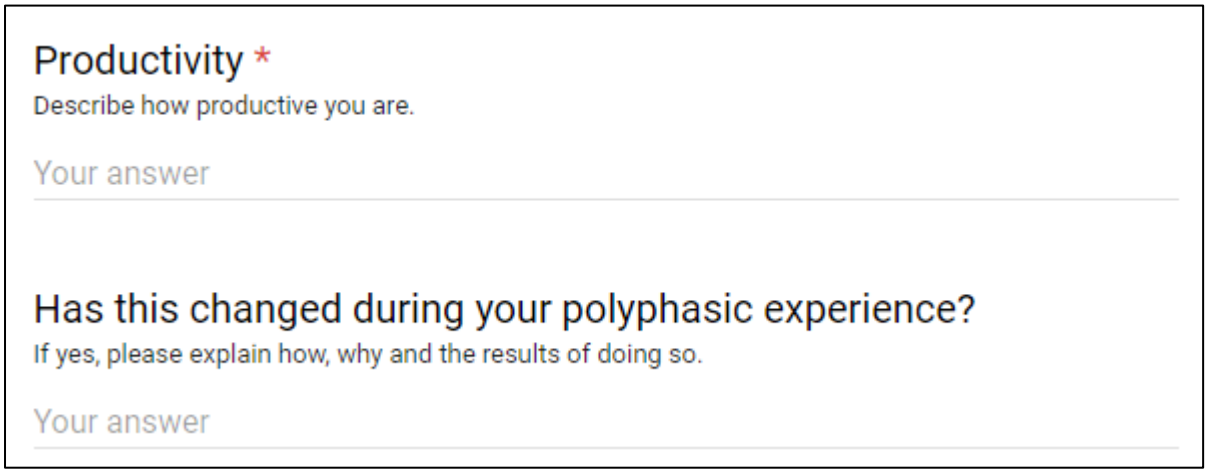
The following data was gathered regarding the frequency of sexual activities while polyphasic compared to monophasic sleep:

Sexual activities	Increased	Decreased	Unchanged
Number of people	3	10	35



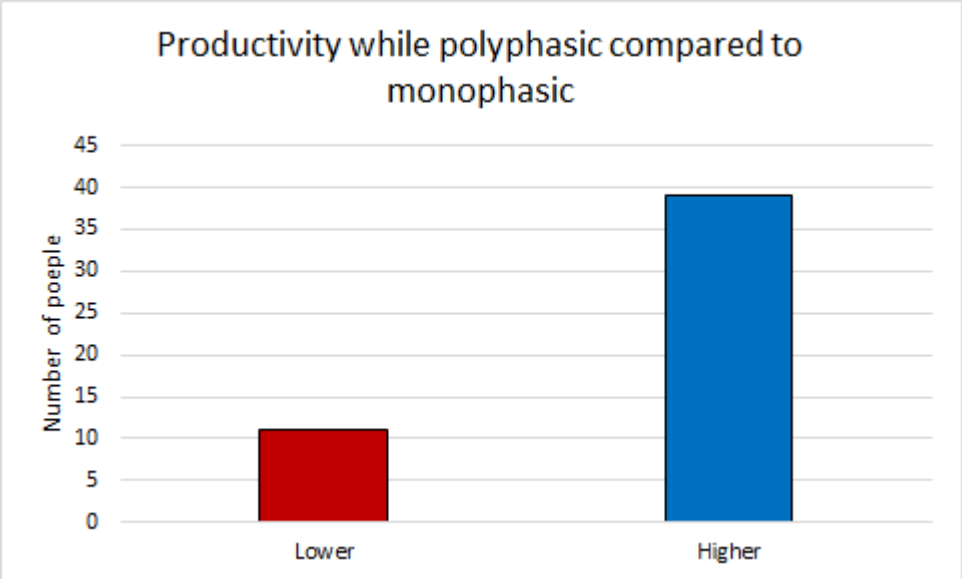
From this data conclusions can be drawn that switching to a polyphasic schedule most likely doesn't change one's sexual patterns, however there is still a portion of people that experience a decrease in sexual activities.

Productivity

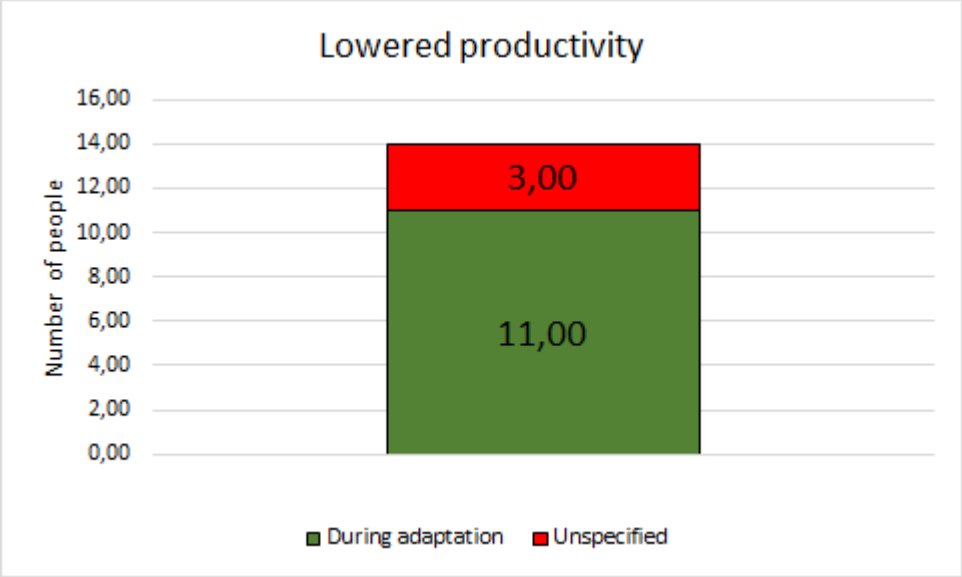


This part about productivity will be shorter than most parts, because people's subjective feelings of their productivity don't give a lot to compare with. The data gave the following results regarding people's productivity while polyphasic compared to monophasic:

Productivity while polyphasic compared to monophasic	Lower	Higher
Number of people	11	39

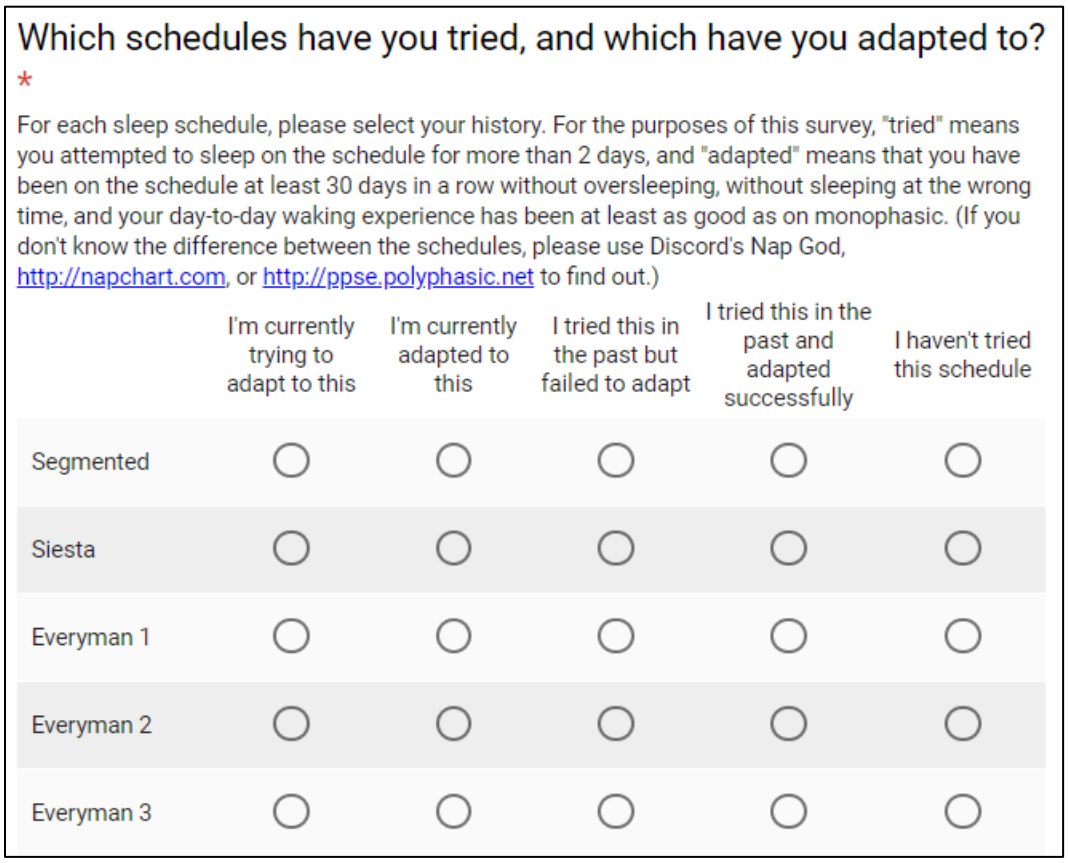


It is worth noting that out of those 11 people who claimed to have gotten a decreased productivity while polyphasic, 8 of them specified that this was during adaptation, and the other 3 did not specify anything.



So in conclusion it is very safe to say that polyphasic sleep increases people's productivity after adaptation, but might decrease it during adaptation.

Polyphasic sleep



Which schedules have you tried, and which have you adapted to? *

For each sleep schedule, please select your history. For the purposes of this survey, "tried" means you attempted to sleep on the schedule for more than 2 days, and "adapted" means that you have been on the schedule at least 30 days in a row without oversleeping, without sleeping at the wrong time, and your day-to-day waking experience has been at least as good as on monophasic. (If you don't know the difference between the schedules, please use Discord's Nap God, http://napchart.com, or http://ppse.polyphasic.net to find out.)

	I'm currently trying to adapt to this	I'm currently adapted to this	I tried this in the past but failed to adapt	I tried this in the past and adapted successfully	I haven't tried this schedule
Segmented	○	○	○	○	○
Siesta	○	○	○	○	○
Everyman 1	○	○	○	○	○
Everyman 2	○	○	○	○	○
Everyman 3	○	○	○	○	○

The following information was gathered regarding the total number of adapted and attempted people on a schedule specific basis:

Schedule	**Adapted people**	**Attempted people**
Segmented	12	27
Siesta	11	15
E1	15	30
E2	11	38
E3	10	27
E4	1	5

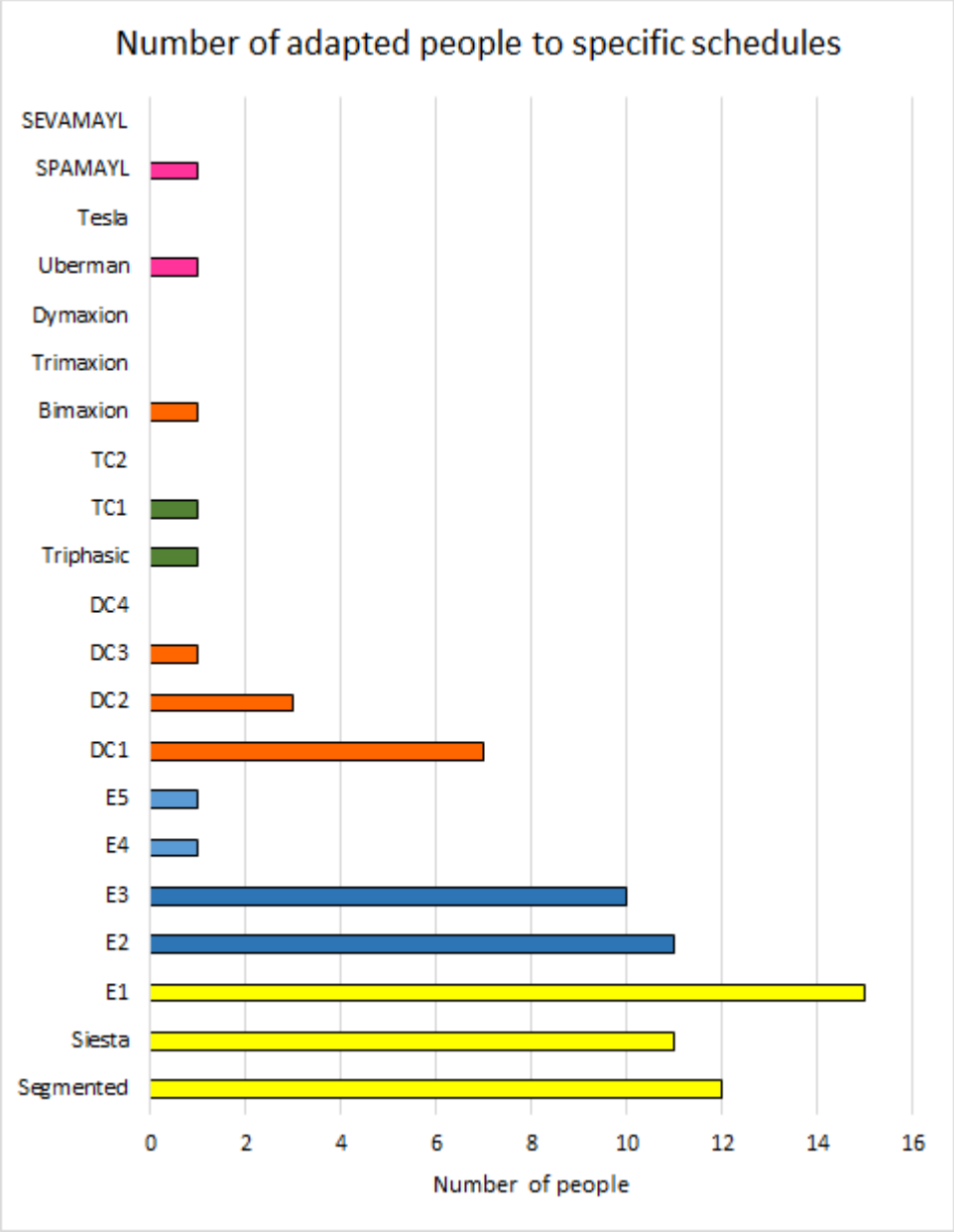
Schedule	Adapted people	Attempted people
E5	1	1
DC1	7	16
DC2	3	8
DC3	1	1
DC4	0	0
Triphasic	1	11
TC1	1	2
TC2	0	0
Bimaxion	1	4
Trimaxion	0	1
Dymaxion	0	4
Uberman	1	6
Tesla	0	0
SPAMAYL	1	4
SEVAMAYL	0	1

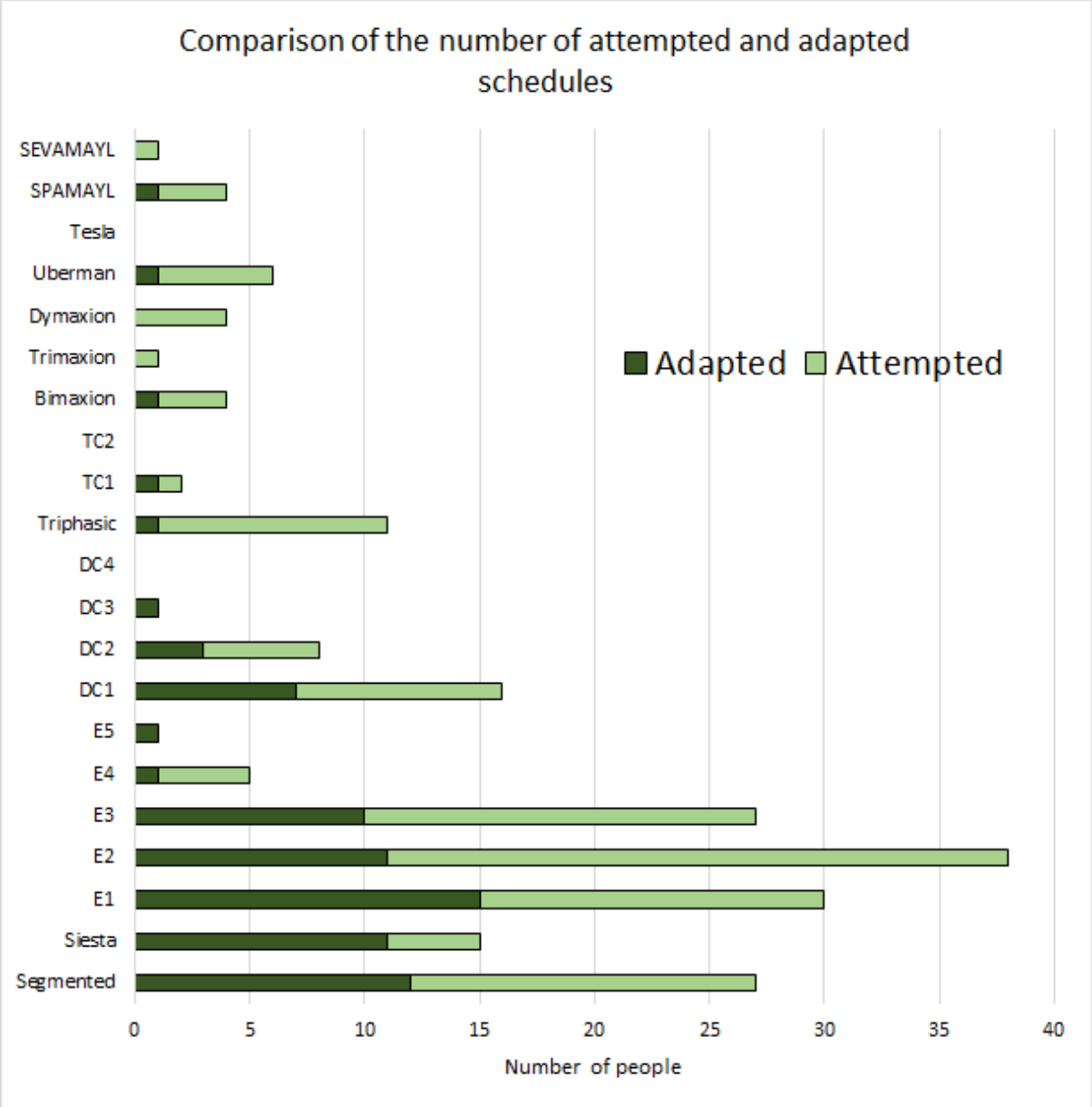
(Note! This does not take any possible schedule modifications, such as extended or shortened cores into account!)

