

Abstract Submitted  
for the OSS12 Meeting of  
The American Physical Society

**What do numerical sleep models say about “nontraditional” sleep schedules?** CAVENDISH MCKAY, Marietta College — The human sleep system can be modeled by the interaction of an oscillating process and a saturating process. Although this two process model was developed to explain natural (unforced) sleep regulation, it can also be used to examine the feasibility of an externally imposed sleep schedule. Results will be shown for a variety of potential schedules, ranging from the typical (a single 8 hour block of sleep at night) to the radical (sleep taken in small chunks throughout the day).

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Date submitted: 16 Mar 2012

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