Da Vinci Hacks Sleep when others Search for Computer Student Deals by Crowin Smith

Article published on April 7th 2012 | Business

Leonardo da Vinci was a revolutionary philosopher, artist, scientist, and inventor. His intellectual curiosity was at the root of his success, followed by his ability to test results, refine his thinking, and explore new ideas. Da Vinci also had many quirky and unconventional habits. For example, he wrote backwards which required people to read his writing by looking at a mirror. A little less than 6000 backward printed notes exist. Many believe he did this to protect his ideas from thieves. He was also a productivity expert and, to maximize his time, he used a sleep method called polyphonic sleep to

Polyphonic sleep is a category of sleep patterns where one dozes in shorter bursts throughout a 24-hour period. Most polyphonic experts believe sleeping 3 two-hour increments is a healthy way to live, but many practitioners report even stranger sleep habits. Da Winci, for example, was reported to sleep in multiple 10 minuet spouts to shrink is sleep time to just 2 hours in a 24 our period! At an age when most contemporary scholars are searching for computer student discounts and drinking enough coffee to stay awake for weeks, da Vinci had hacked his sleep schedule while never attending an academic institution.

Polyphonic sleepers slumber sporadically throughout the day. They sleep when they are tired, and work the rest of the time. Sometimes this schedule is diagnosed as circadian rhythm disorder, which is a condition caused by head trauma or dementia. Many historians believe that human ancestors slept this way to protect themselves at night and to have more time to hunt. It makes sense to adopt this sleeping pattern when living conditions include unpredictable hostility.

Other experts that have adopted his sleep schedule to operate at peak efficiency. The United States Air force pushes its recruits to nap for 45 to 2 hour increments to total 8 hours of sleep in a day. Canadian military recruits sometimes sleep in 10-20 minute intervals during times of panic. Major corporations also adopt this method for executives that travel frequently and whose demanding work can be predicted. Buddhist monks reported using polyphasic sleep schedules to induce lucid dreams and further their path to enlightenment. The siesta, a midday nap practiced by many Hispanic cultures is another example of sleep schedule alteration.

If you are sick of caffeine highs that just make you stay up all night searching for computer student deals, consider trying a new sleep schedule to boost productivity. Most people that try it have a very tough adjustment period that can last up to 3 weeks. During this time it is common to experience a lack of energy, concentration, and alertness. It can also cause illness. Make sure to ask a doctor before making drastic changes.

Article Source:
http://www.articleside.com/business-articles/da-vinci-hacks-sleep-when-others-search-for-computer-student-deals.htm - Article Side

Crowin Smith - About Author:
For more information regarding a Student Deals, Please visit a Studentdeals.com

Article Keywords:

Best Student Deals, Best Student Discounts

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!