On a schedule-category specific basis:

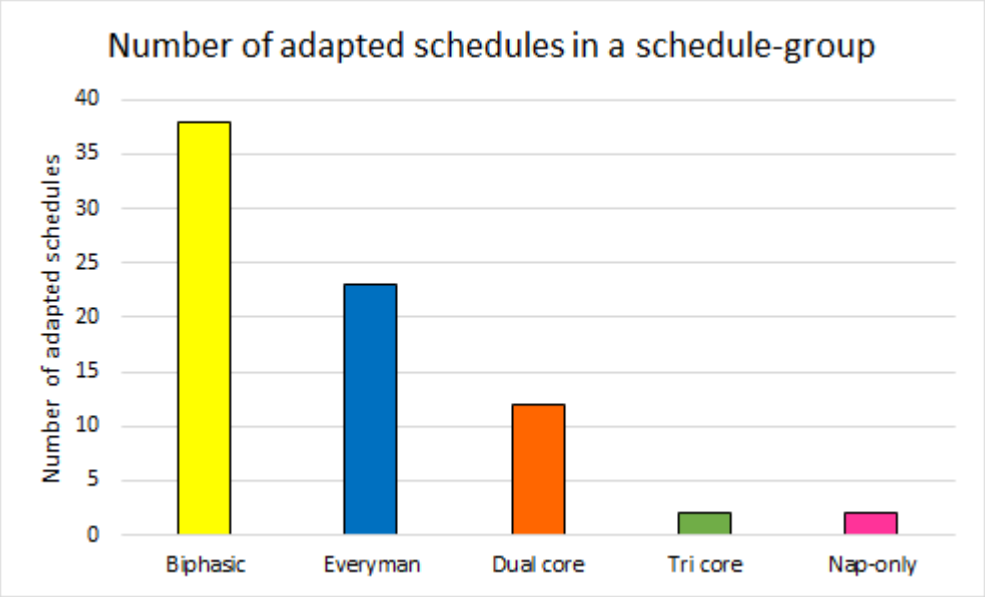
Schedule-group	Number of adapted people	Number of attempted people
Biphasic	38	72
Everyman	23	72
Dual core	12	29
Tri core	2	13
Nap-only	2	14

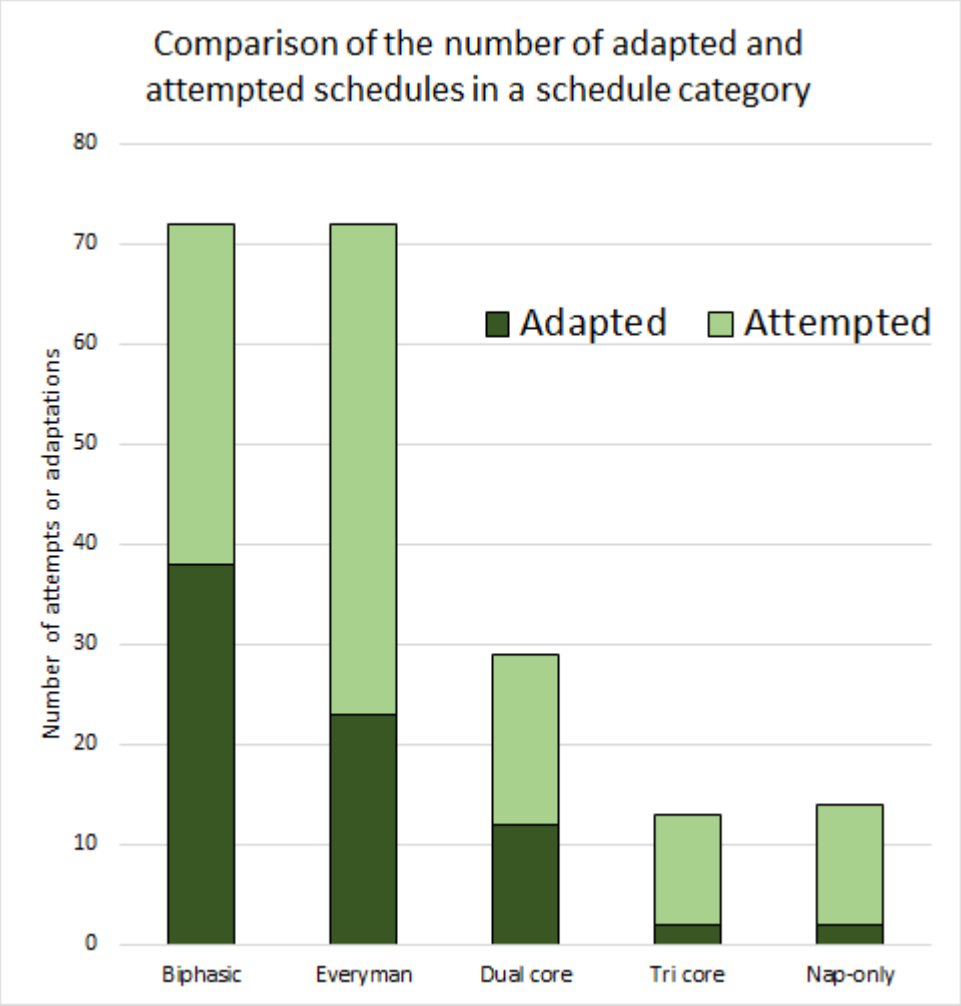
(Note! For this table Trimaxion has been included in the “Everyman” category, while Bimaxion has been included in the “Dual core” category)


Number of adapted people to specific schedules
SEVAMAYL
SPAMAYL
Tesla
Uberman
Dymaxion
Trimaxion
Bimaxion
TC2
TC1
Triphasic
DC4
DC3
DC2
DC1
E5
E4
E3
E2
E1
Siesta
Segmented
0
2
4
6
8
10
12
14
16
Number of people


Comparison of the number of attempted and adapted schedules
SEVAMAYL
SPAMAYL
Tesla
Uberman
Dymaxion
Trimaxion
Bimaxion
TC2
TC1
Triphasic
DC4
DC3
DC2
DC1
E5
E4
E3
E2
E1
Siesta
Segmented
Adapted
Attempted
0
5
10
15
20
25
30
35
40
Number of people

,

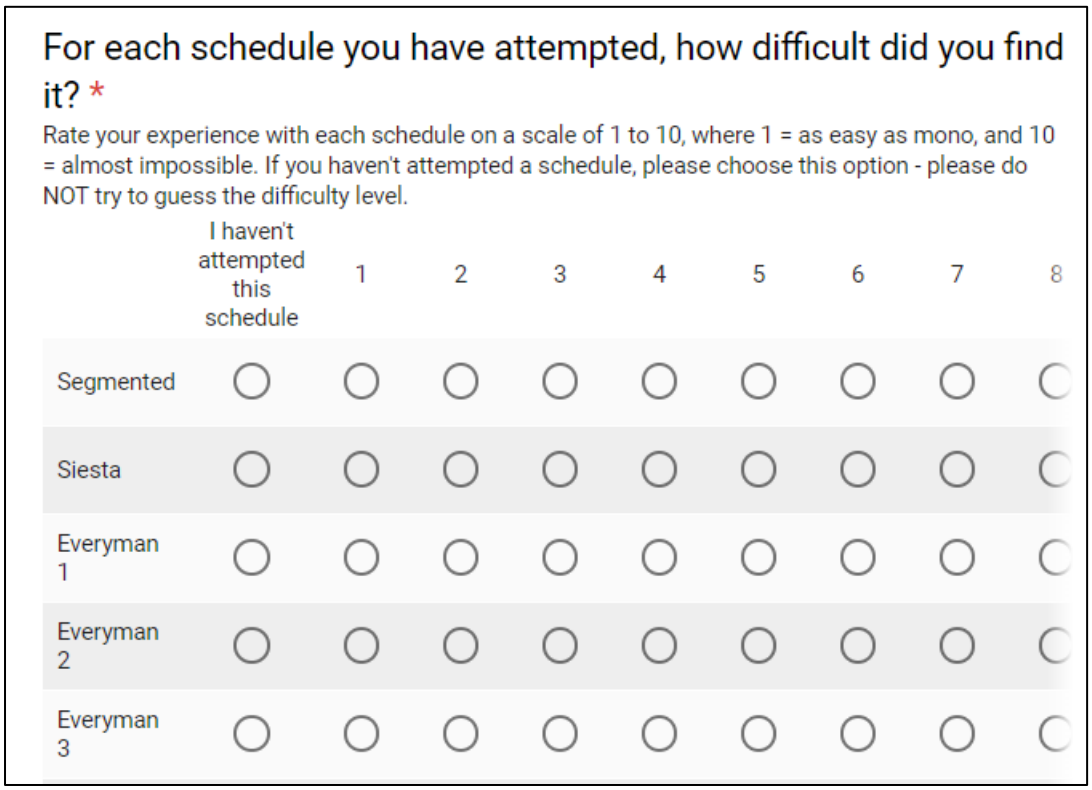




Out of the people who answered the survey it can clearly be seen that the Biphasic and Everyman schedule-groups are the most popular. Least popular was the Tri core group. What is interesting is the comparison between attempted and adapted schedules, especially with the Biphasic and Everyman schedule groups. These groups had the same amount of

attempted people, but the percentage of successful adaptations is clearly higher for the Biphasic group. Specifically, the Biphasic group had 38 successful adaptations per 72 attempts, compared to the Everyman groups 23 successful adaptations per 72 attempts, which results in a higher success to failure rate of 21 percent units for Biphasic schedules.

Schedule difficulty

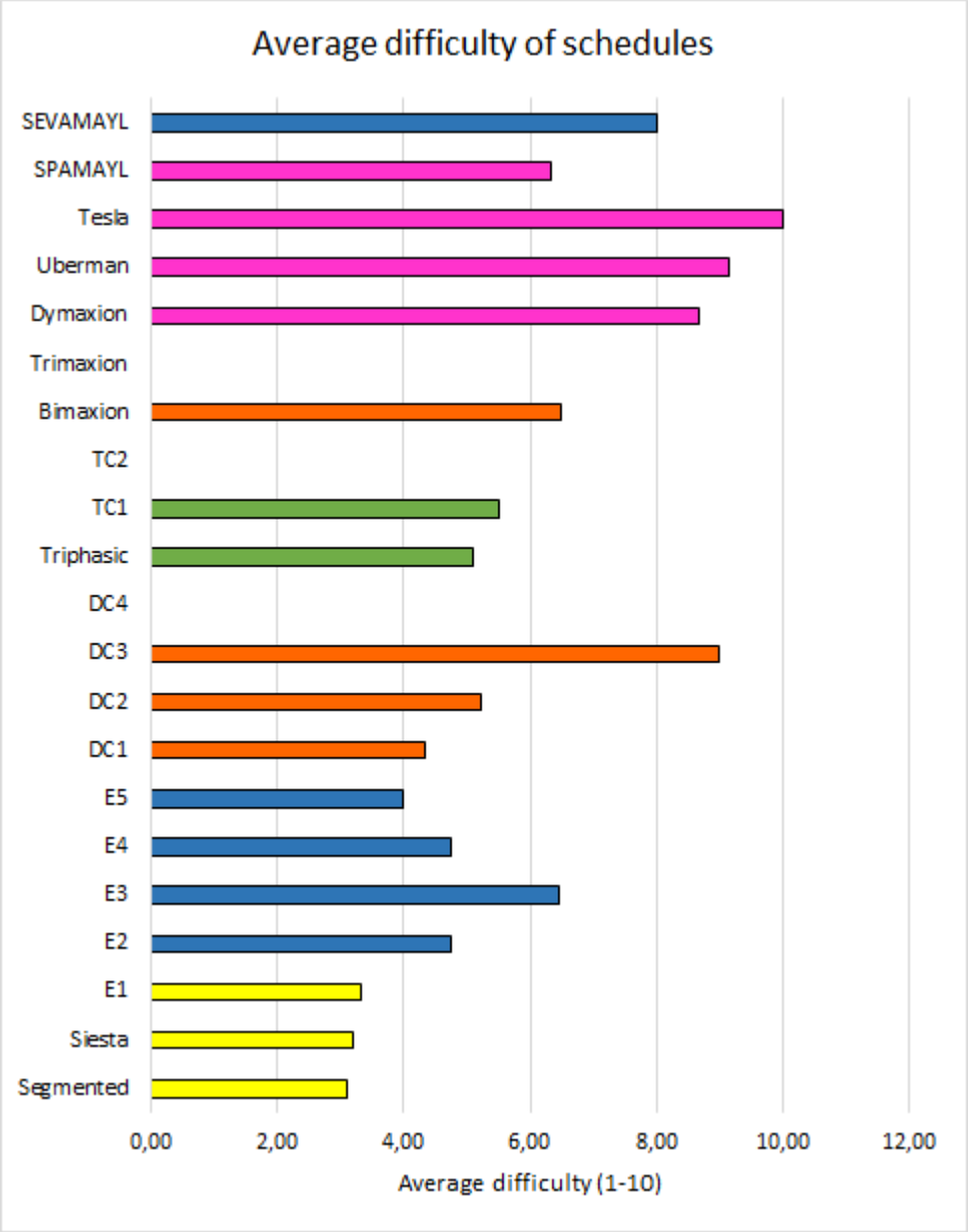


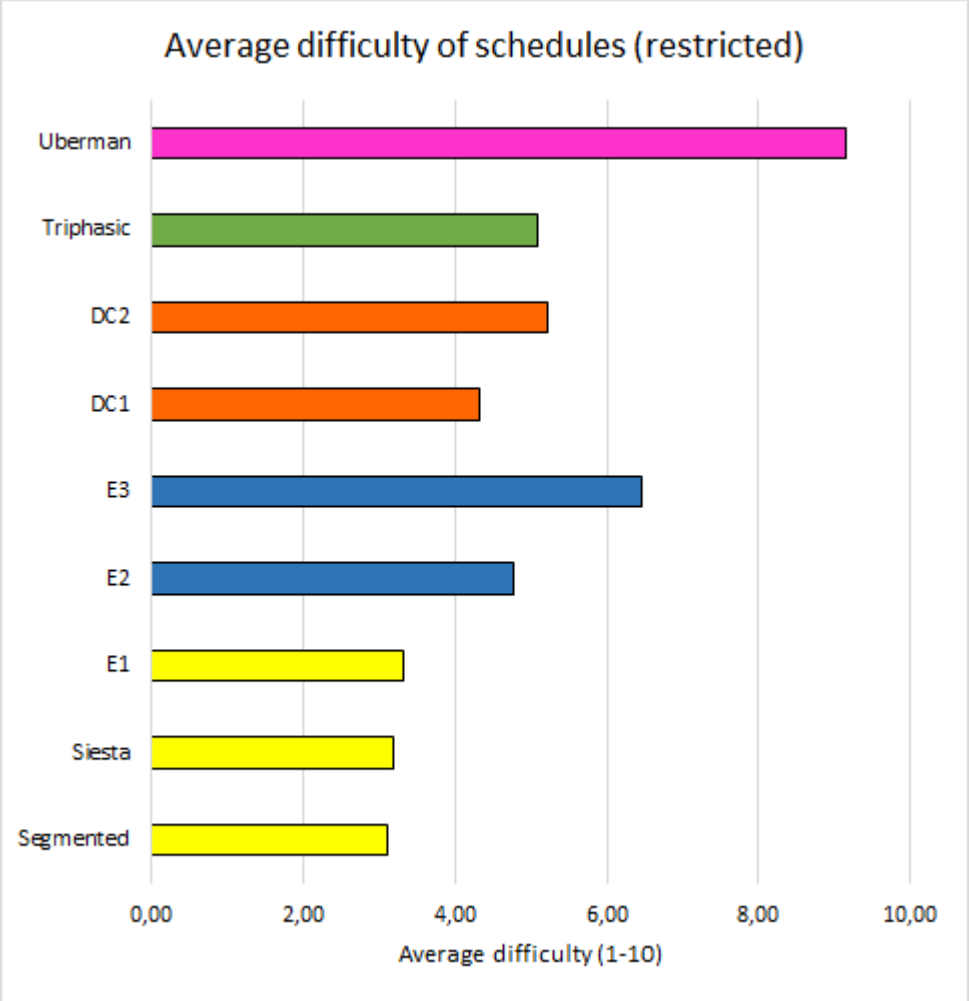
This question is very subjective, and the answers with a very small pool size have been highlighted. The results are regardless as follows:

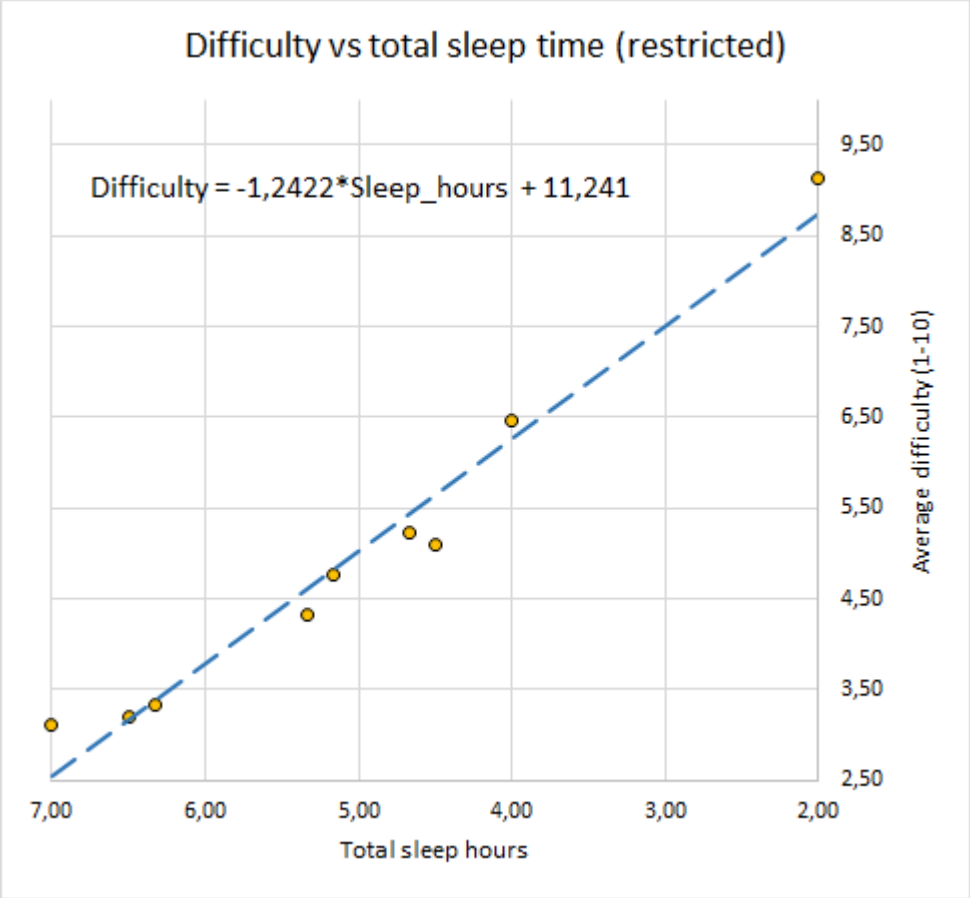
	Average difficulty	Number of people
Segmented	3.1	28
Siesta	3.2	15
E1	3.3	28
E2	4.8	38
E3	6.5	26
E4	4.8	4
E5	4.0	1
DC1	4.3	15

