

SLEEP can make you BETTER

20 November 2019

Scope & Potential of the Exploration

Health Care

Coma, Stroke, Sports

Education

Lifestyle

Primary

Tertiary

Training

Physical skills

Expression

Comprehension / Acquisition

Visual

Aural

Physical

Rationalisation / Assimilation

Association / Merging / Replacement

Into The Experience 'Tree'

Repetition & Time

Priorities & Currency

Conclusion / Response

Actions with Input Senses

Strength & Confidence

Consciousness

Sub-conscious

Memory models

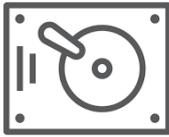
Waking Period



Like a tape... Sequential, record & playback - forward-only

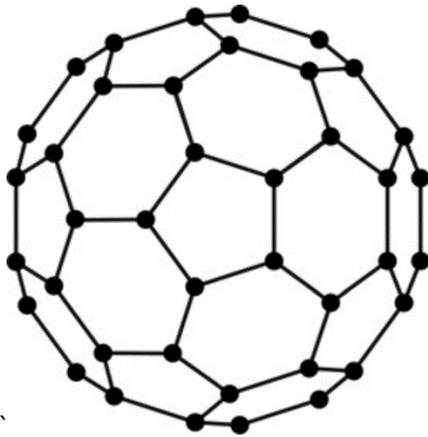
Exhausting

Long Term



Like a hard disk, Indexed / Random Access

Associative with prior situations

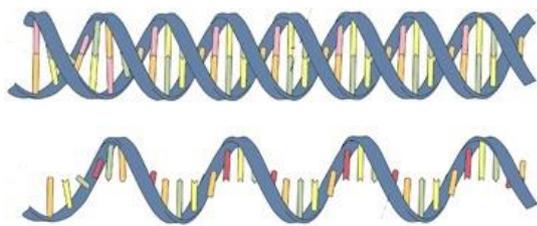


REM sleep

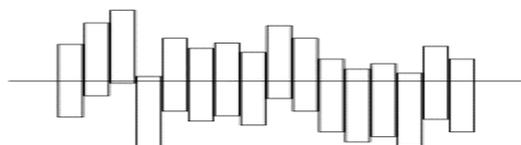
Binding Waking into Long-Term experiences/knowledge

Situations and Chemical Normal

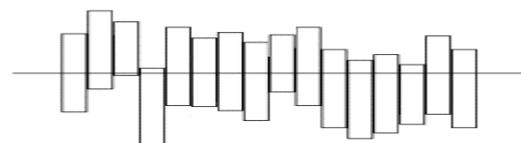
DNA / RNA and all that



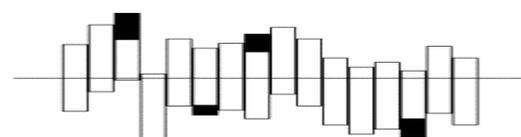
Event bias toward normal – or not



Chemical 'normal' profile derived from DNA+RNA



Situation 'event' sample profile



The *difference* between the situation and 'normal'

Learning & Experiences (Intellect)

Dependencies on other/earlier experience & knowledge

Physical (Body-Physiology)

Nerves, skeletal & Muscular activities are processed in similar manner to intellectual stimulus