

The 4 Hour Body Polyphasic Sleep Cheat Sheet

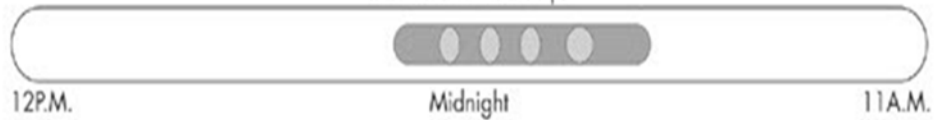
KEY

● REM cycle ● Other phases

MONOPHASIC SLEEP

THE WASTE—8 TOTAL HOURS

8 hours of core sleep



POLYPHASIC SLEEP

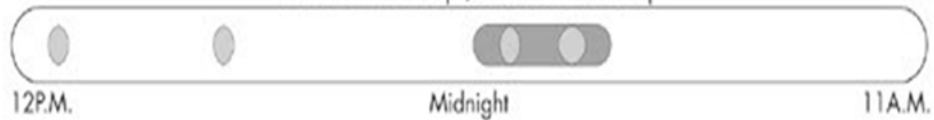
THE SIESTA—6.3 TOTAL HOURS

One 20 minute nap, 6 hours core sleep



THE EVERYMAN 2-NAP—5.2 TOTAL HOURS

Two 20 minutes naps, 4.5 hours core sleep



THE EVERYMAN 3-NAP—4 TOTAL HOURS

Three 20 minute naps, 3 hour core sleep



THE EVERYMAN 4-NAP—2.8 TOTAL HOURS

Four or five 20 minute naps, 1.5 hours core sleep



THE UBERMAN—2 TOTAL HOURS

Six 20 minute naps