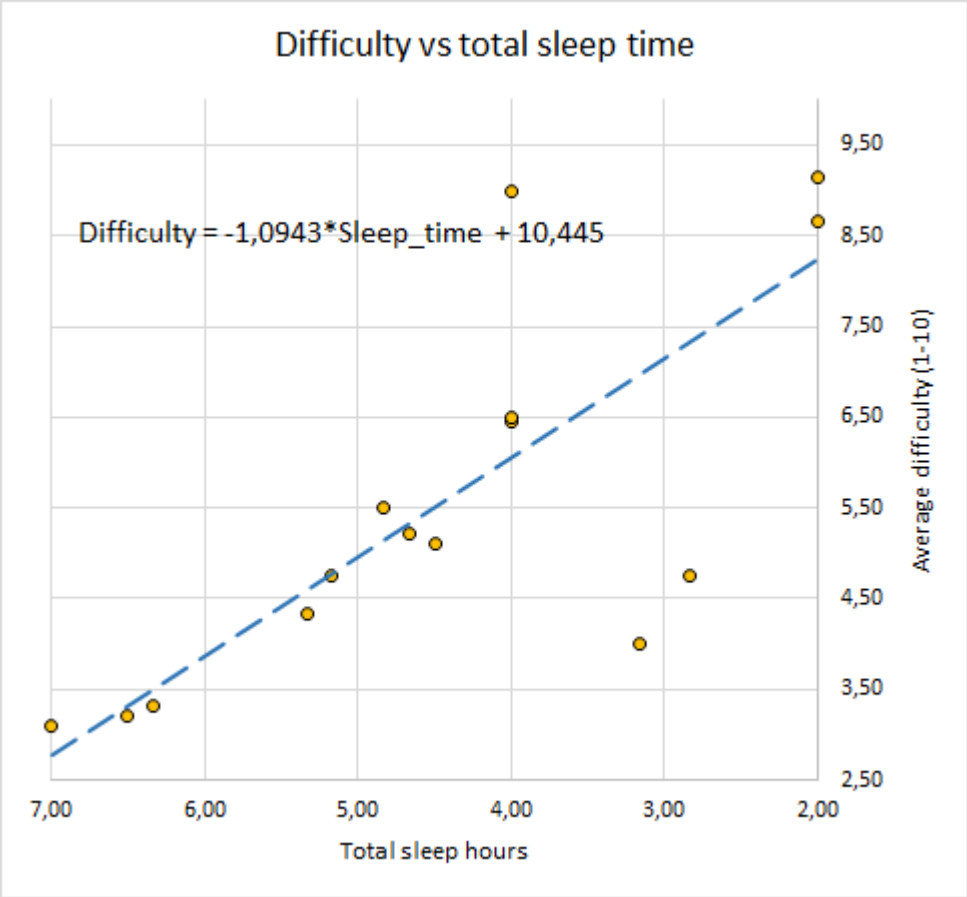
DC2	5.2	9
DC3	9.0	1
DC4	-	0
Triphasic	5.1	10
TC1	5.5	2
TC2	-	0
Bimaxion	6.5	2
Trimaxion	-	0
Dymaxion	8.76	3
Uberman	9.14	7
Tesla	10.0	1
SPAMAYL	6.3	3
SEVAMAYL	8.0	1

This data can then be translated into two kinds of graphs; one where the samples are restricted and one where they are not.


Average difficulty of schedules
SEVAMAYL
SPAMAYL
Tesla
Uberman
Dymaxion
Trimaxion
Bimaxion
TC2
TC1
Triphasic
DC4
DC3
DC2
DC1
E5
E4
E3
E2
E1
Siesta
Segmented
0,00
2,00
4,00
6,00
8,00
10,00
12,00
Average difficulty (1-10)


Average difficulty of schedules (restricted)
Uberman
Triphasic
DC2
DC1
E3
E2
E1
Siesta
Segmented
0,00
2,00
4,00
6,00
8,00
10,00
Average difficulty (1-10)


Difficulty vs total sleep time (restricted)
Difficulty = -1,2422*Sleep_hours + 11,241
9,50
8,50
7,50
6,50
5,50
4,50
3,50
2,50
Average difficulty (1-10)
7,00
6,00
5,00
4,00
3,00
2,00
Total sleep hours


Difficulty vs total sleep time
Difficulty = -1,0943*Sleep_time + 10,445
9,50
8,50
7,50
6,50
5,50
4,50
3,50
2,50
Average difficulty (1-10)
7,00
6,00
5,00
4,00
3,00
2,00
Total sleep hours

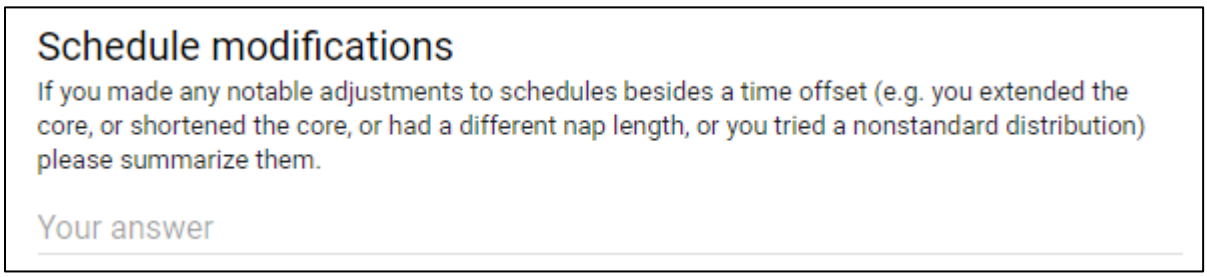
A formula for the difficulty vs total sleep time can be derived by making a trendline for both the restricted and unrestricted pools. The formulas reads as follows:

Unrestricted: Difficulty = -1.0943*Sleep_time + 10.445

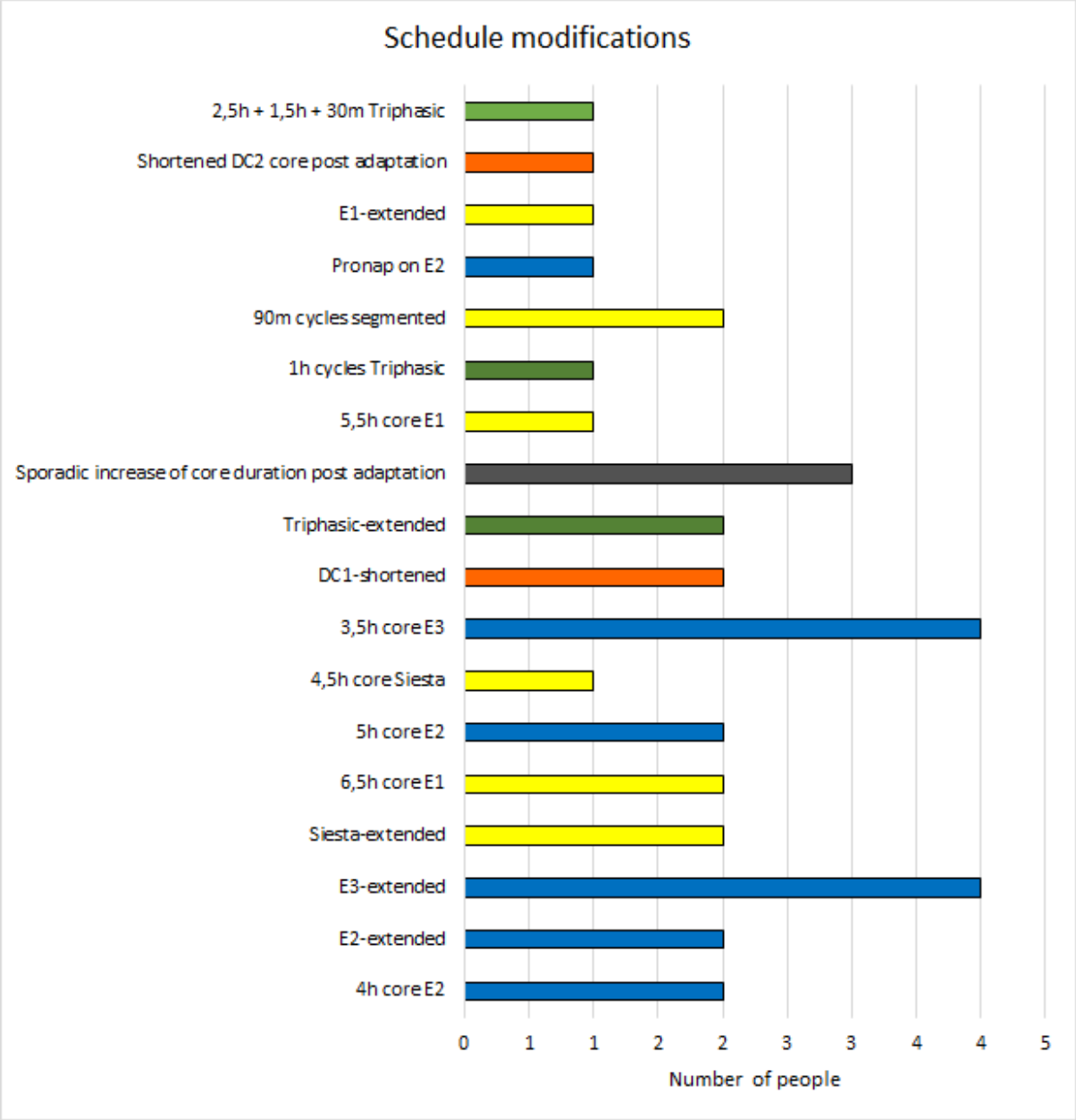
Restricted: Difficulty = -1.2422*Sleep_hours + 11.241

This equations do not take into account schedule line differences, but they still give an estimate of the difficulty of scheduled sleep versus the total sleep time.
All biphasic schedules had approximately the same difficulty. The Dual core line was on average more difficult than the Everman line.

Schedule modifications



The following data was gathered regarding schedule modifications:



Adaptation methods

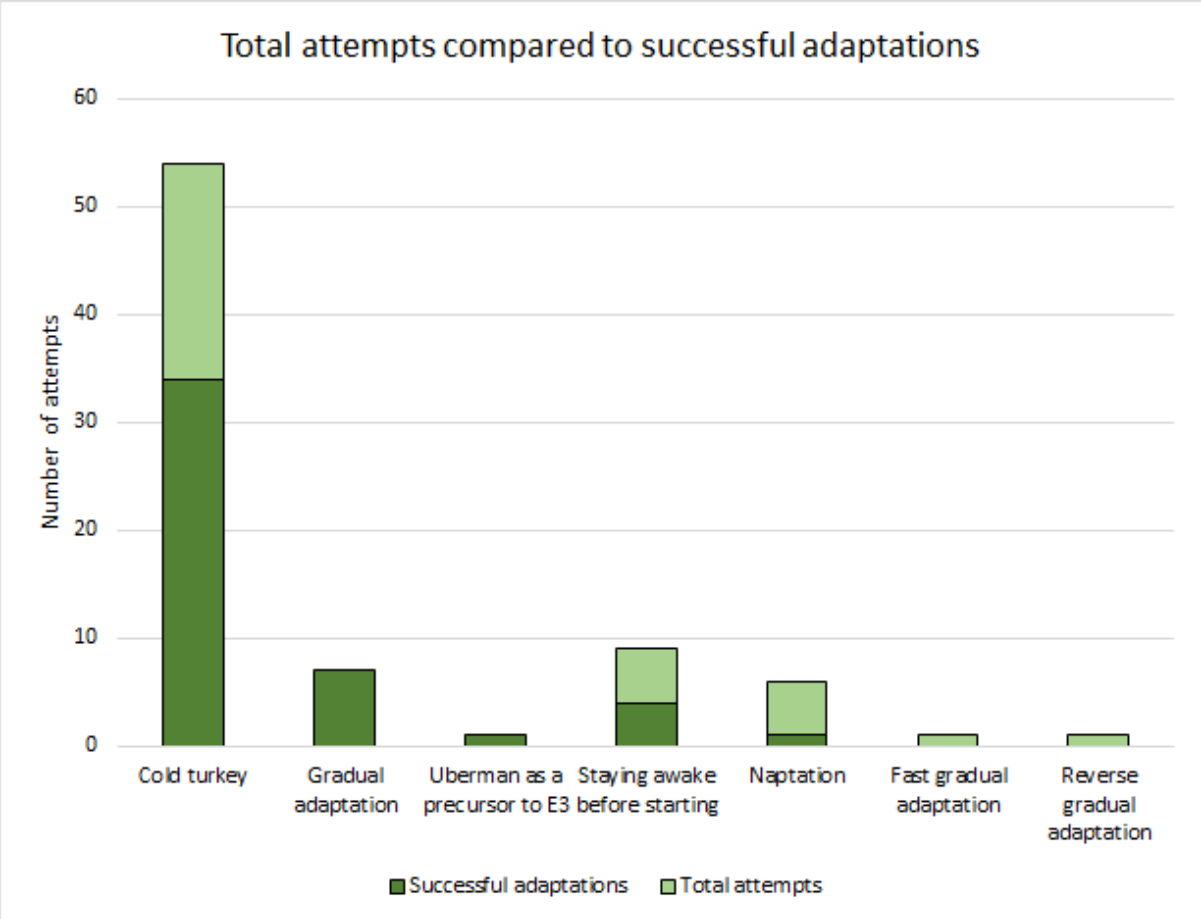
Adaptation approach *

For each schedule you have attempted, summarize your adaptation approach. For example: jumping in immediately, staying awake X hours before starting, naptation, gradual adaptation, etc. If you've tried multiple different approaches, please state which you think worked best for you.

Your answer

If specific attempts were described one person could have multiple methods listed. The following information was gathered regarding the adaptation methods used:

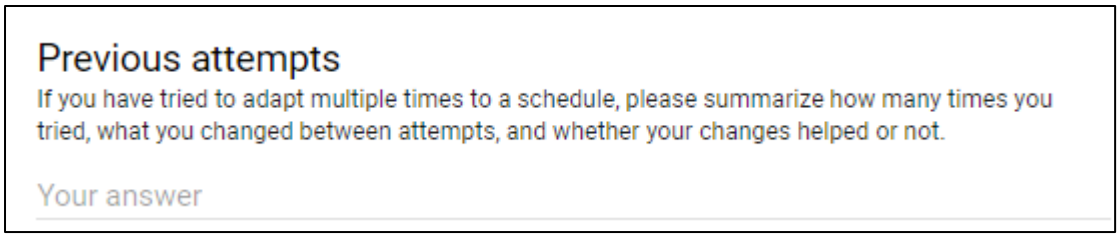
	Successes	Attempts	Percentage
Cold turkey	34	54	63
Gradual adaptation	7	7	100
Reverse gradual adaptation	0	1	0
Fast gradual adaptation	0	1	0
Staying awake before starting	4	9	44
Uberman as a precursor to E3	1	1	100
Naptation	1	6	17



The sample size for many of these adaptation methods is very small, so no conclusions should be drawn regarding the validity of “Uberman as a precursor to E3”, “Fast gradual adaptation” or “Reverse gradual adaptation”. It is a bit safer to assume that adaptation methods that start with sleep deprivation (“Staying awake before starting” and “Naptation”) have a lower chance of success than the adaptation methods that start without sleep

deprivation. It is also interesting to see that the method of “Gradual adaptation” had the highest success rate of all methods specified by the survey takers. This shows that “Gradual adaptation” most likely is the most successful adaptation method.

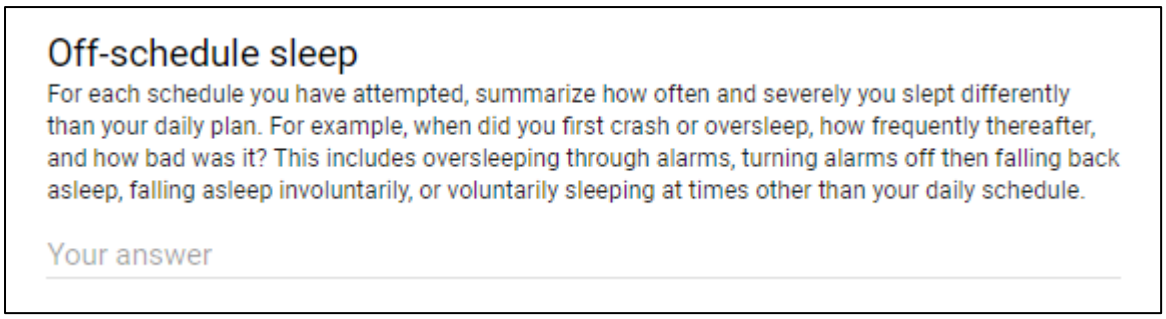
Adaptation history



Very few survey takers answered this question, but the following steps were taken by the people to help them adapt after their first attempts:

- Less alcohol
- Less stimulants
- Less drugs
- More strictness
- Better dark period
- More actions to avoid oversleeping
- Recovery before adaptation
- More life control
- Healthier lifestyle

Off-schedule sleep



Longest oversleep

The following information was gathered regarding the longest oversleep people reported:

Number of answers: 12
Average maximum oversleep length: 3.06
Standard deviation: 1.65
Largest maximum oversleep: 6.5h
Smallest maximum oversleep: 1h
So most people had not experienced very long oversleeps.

