



Ubersleep: Nap-Based Sleep Schedules and the Polyphasic Lifestyle

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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 Sleep Schedule" and a polyphasic sleeper for many years, the book covers the history of polyphasic sleep, how to decide whether to be polyphasic, extensive advice for adapting to polyphasic schedules, and information about living polyphasically in the long-term.

The Second Edition includes tons of new content (many expansions, plus whole new sections on athletic lifestyle, sleeping in public, and more), brilliant new formatting and typesetting, and a brand-new cover!

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