

**Ubersleep: Nap-Based Sleep Schedules And The Polyphasic Lifestyle
[Kindle Edition]**

By PureDoxyk

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Ubersleep: Nap-Based Sleep Schedules and the Polyphasic Lifestyle. This is the holy grail on polyphasic sleep written by Puredoxyk who created the most popular

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(Kindle Edition) Ubersleep: Nap-Based Sleep Schedules and the Polyphasic Lifestyle (Paperback) by PureDoxyk

A detailed description of polyphasic (nap-based) sleep schedules, including the Uberman, Everyman and others. Written by Puredoxyk, the coiner of the term "Uberman's

It does not imply any particular sleep schedule. Stampi has written about his research in his book Why We Nap: Evolution, Chronobiology,

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