Oversleep reason

The following reasons for oversleeping were the most common:

- Bad alarm setup (8)
- Lack of strictness (12)

The rest of the reasons only had a few mentions:

- SWS deprivation (4)
- Zombie mode (4)
- Alcohol (4)
- Lack of will (4)
- Microsleeping (4)
- Idleness (3)
- Sickness (3)
- Tiredness caused by the dark period (1)
- Bad dark period (1)
- Medications (1)
- Low temperature (1)
- Stimulants (1)

Most of these issues can be handled by the following three reasons:

1. Having a good enough alarm setup
2. Being strict
3. Having something to occupy the wake-time

Polyphasic versus monophasic sleep

According to the data people had shortened their total sleeps successfully by an average of 2.07 hours (with a standard deviation of 1.36). There were however 5 people who managed to shorten their total sleeps by 4 hours and one person who shortened their total sleep with 4.5 hours. The data in the following table does not include polyphasic lengths when the total sleep time (TST) was increased compared to one's monophasic length:

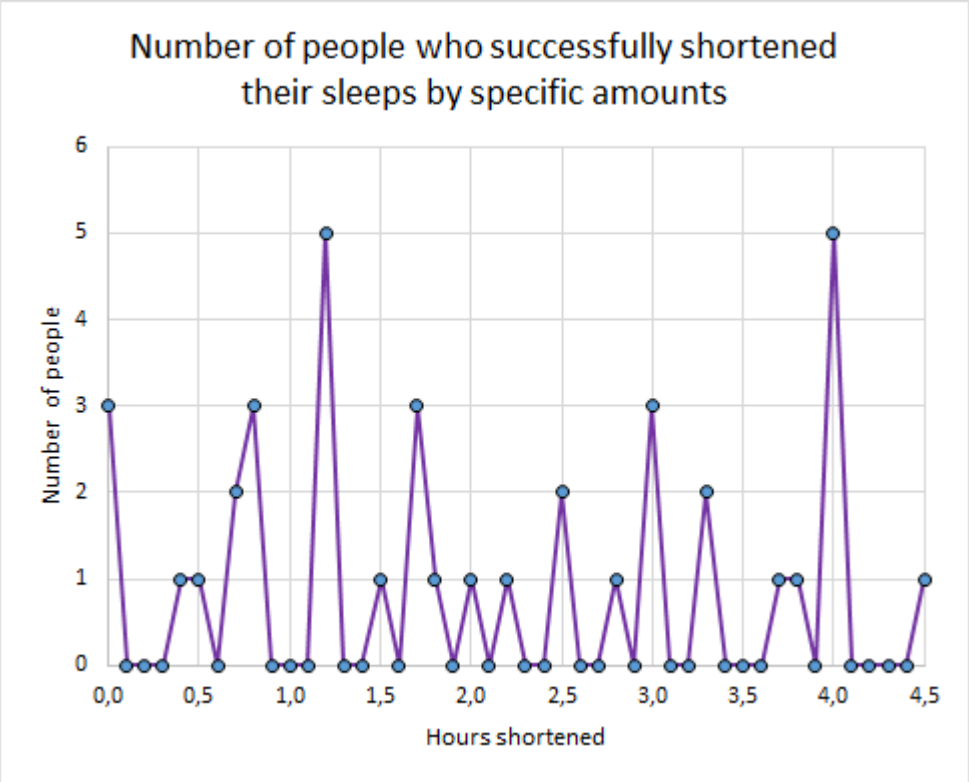
Number	Monophasic TST (hours)	Lowest polyphasic TST (hours)	Sleep reduced (hours)
1	10	5.50	4.5
2	6	4.00	2.0
3	8	6.33	1.2

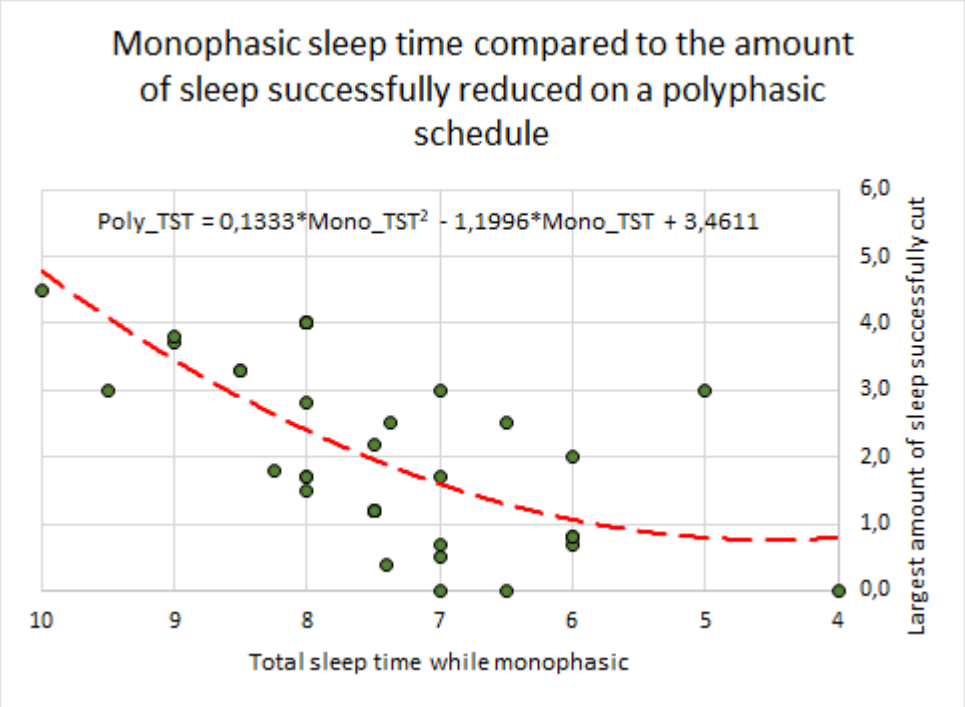
Number	Monophasic TST (hours)	Lowest polyphasic TST (hours)	Sleep reduced (hours)
4	8	5.33	2.2
5	10	6.50	3.0
6	7	4.00	3.0
7	9	5.17	3.3
8	7	6.50	0.0
9	6	5.17	0.8
10	8	5.17	2.8
11	8	6.33	1.7
12	8	6.33	1.2
13	9	5.33	3.7
14	8	6.33	1.7
15	8	6.50	1.5
16	5	2.00	3.0
17	6	5.33	0.7
18	7	4.83	2.5
19	8	6.33	1.2
20	8	4.00	4.0

Number	Monophasic TST (hours)	Lowest polyphasic TST (hours)	Sleep reduced (hours)
21	6	5.17	0.8
22	8	6.33	1.2
23	8	4.00	4.0
24	7	7.00	0.0
25	7	4.00	2.5
26	8	6.50	1.8
27	8	4.00	4.0
28	7	5.33	1.7
29	8	6.33	1.2
30	7	7.00	0.4
31	7	6.50	0.5
32	6	5.17	0.8
33	9	5.17	3.8
34	4	4.00	0.0
35	7	6.33	0.7
36	8	4.00	4.0
37	9	5.17	3.3

Number	Monophasic TST (hours)	Lowest polyphasic TST (hours)	Sleep reduced (hours)
38	8	4.00	4.0

The following graphs represent the above information:

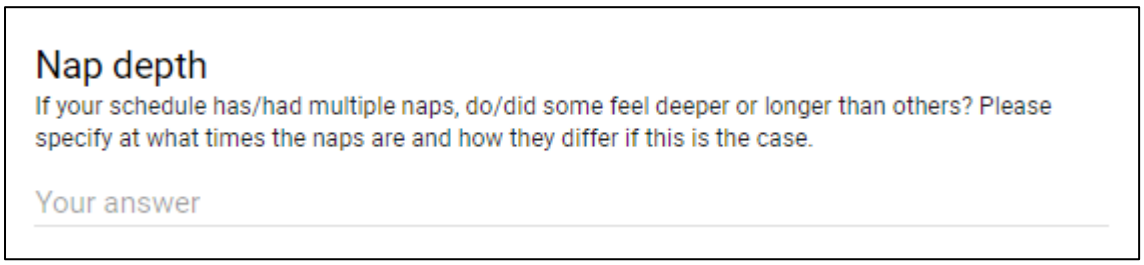




This information shows that even somewhat large reductions of total sleep time are possible when becoming polyphasic. However, the trend line in the second graph shows interestingly enough that the largest amount of sleep is successfully reducible when adapting to a polyphasic schedule when one's monophasic length is at its largest. Whether the trend line is to be trusted is yet to be seen, however it seems like there generally is a cap of how much sleep people are successfully able to shorten.

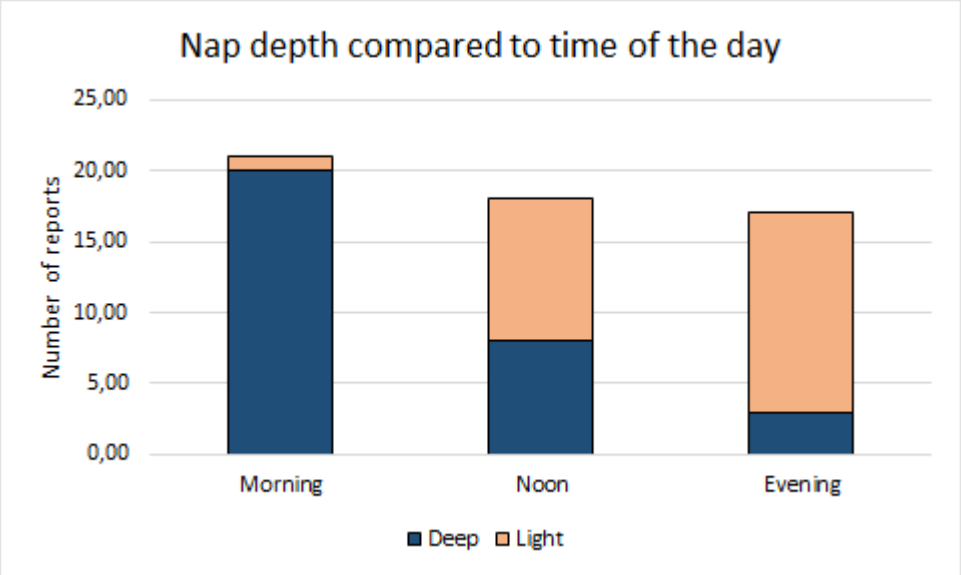
Naps

Nap depth



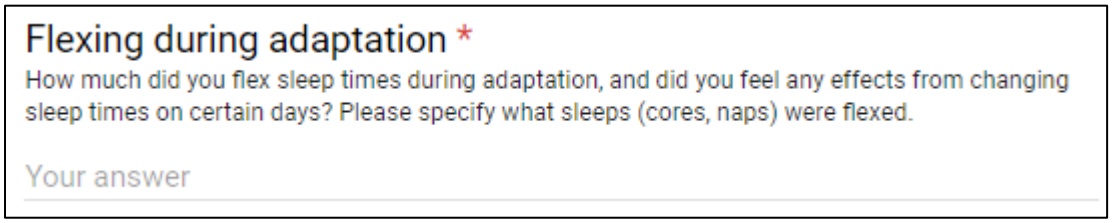
The information yielded regarding how deep certain naps felt was as follows:

	Morning	Noon	Afternoon
Deep (number of reports)	20	8	3
Light (number of reports)	1	10	14
Percent deep	95	44	18

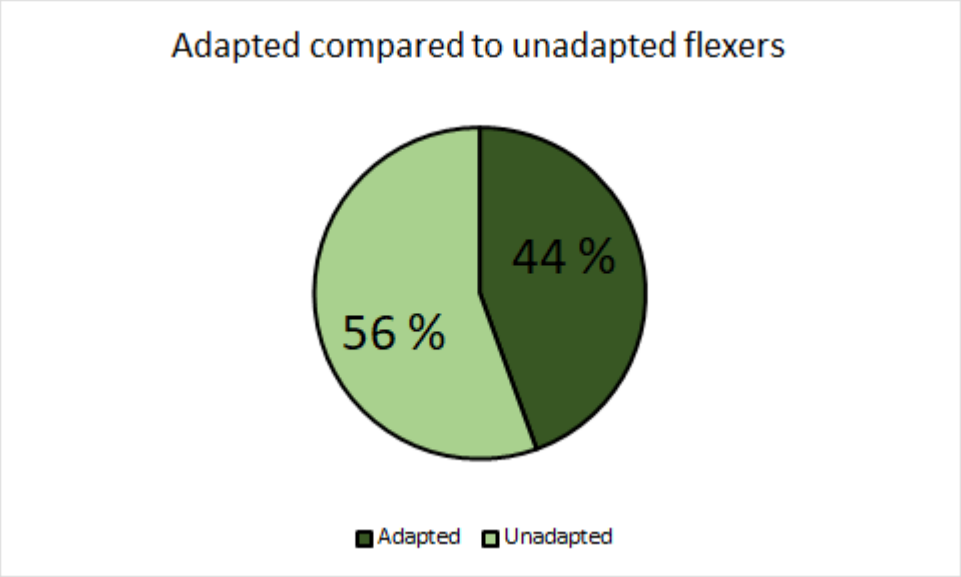


These results support the evidence that naps should be scheduled to be morning-heavy or possibly at noon in order to get a sufficient amount of REM.

Irregular sleep times



Out of 36 people who had flexed during their adaptations 16 had adapted to at least one schedule.



The following information regarding adaptations to schedules with certain amounts of total sleep was gathered:

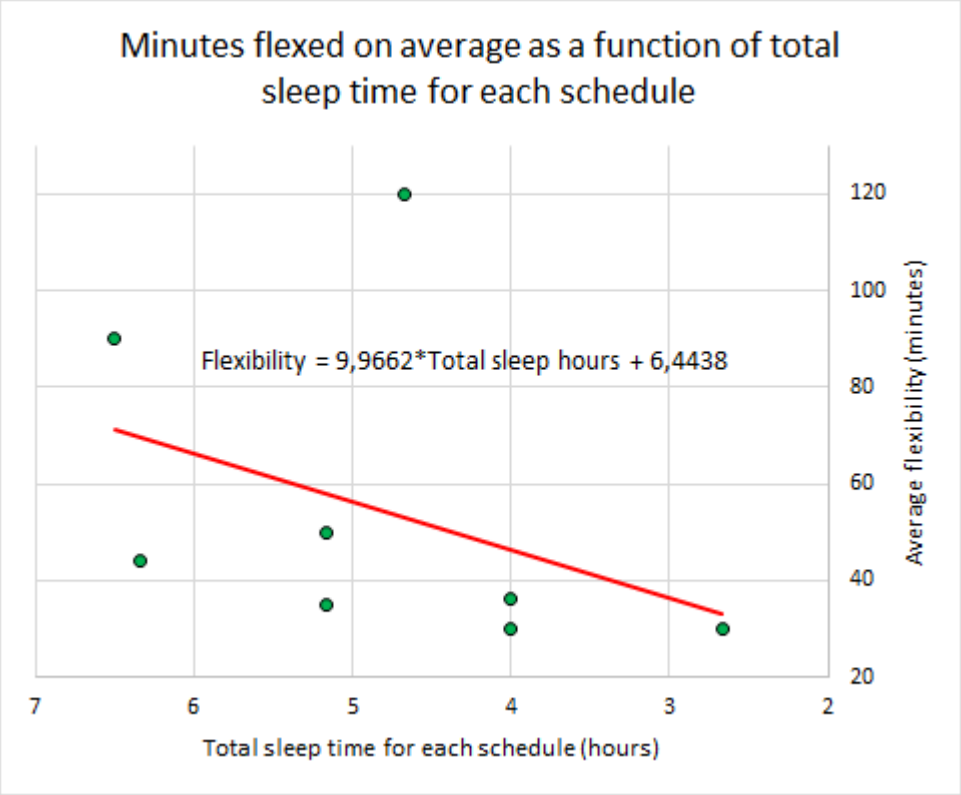
Total sleep	>6h	5 - 6h	4 - 5h	SPAMAYL
Number of adapted people	38	19	19	1
Number of attempted flexers	23	20	17	2
Number of adapted flexers	11	7	7	1
Percentage of adapted flexers per total people	28.9%	36.8%	36.8%	100.0%
Percentage of adapted flexers	47.8%	35.0%	41.2%	50.0%
Average minutes flexed (successful adaptations)	57.8	36.8	47.3	30
Unspecified flexing duration	3	2	1	0
Cores flexed	7	4	1	0
Naps flexed	6	5	3	0
Unspecified flexing block	1	1	3	1

It was around as popular to flex cores as it was to flex naps. Some of this information could be wrong, because there were people whose answers were interpreted from them giving a number as to how much they flex without specifying which schedules this was the case for. For these people all their schedules were assumed to have been flexed, and the schedules got the same minutes flexed.

Specific schedule flexibilities in minutes were as follows:

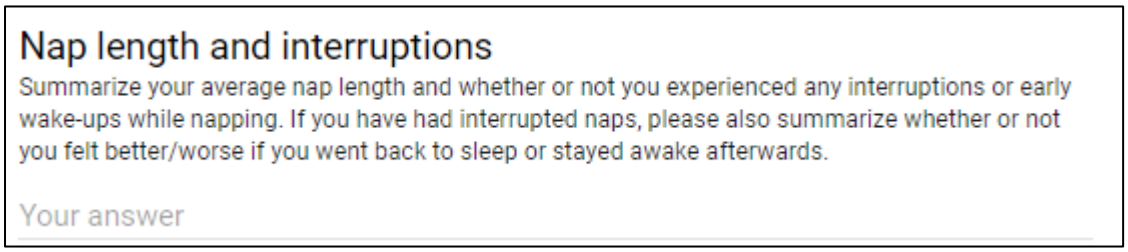
Person #	Segmented	Siesta	E1	E2	E3	DC1	DC2	Bimaxion	SPAMAYL
# 1			60						
# 2			10			10			
# 3		120					120		
# 4			60	60					
# 5			30						
# 6				30	30			30	30
# 7					30				
# 8					25				
# 9		60	60	60	60	60			
# 10		90							
Average	-	90.0	44.0	50.0	36.3	35.0	120.0	30.0	30.0

The sample size is quite questionable, so no major conclusions should be drawn regarding the flexing duration. This table also shows where the assumptions regarding similar flexing times for multiple people were made.



