

A classical painting depicting a man in a dark, heavy robe reclining on a large, light-colored rock. He is shown in a state of deep sleep or unconsciousness, with his head resting on his hand and his eyes closed. The background features a dramatic, cloudy sky with a bright light source on the right, and a gnarled tree trunk on the left. The overall composition is typical of 17th-century Baroque religious art.

СОН

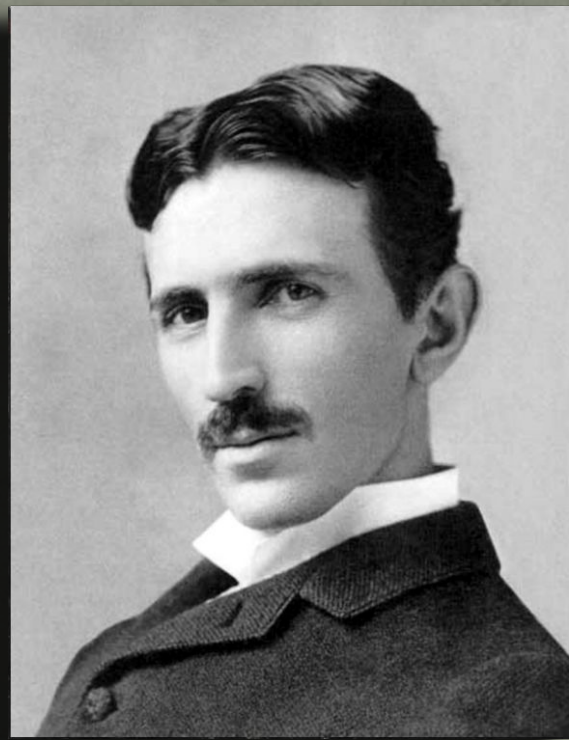
ПОЛИФАЗНЫЙ СООН



Леонардо да Винчи
(1452 – 1519)

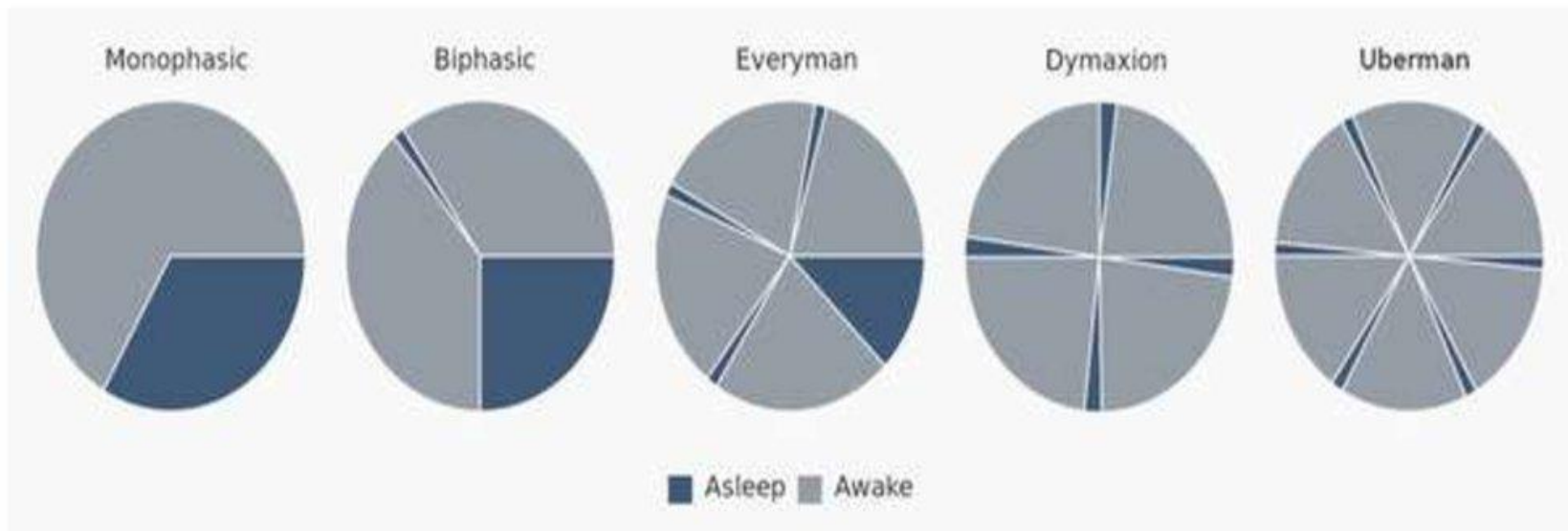


Никола Тесла
(1856 – 1943)



Методики полифазного сна

- ▶ Существует пять основных режимов сна:
- ▶ «Dymaxion» режим — 4 раза по 30 минут через каждые 6 часов;
- ▶ «Uberman» режим — 6 раз по 20 минут через каждые 4 часа;
- ▶ «**Everyman**» режим (режим обычного человека) — 1 раз ночью 1,5—3 часа и затем 3 раза по 20 минут в течение дня;
- ▶ «**Biphasic**» Бифазного режим — 1 раз ночью 5-7 часов и затем 1 раз 20 минут в течение дня;
- ▶ «**Monophasic**» Однофазный режим — 1 раз ночью 7-10 часов.



A person in a dark space suit is floating in a dreamlike landscape. The scene is dominated by a deep blue color palette. In the upper right, a large, bright full moon hangs in a sky filled with small, distant stars. The landscape below is a curved, textured surface, possibly a roof or a hillside, with several stylized, dark trees scattered across it. The overall atmosphere is surreal and ethereal, suggesting a state of consciousness or a dream.

ОСОЗНАННЫЙ
СОН

Фредерик Виллем ван Эден
(1860 – 1932)

