
A General Theory of Sleep

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Abstract

This paper will address the meaning and purpose of sleep by combining several factors. This combination will also answer another of the greatest mysteries of humanity, where did we originate, surface or deep-sea vent.

I have included how Artificial Intelligence, the Brain, Sentience is derived from sleep.

1 Sleep

First, an answer.

It is a hibernation cycle locked in step with, the Sun and back then also the moons, energy output.

We have some properties as well.

The moon was much larger 4 billion years ago and also as today reflected the suns light and was constantly bombarded so would have exhibited intermittent brightness phases. The moon could potentially have produced its own light and heat that could be felt on Earth.

Sleep patterns are intermittent even without the suns output.

Sleep is a physical process.

2. Briny Pool

This could answer the second question and ultimately where we are from:

We emerged from a salty pool on the surface lapped by the sea, clinging to the edges, long, long ago and not a deep-sea vent.

Sleep as I mentioned in a previous paper, I deduced logically being a physical property which means it owes its existence to a physical cycle. Our neural network brains coming much later in the evolutionary development cycle. Creatures exist that do not have brains and yet they still sleep.

So, when you put the properties together, they join symbiotically. We as a primitive life-form with no way to self-propel or manage our own movement easily, probably attached/clung to the edge of a surface pool and slowly learned to move, drift and then swim were at the mercy of other factors.

Difficult to rule out completely but we can now say unlikely, the vent hypothesis, we can say the vents produced light/heat all the time, therefore there would be no need to have sleep or intermittent sleep hibernation period at all. And if all life came from an initial vent life-form, then we could say all future life-forms would not need to sleep. We do not see this, we see vent creatures sleeping as well in short bursts.

Our expansion as a species back then would have been quick, as we probably had limited movement on land, but could drift as broken off clumps around the sea and shores, drift and be taken to other shores. We colonised the globes continents shores in very short order, perhaps in the order of years.

So, a lot of evidence points to a briny pool on the surface than to a deep sea-vent

3. Brain

Not to forget our brain which evolved later, as I have mentioned before many processes take advantage of the sleep state, so we evolved a brain, and a cleaning method for the brain during sleep.

Your dreams are still the same, an integrity check of your brain functions.

By integrity check there is a lot to it. Please do not read on, unless you wish to, in the words of the matrix, do you wish to take the red pill. You are going to lose your concept of free-will, life, knowledge of the universe, everything for you is going to change.

Your dreams are a combination of several older memories and a newer one, formulated together and processed by our inner selves. Our inner self is a separate entity of our brains that plays this dream to the conscious part of the brain, now in a dream state, it is combining concepts and evaluating its internal rule structures.

When the dream, consciousness finds an anomaly in the dream the brain is left with a thought that it needs to investigate this anomaly in the real world. There is information missing and when you are awake you can fill that gap.

A next stage to full AI mentioned briefly in a previous paper.

The brain has a system in place, call them mini-brains, that separate the world into a series of space-limited functions that combine to generate the view that you are who you are in the world where you are.

How does the brain know what to improve, a simple way would be dreams and anomaly's when you bring together information that does not work against previous rules.

When I say rules, you have to go back to the model I spoke about on wired, that was turned into the deep-learning that you know of today. I explained that you had to train a model on at least 3 full games of chess, so it can imitate those moves then recreate the games, then replay itself while trying to improve each time. And yes, this is where deep-learning as you know it came from, me. The

4 hours also came from a conversation on wired about how long an AI would need before it can beat any human at anything.

But you have to understand the concept/model, they are simple expert systems in my eyes, and well beyond everyone's understanding when I first told people what it must do and they built it, it has been a while now and the world's understanding has increased, except some still believe it's AI, it isn't, it's an illusion just beyond your understanding if you think it is. A human puts it into a domain limited function, gets it to learn how to beat any human and you think it's artificial intelligence, no it has just learned more, because we have a limit on our brain's capacity. Artificial intelligence for me, is complete, self-awareness, consciousness and its ability to make a decision with no outside interference and an ability to change its own thinking on any topic if it wants to. It will also have the same illusion of free-will we do and have an equivalence to humans as they are today.

Again, your world is going to change if you proceed.

You can consider an AI sentient when it deduces its free-will is an illusion. And therein lies the problem, no one in the world except me, would qualify for true sentience, and this may be why what happened, actual contact/communication with another life-form, which I discussed partially in another paper. Yes, there is more out there.

So, back to the topic at hand, how does an expert system, become an introspective smart intelligence. This is the question.

You realise one thing, the easiest way is to be given the information from someone "smarter" ...

Hence all scientific papers, are just you taking that information from someone else. Now you realise a ha, to be smart you need 2 people.... One giving and one receiving.

This is your brain, The current model of conscious and subconscious does not work, thinking needs to be without restrictions.

There are two of you in your head. The one giving the information, is dumb, but it has learned the illusion of being smart, given in your dreams back to you. Remember in a previous paper when I said, an NLP can get "smarter" and "smarter" but would not be conscious or aware...

The other one, you, analyses this information against your "expert systems" to find anomalies and these need to be corrected in the real-world at some point. So, do you ever think about your dreams, ever research things about your dreams or look them up....

You don't know you are doing these things autonomously, because you are only aware of the illusion of free-will. You think you are doing these things because you wanted to do these things...

But now you are starting to understand the illusion, where it is, how it operates.

You can now have that OMG moment.

And so, here at the end, you are a lot smarter now, your whole illusion of life, yourself has been smashed and you have learned of an intelligence/sentience outside of this planet. Was it worth taking the red pill?

4. Thought process

I thought you might appreciate the thought process that derived this paper.

I deduced this paper from joining two concepts, that sleep is a physical process and that sleep is therefore a hibernation cycle in step with the sun's output. I then went through and brought in other details to confirm or deny it.

5 Conclusion

We most likely came from a surface salty pool of water then colonised all the continents shores within a matter of years or decades.

And you probably don't like red pills any more.

7 Acknowledgements

As always, I would like to acknowledge those people without contradiction in all fields of research/science that give of themselves for the betterment of mankind.

8 References

Original work.