The above graph shows that even with these questionable values the average flexibility in minutes still declines as the schedules have less total sleep.

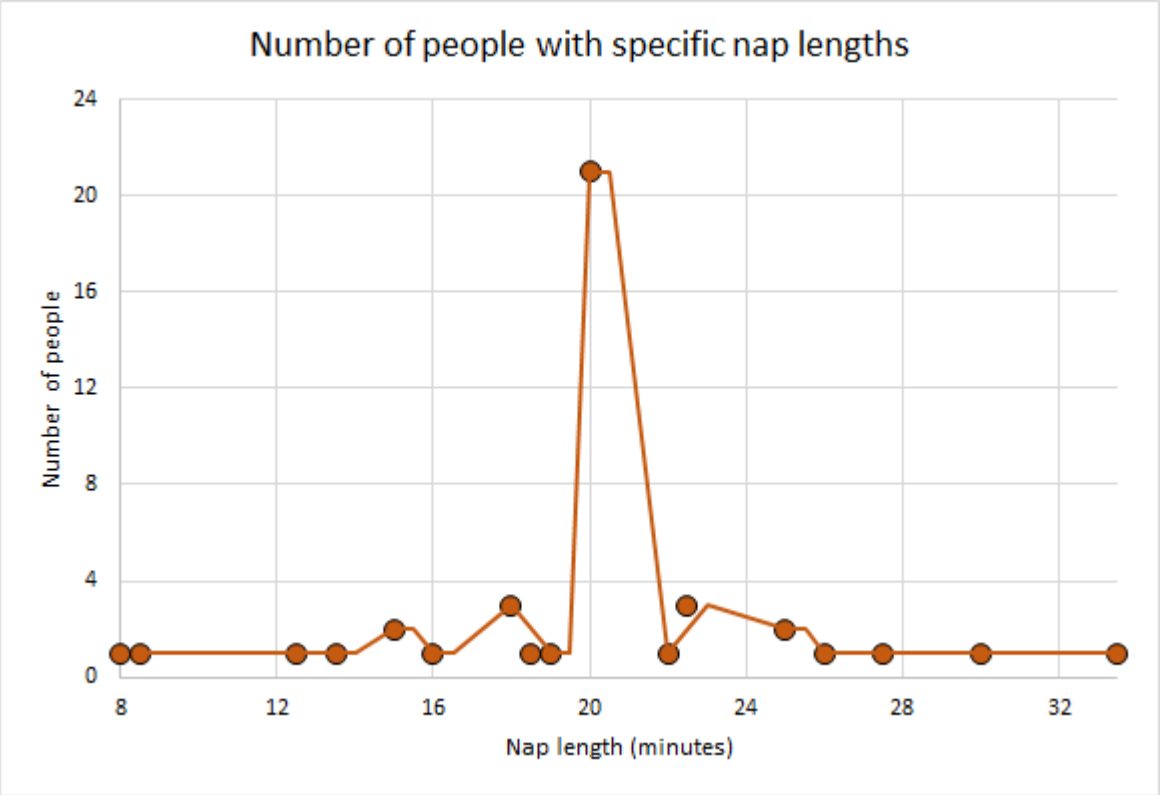
Nap length



39 people provided their usual nap lengths. Some people had different lengths for different naps. 7 people clarified that they had premature wakes in their naps, and 5 people provided at what point this happened. The results are as follows:

	Nap length	Premature wake time during adaptation
Average length (minutes)	19.92	10.90
Standard deviation	4.64	3.13

Naps of 20m in length were clearly the most popular.



Adjusting for missed sleep

Adjusting for missed sleep

If you have been unable to take a core or nap on time for whatever reason, explain the approach you took to deal with the situation along with how successful you felt your approach was.

Your answer

Schedule choice reasons and restrictors

Schedule choice reasons *

Summarize the reasons behind your choice of schedule(s).

Your answer

The following information was gathered regarding restrictors for scheduling:

	Time restrictions	Exercising	Significant other
Number of people	19	3	3

(Exercising refers to the requirement to gain a sufficient amount of muscle mass)

The most common reason for choosing schedules was total sleep reduction (30 answers), but there were a number of other reasons stated as well:

- Increasing sleep quality (3)
- Dreaming benefits (3)
- Naturally segmented (1)
- Religious (2)
- Insomnia cure (1)
- More energy (2)
- Improved health (2)
- Curiosity (4)
- Productivity increase (3)
- Additional discipline (1)
- Napping experience (1)
- Easy adaptation process (4)
- On a gradual adaptation process (1)

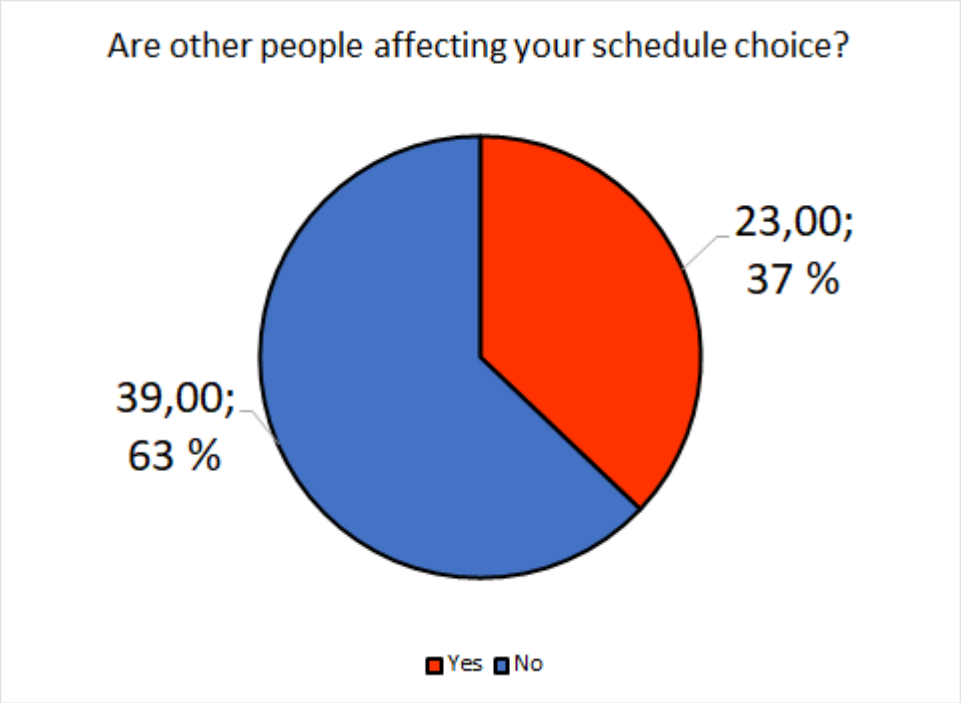
Other people affecting the schedule choice

If you live with other people, has this affected your schedule choice(s)?

Do they force you to sleep at certain times, or limit some schedules by their sleeping habits?

Your answer

Other people affecting the schedule choice was simply split into two answers; yes and no. These are the results:



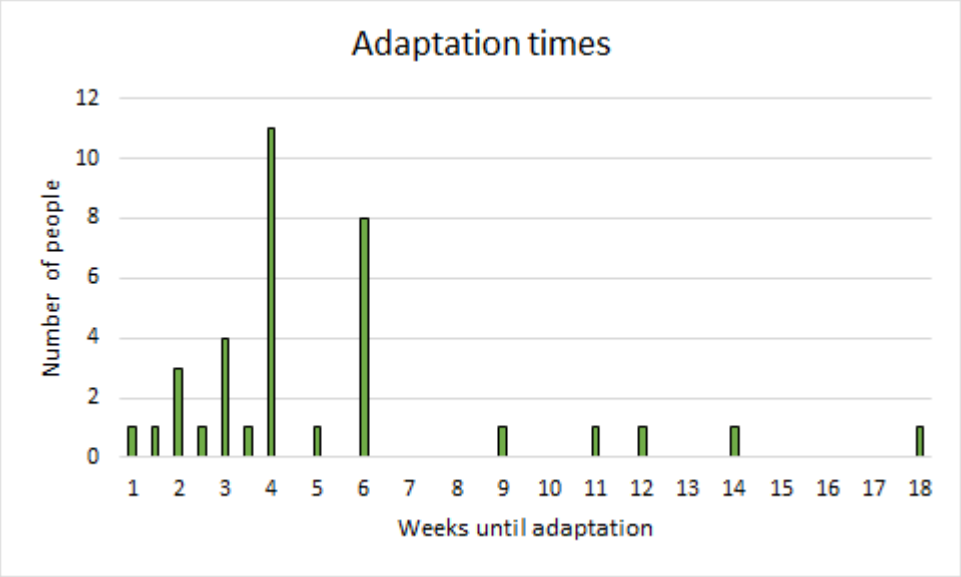
Adaptation success 1

Success 1

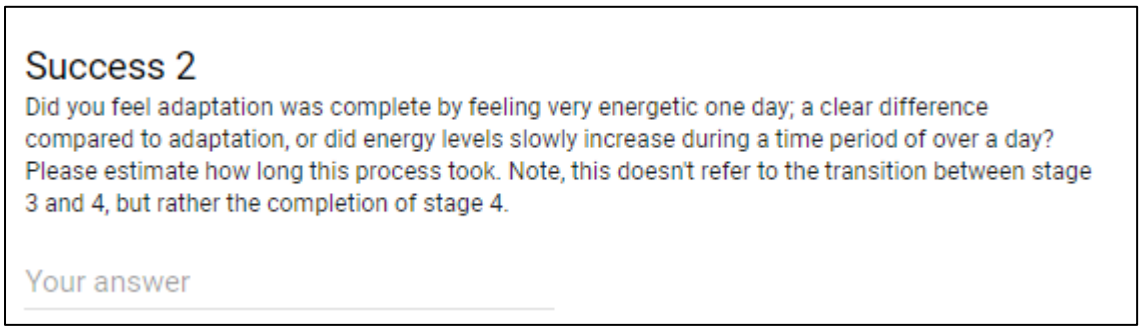
For each schedule you successfully adapted to, how long did it personally take you to feel that you had adapted? (Signs of adaptation success include feeling really energetic most times [a clear change from the adaptation tiredness], waking up feeling refreshed, falling asleep fast in all sleeps, getting natural wakes and having a big time dilation in naps).

Your answer

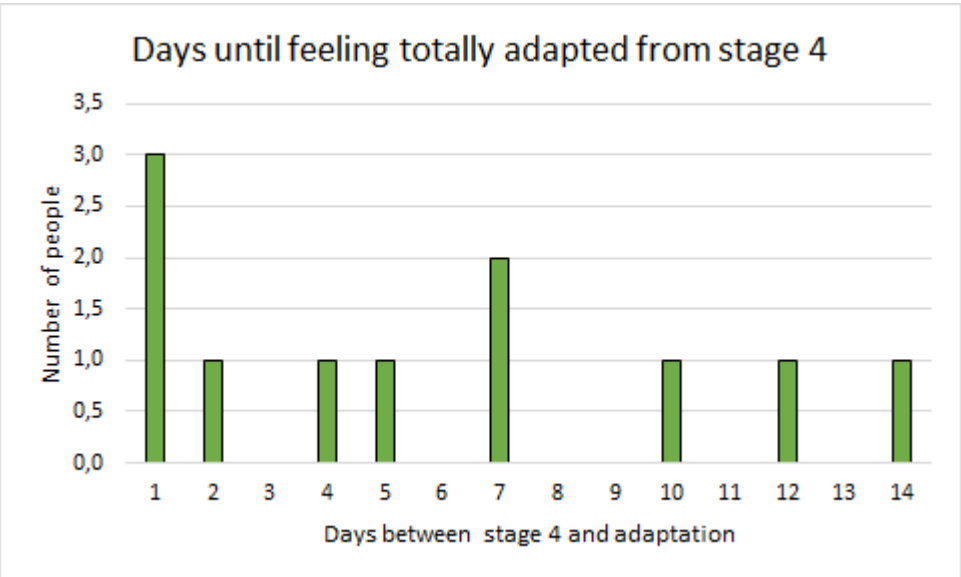
The adaptation time for people was on average 5,2 weeks with a standard deviation of 3,5 weeks. The specific claimed adaptation times are marked out in the following graph:



Adaptation success 2



People felt like they suddenly felt better on an average time of 5,8 days, with a standard deviation of 4,6 days. However, this question might have been poorly created, so the answers here should be taken with a grain of salt. The information given results in the following graph:



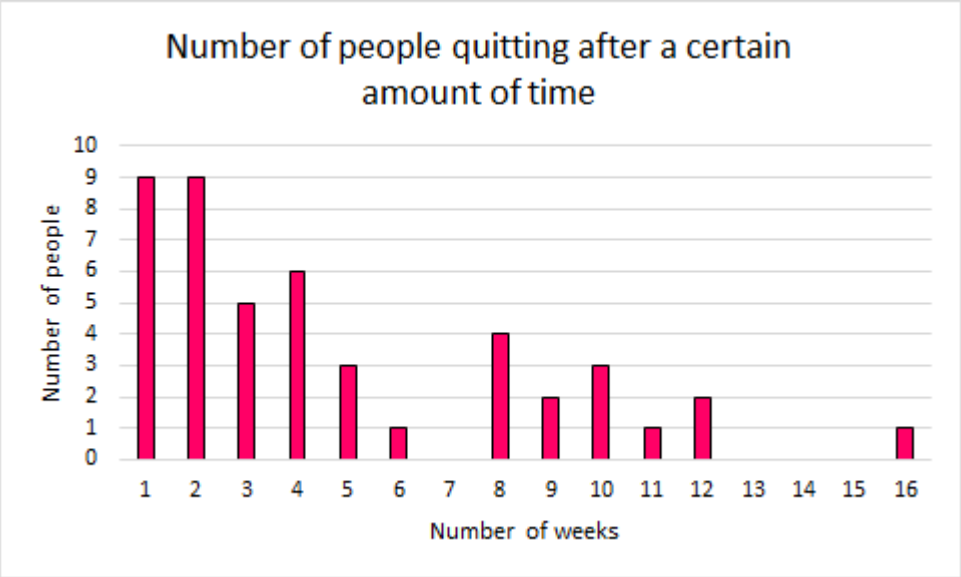
Quitting

Quitting

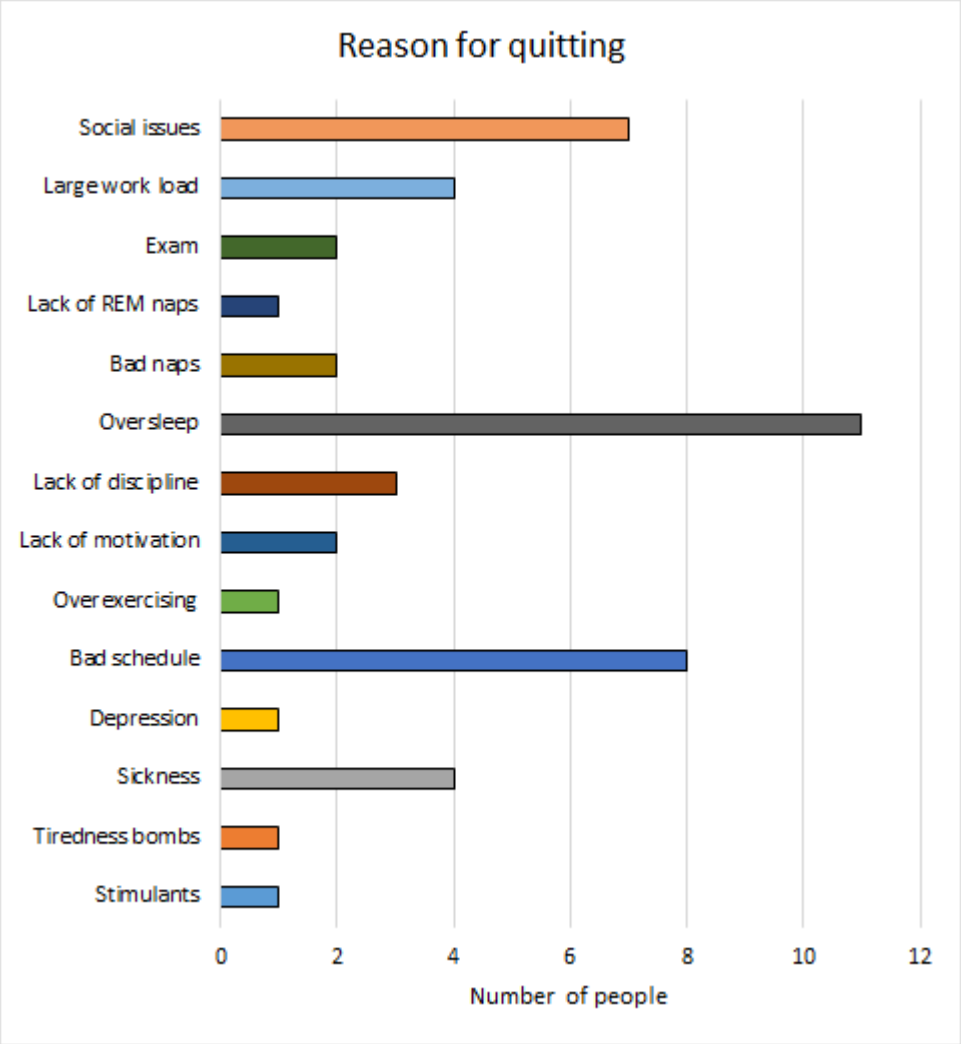
If you quit your schedule(s), summarize how long you were on the schedule(s) before quitting, along with the reasons for quitting.

Your answer

The information gathered yielded that most people quit after 7,7 weeks on average (with a standard deviation of 12,6). Outside of the following graph two people quit after half a year on the schedule, one quit after 9 months and one after 2 years. people who quiz after only a day or two were not counted.

