



# Uberman Jutsu: What would you do with an extra 40 hours a week?

*Robert David Owens*

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What is Uberman? First let me introduce you to sleep. A standard sleep cycle is 90 minutes, and REM sleep occurs late in this cycle. REM is the most essential phase of sleep, the one in which you experience dreams, and when deprived of REM for too long, you suffer serious negative consequences. Polyphasic sleep conditions your body to enter REM sleep immediately when you begin sleeping instead of much later in the sleep cycle. During the first week you experience sleep deprivation as your body learns to adapt to shorter sleep cycles, but after the adaptation you'll feel good, for some more improved than before. What would you do with an additional 30-40 hours of free time per week?

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