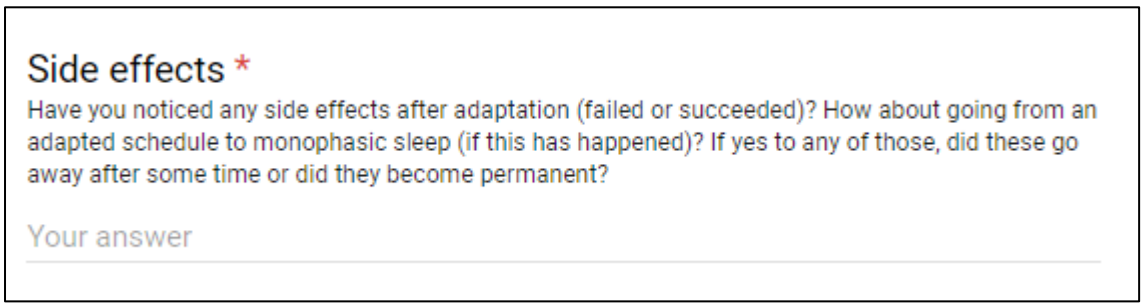


The specifics regarding the reason why people quit was stated as follows:



From which it can be seen that social issues, oversleeping and the schedule becoming unfit for that specific person were the main reasons for quitting.

Side effects



In total 30 people noted that they had felt no side effects in general, and 6 people said that they were reminded how bad monophasic sleep felt for them when returning to monophasic sleep. The information gathered gave the following results:

Temporary side-effects when becoming monophasic	
	Number of people
Depression	1
Naturally waking up at old times	4
Sleep interruptions	1
Tiredness at old times	2
Decreased motivation	1

“Permanent” side-effects when becoming monophasic	
	Number of people
REM naps	1
Decreased motivation	1
Cognitive impairment	1

Side-effects during adaptation	
	Number of people
Reduced memory	1
Weight gain	1
Physical pain	1
Lower cognitive functions	4
Increased concentration	1

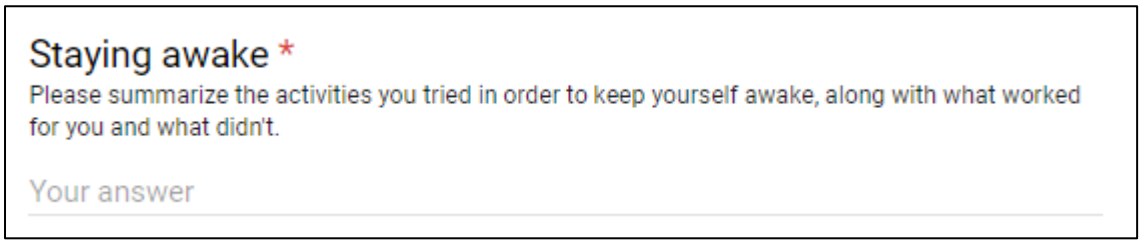
Side-effects after adaptation	
	Number of people
Irritability from skipped sleep	1
Time dilation	2
Increased energy	2

Side-effects after adaptation	
Worse alcohol tolerance	1
Increased mental clarity	1
Increased appetite	1

Most temporary issues that occurred when returning to monophasic sleep were in direct correlation to old sleep habits, such as waking up naturally at the old times or feeling dips in energy during old nap times. Of course the “permanent” side-effects can’t be confirmed to actually be permanent, but if they have present for a long time with no sight of stopping they were classified as permanent. The permanent motivation decrease had for example only remained on a monophasic schedule for a month. So as a conclusion regarding the permanent side-effects it can be said that it seems like polyphasic sleep is relatively safe (with two long term side-effects specified out of 76 entries), but more testing is necessary in this regard. It is surprising that so few people mentioned of side-effects during adaptation, but if those symptoms are compared to the side-effects after adaptation it can be seen that all negative symptoms have disappeared once people adapted. The only negative side-effects that were reported after adaptation were worse alcohol tolerance and a lower threshold to become irritated after skipping sleep. Conclusively it seems like this question needs working on in future versions of this survey, and that some testing regarding the cognitive performance on polyphasic sleepers is needed.

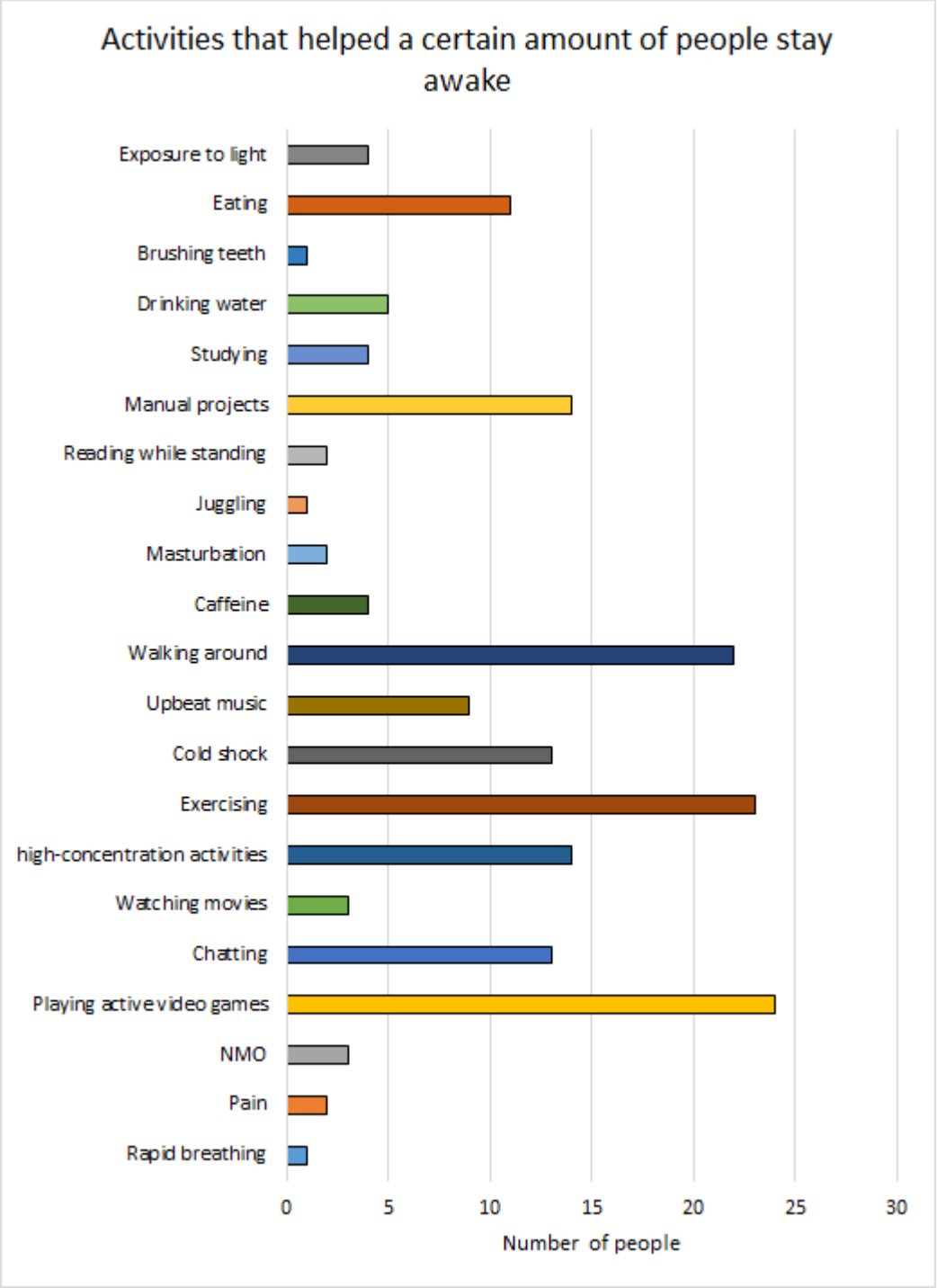
Lifestyle

Staying awake



The following activities were specified to have helped a certain amount of people stay awake:

Activity	Number of people		Activity	Number of people
Rapid breathing	1		Exercising	23
Pain	2		Cold Shock	13
NMO	3		Upbeat music	9
Playing active video games	24		High-concentration activities	14
Chatting	13		Walking around	22
Watching movies	3		Reading while standing	2
Caffeine	4		Manual projects	14
Masturbation	2		Drinking water	5
Juggling	1		Brushing teeth	1
Eating	11		Exposure to light	4
Studying	4			



Conclusively people did several activities to stay awake. All the ones listed here were activities that people claimed were good at keeping them awake. No bad activities were listed due to a lack of answers to that part of the question.

Dark period

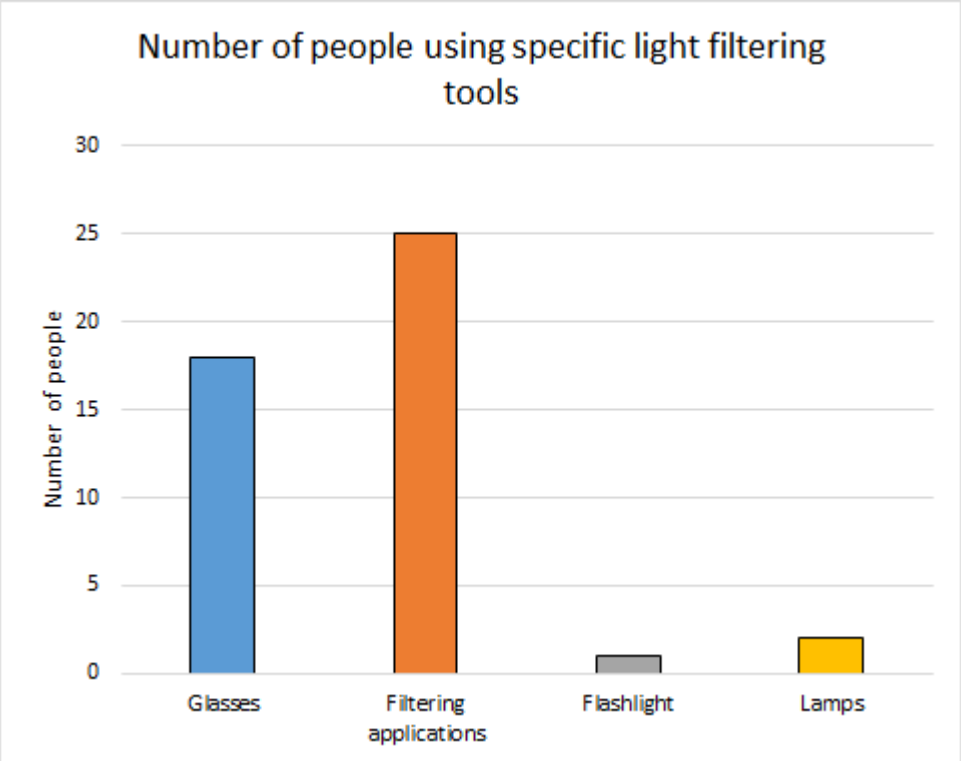
Dark period

How long is and has your dark period been on different schedules? If you have not had a dark period in every attempt, has having one made adaptation harder/easier? Please go into detail how you maintain your dark period as well; settings on applications, goggle colours and wavelengths blocked etc. (A dark period refers to the time when at least all light from the 400-530 nm wavelengths are blocked, normally done by using a low kelvin setting redshift program on computers/phones, or by wearing red protection goggles.)

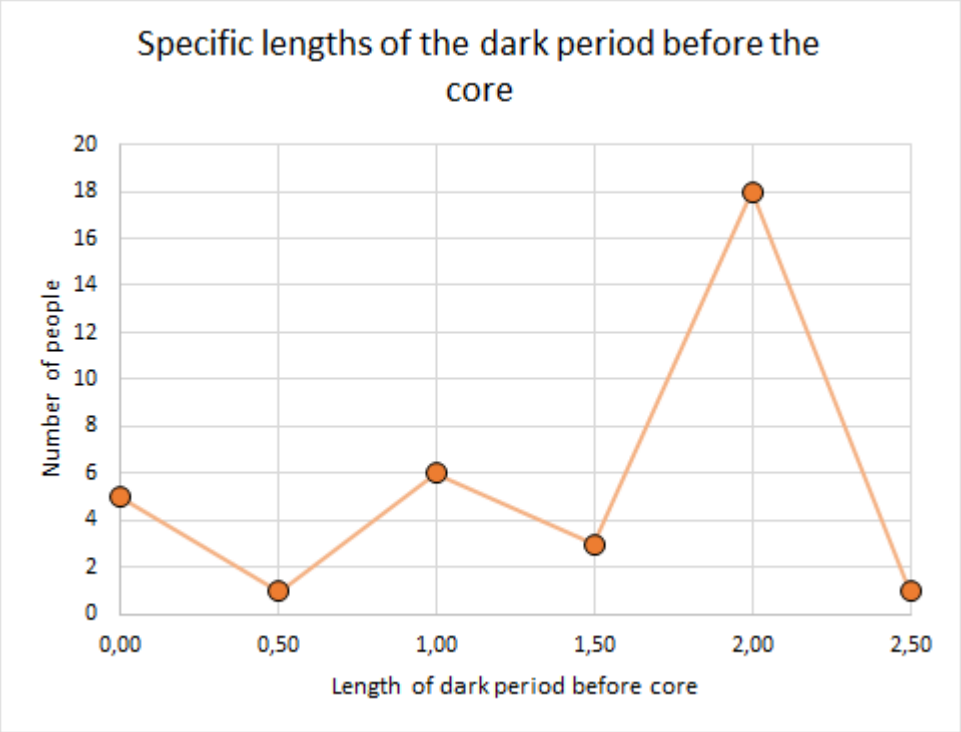
Your answer

The following information was gathered regarding specifics of people's dark periods.

Filtering tools				
	Glasses	Filtering applications	Flashlights	Lamps
Number of peoples	18	25	1	2



Specific lengths of the dark period before the core	
Length of the dark period	Number of people
0.0	5
0.5	1
1.0	6
1.5	3
2.0	18
2.5	1

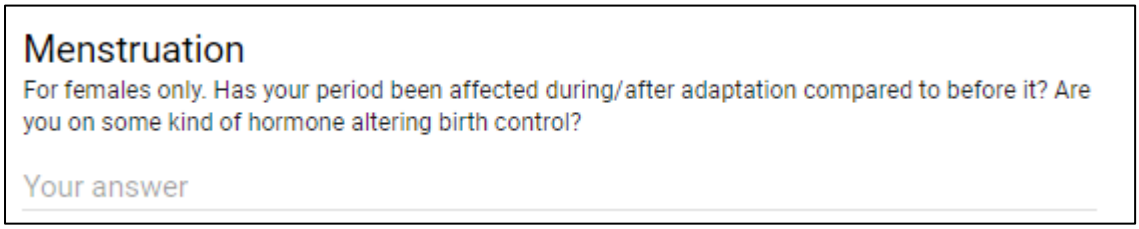


The following effects of having a dark period were mentioned:

- Tiredness (2)
- Higher sleep quality (4)
- Shorter sleep onset (2)
- Shorter SWS onset (1)
- No effect (2)

EEG evidence of the effects of dark periods were extremely sparse.

Menstruation

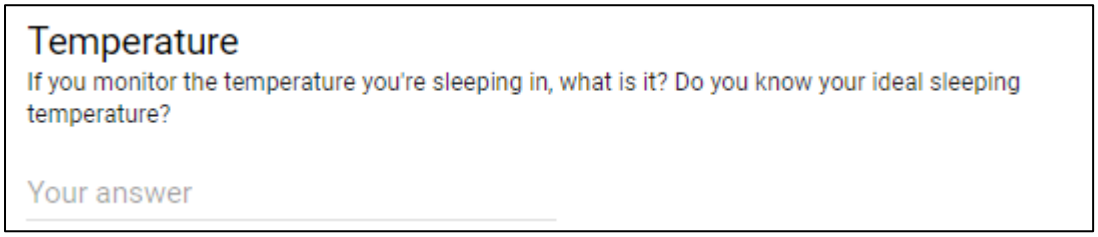


Not too many people answered this question, but the following results were given:

Period during adaptation	No change	Came earlier	Was delayed
Number of people	5	1	1

Which means that according to this information women's menstruation is mostly unaltered during adaptation, however some can experience an irregular menstruation during adaptation. Because of this it is most likely wise to abstain from birth control that relies on a regular menstruation cycle during adaptation.

Temperature

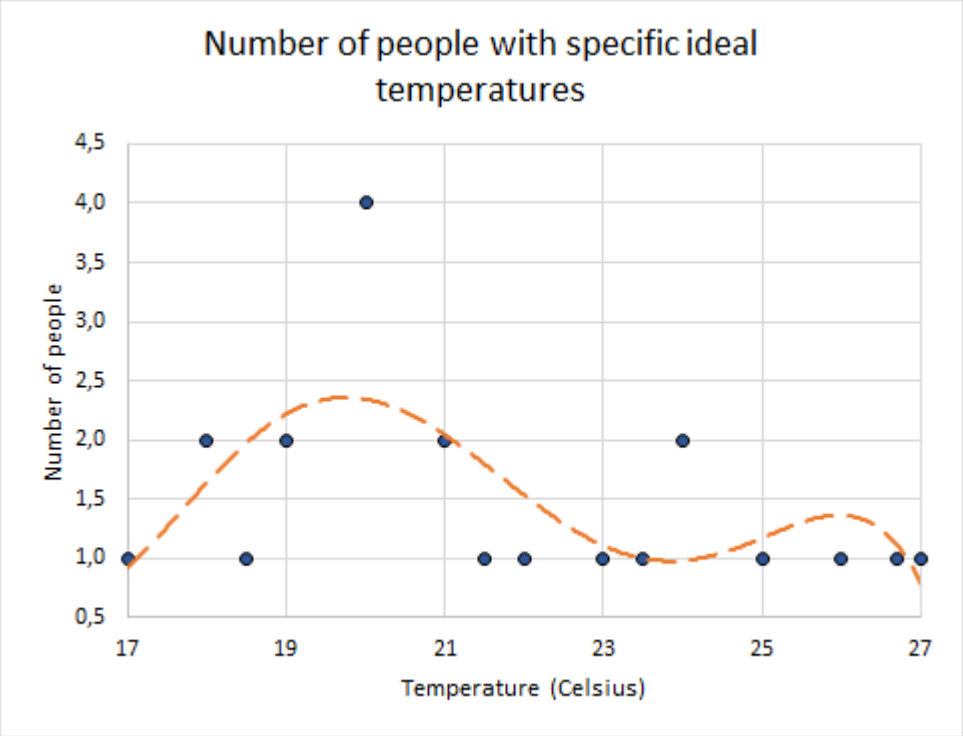


The following information regarding ideal temperatures was gathered:

Temperature (Celsius)	**Number of people**
17.00	1.00
18.00	2.00
18.50	1.00
19.00	2.00
20.00	4.00

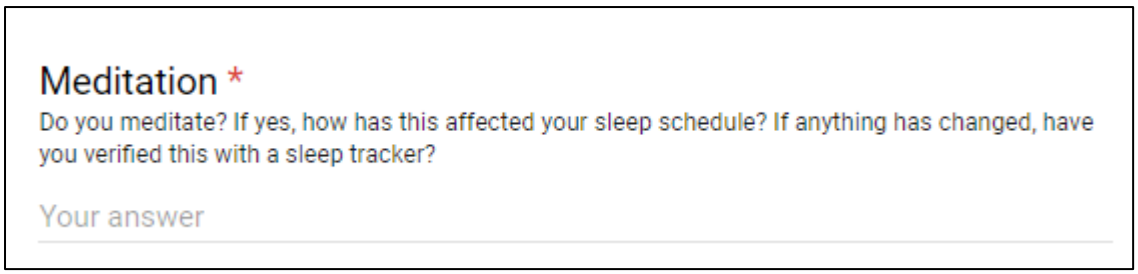
Temperature (Celsius)	Number of people
21.00	2.00
21.50	1.00
22.00	1.00
23.00	1.00
23.50	1.00
24.00	2.00
25.00	1.00
26.00	1.00
26.70	1.00
27.00	1.00

Which translates into the following graph:



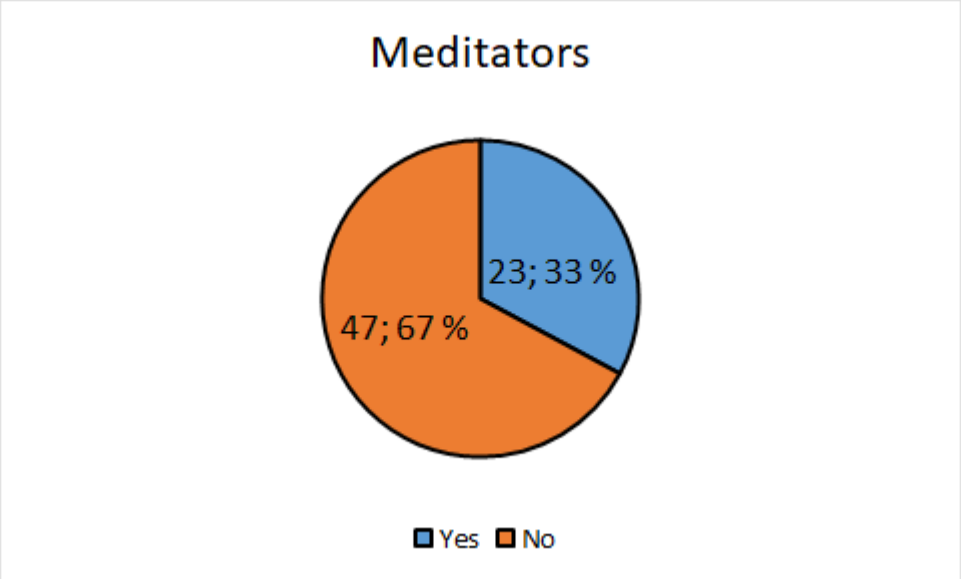
In this graph it can be seen that most people have their ideal temperatures around 20-22 degrees Celsius, however some people also seem to enjoy 26-27 degrees Celsius. The ideal sleeping temperature of people does thus seem to be highly individual.

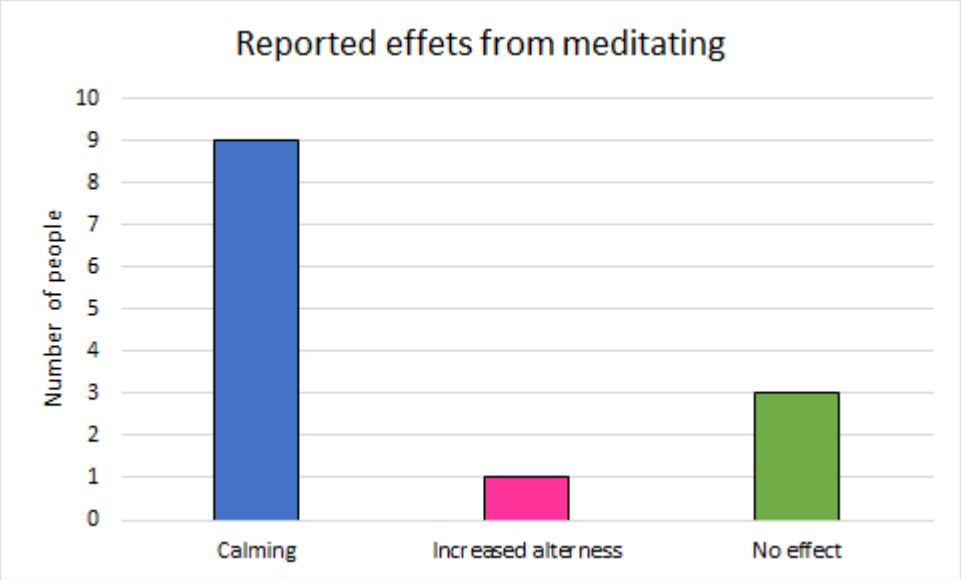
Meditation



Amongst the survey answers 23 people confirmed that they do meditate, while 47 people said they do not meditate. The effects of meditation were stated to be the following:

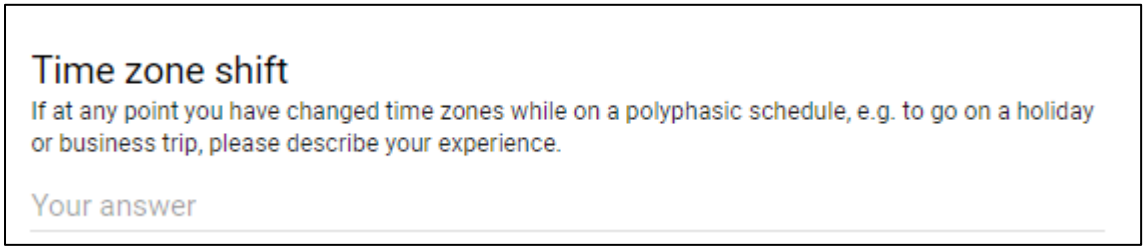
Effect	Increased alertness	Calming	No effect
Number of people	1	9	3



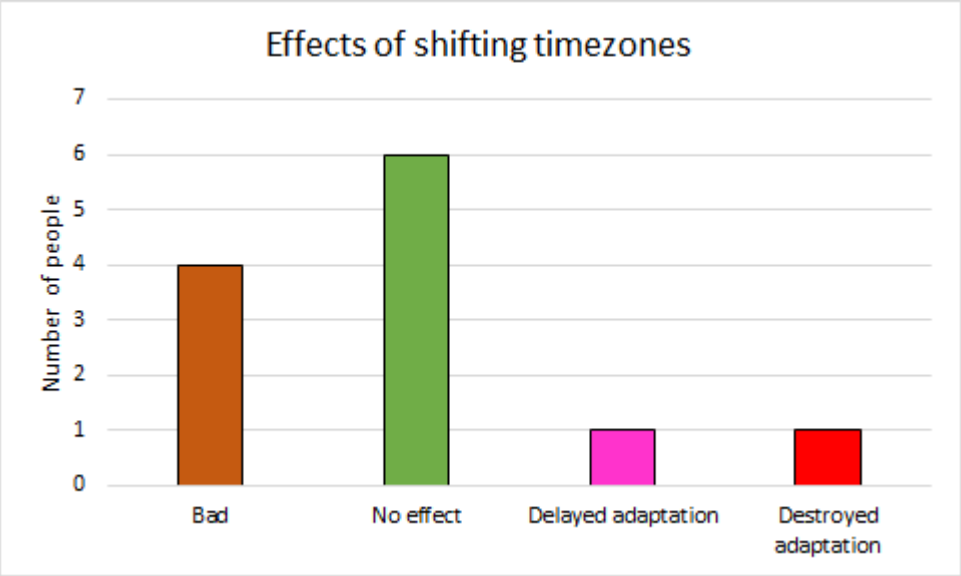


Because of the general calming effect that meditation reportedly gives it is wise to strongly consider doing it during adaptation. Taking precautions to ensure no oversleeping happens, such as meditating while standing or setting safety alarms is most likely wise. It should be mentioned that no meditator had evaluated the effect of meditating with an EEG.

Time zone shift

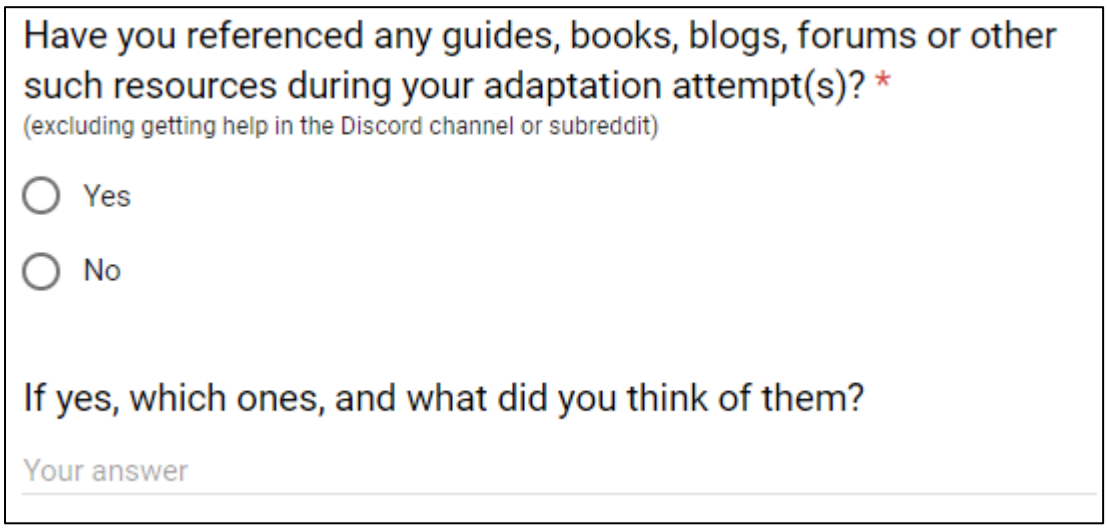


According to the data not too many people had shifted time zones. 6 people reported it having no effect, 4 people reported a bad effect, 1 person said it delayed the adaptation and 1 person said it destroyed their adaptation.



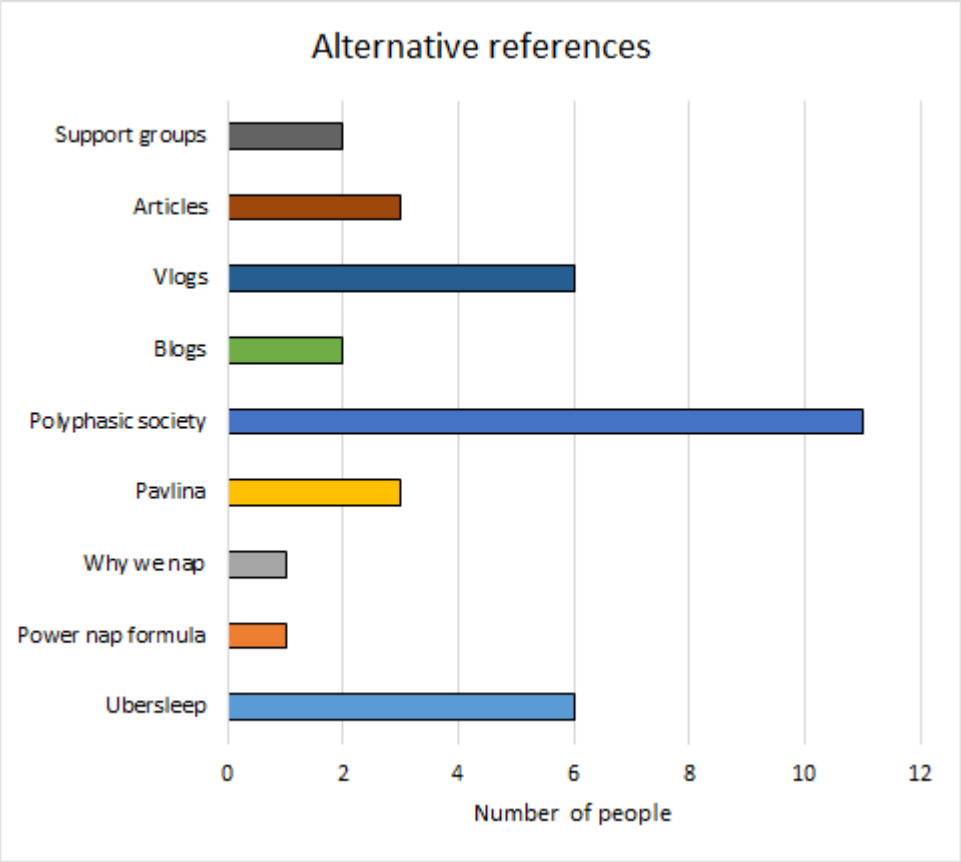
So according to the information present it can be concluded that it's around as likely that shifting time zones has no apparent effect as it having a bad effect. No one reported a positive effect.

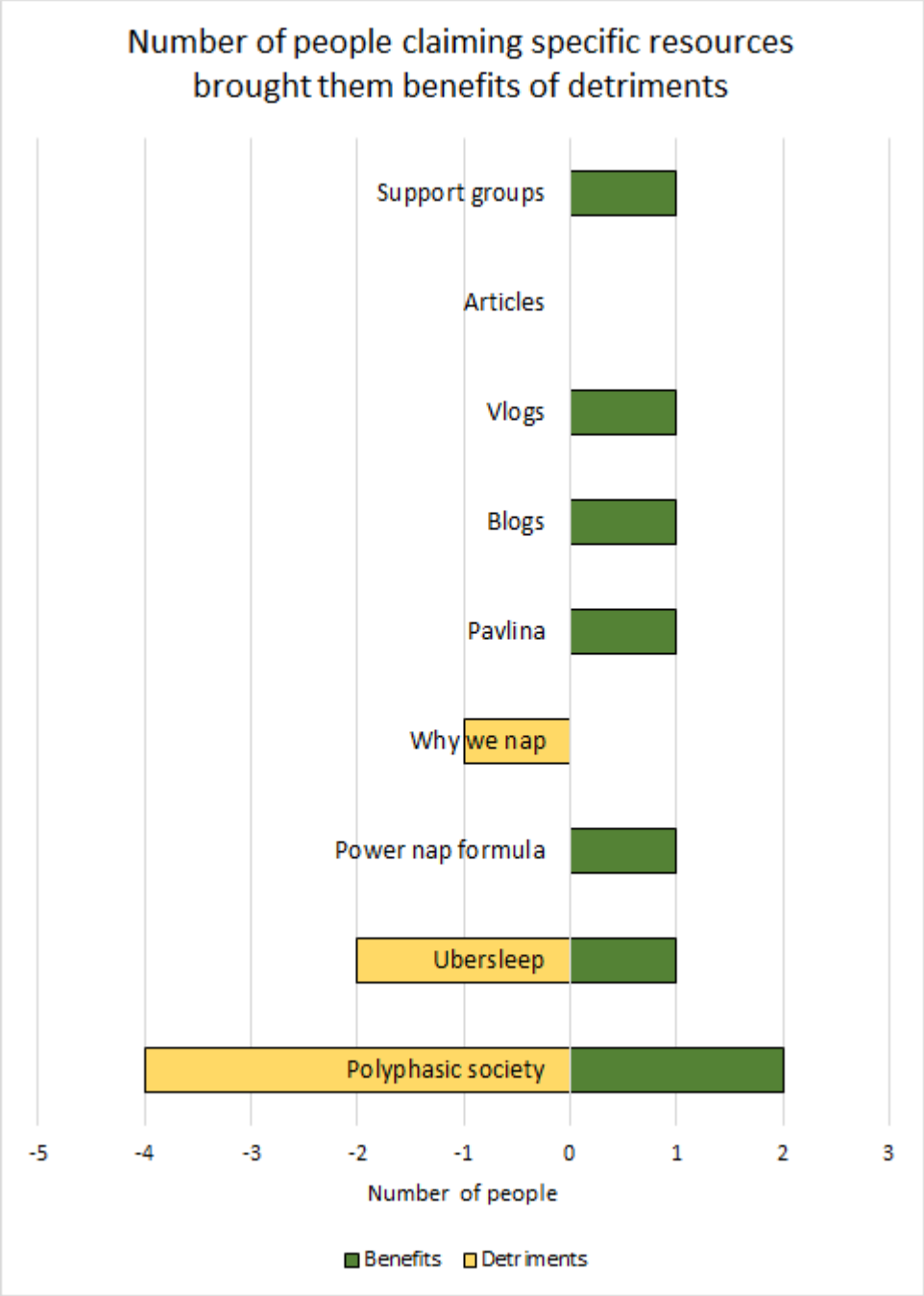
Alternative references



The answers regarding which references (excluding Polynet, the Discord or Reddit) the people answering the survey had used are listed below. Some people also inserted their comments regarding the benefits of the alternative sources. The following data was gathered regarding that:

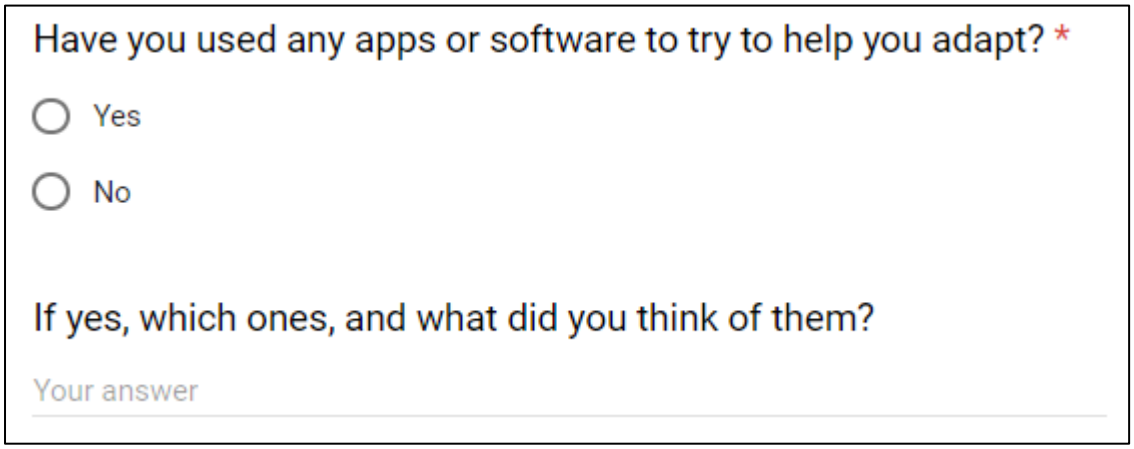
Name	Type	Number of people	Impact (positive / negative, number of people)
Support groups		2	+1
Articles		3	
Vlogs		6	+1
Blogs		2	+1
Polyphasic Society	Information source	11	+2, -4
Pavlina	Blog	3	+1
Why we nap	Book	1	-1
Power nap formula	Book	1	+1
Ubersleep	Book	6	+1, -2



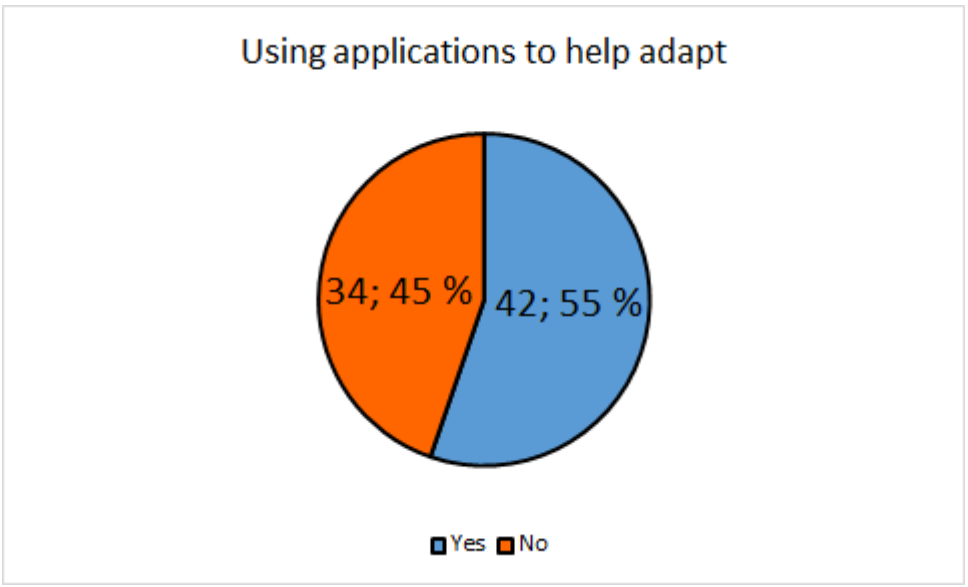


The number of people who talked about alternative sources of information were not too many on a specific basis, however it seems like a majority of people had gained information from the Polyphasic Society. That site also had the most amount of dislikes. Puredoxys blog was included in the “Blogs” section.

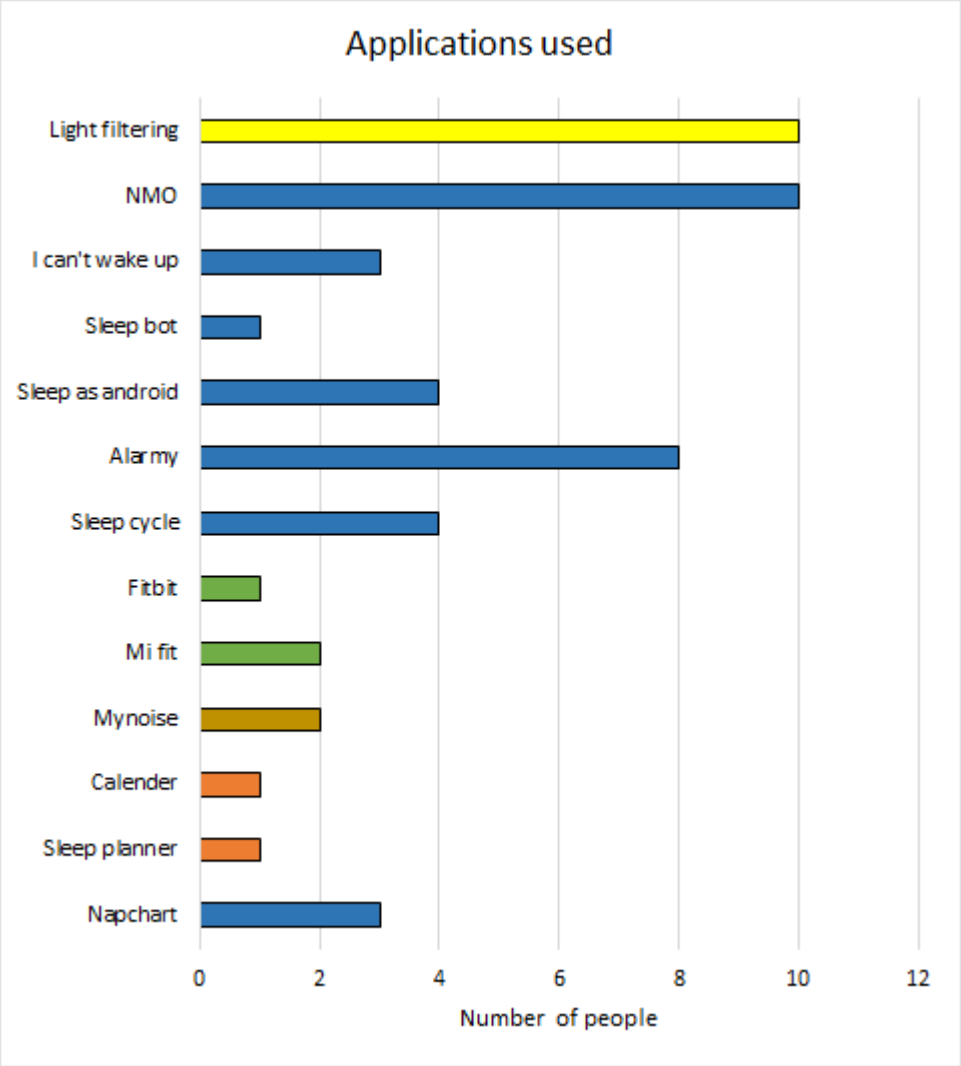
Applications



According to the information gathered in the survey 42 people had used applications to help them adapt, while 34 people had not.



The following applications had been used by a specific number of people (light filtering applications are not specified):



Sleep trackers

Have you used any sleep tracking devices during adaptation? *

- Yes
- No

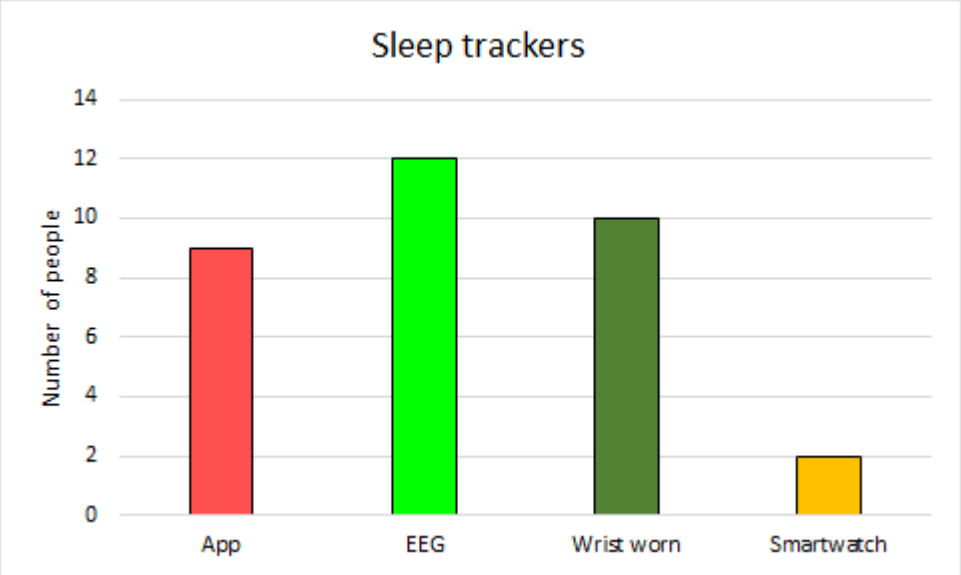
If yes, which ones, and what did you think of them?

Your answer

The following general information was gathered regarding the use of sleep trackers:

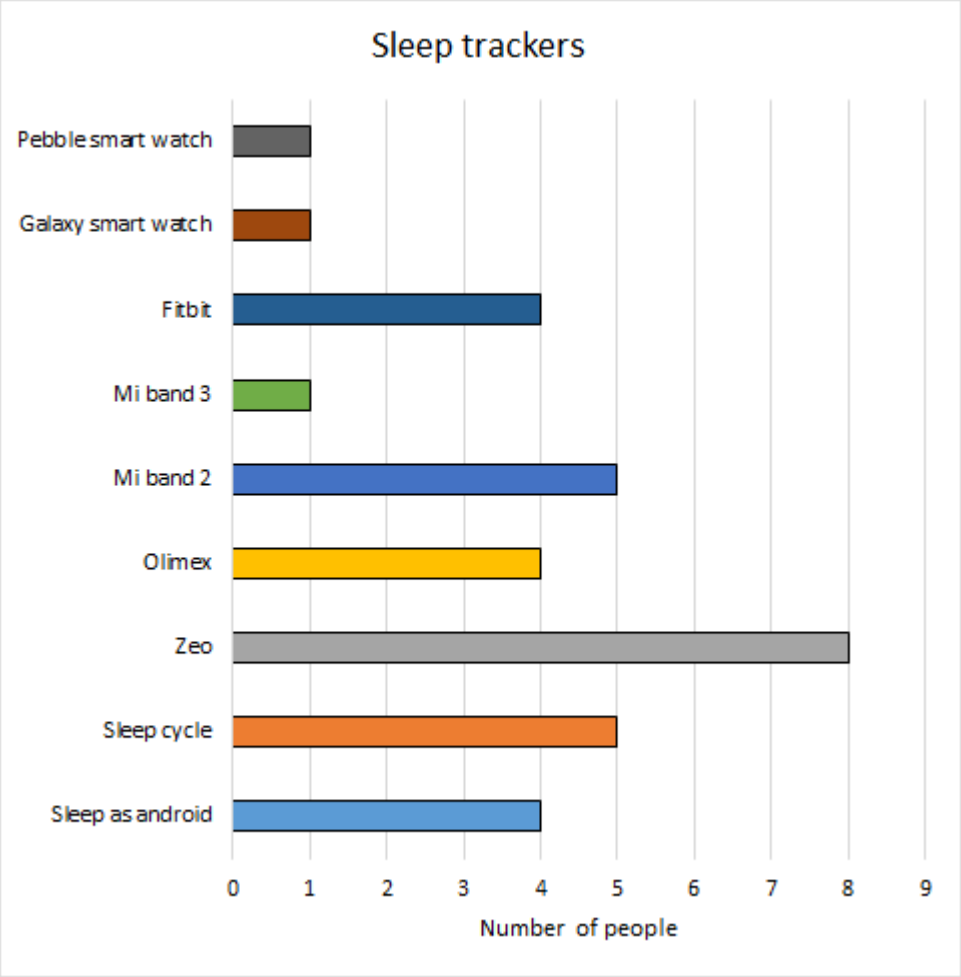
Tracker type	Application	EEG	Wrist worn	Smart watch
Number of people	9	12	10	2

(Smartwatches could technically be counted as wrist worn sleep trackers)



The specific sleep trackers mentioned were as follows:

Sleep tracker	Tracker type	Number of people
Sleep as android	Application	4
Sleep cycle	Application	5
Mi band 2	Wrist worn	5
Mi band 3	Wrist worn	1
Fitbit	Wrist worn	4
Galaxy smartwatch	Smartwatch	1
Pebble smartwatch	Smartwatch	1
Zeo	EEG	8
Olimex openEEG	EEG	4



This shows that 35 people were tracking their sleep, which is 46% out of the total number of people. The amount of people who were tracking their sleep with applications was quite high, which is strange because applications are known to be very inaccurate. It is most likely the free “information” that has caused them to use the trackers, since the sleep tracker applications listed are either free or cost a very small amount of money. 52% of the people with sleep trackers had adapted to at least one polyphasic sleep schedule in the past.

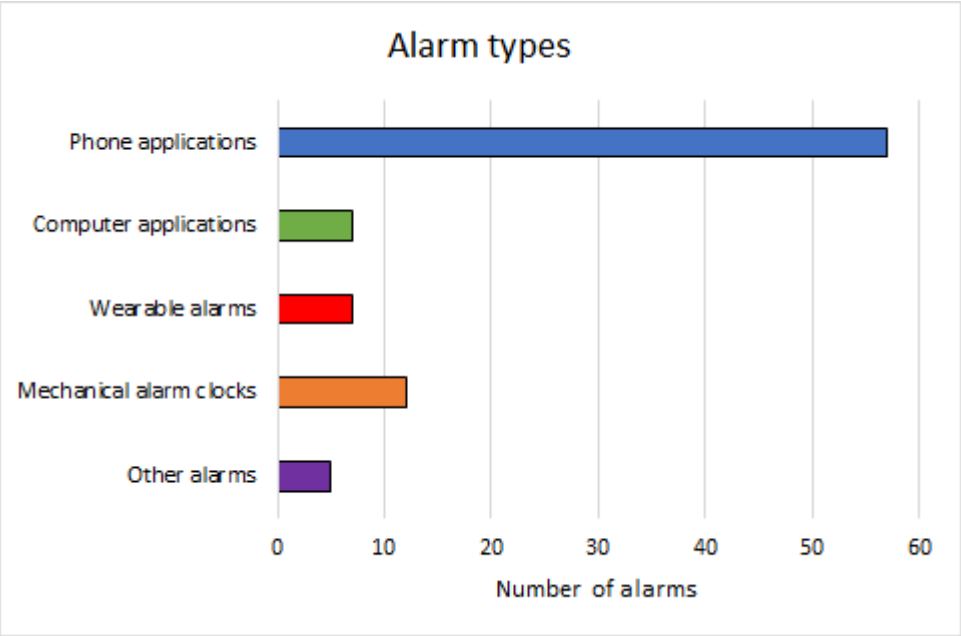
Alarms

What alarms have you used and how effective were they? *

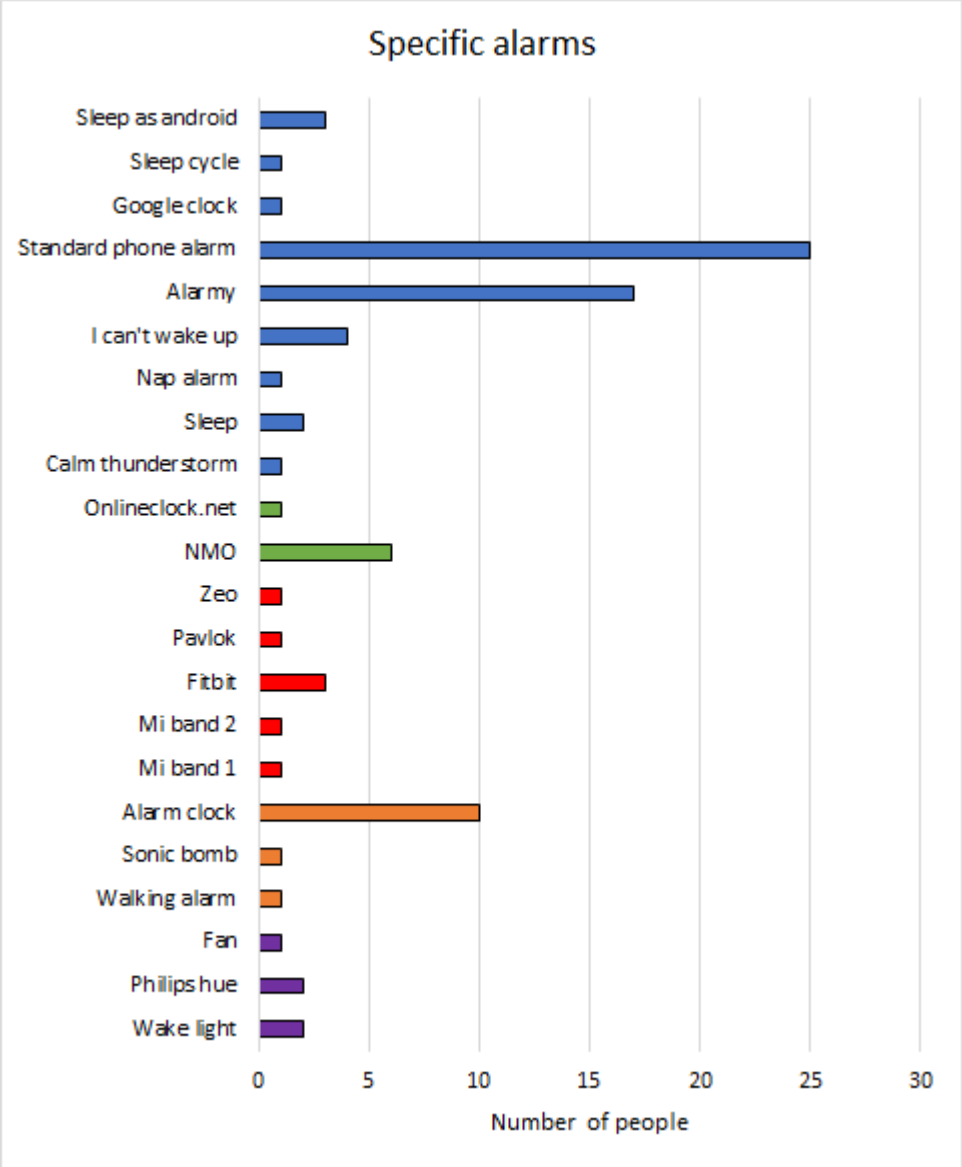
Your answer

The information regarding what alarms and alarm types people use was presented to be the following:

Alarm type	Number of people
Phone application	57
Computer application	7
Wearable alarm	7
Mechanical alarm	12
Other alarm	5



The alarms can be detailed to represent the following specific alarms:



From this it can be seen that phones were used as the main alarm sources, followed by wearable alarms.