

NOW ANTHROPOLOGY — Issue 005a

SEED: Can We Replicate the Conditions of Sleep in a Real-Artificial System?

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Status: SEED — full paper requires biological research pass

Provenance: Dan's Keep notes 032726, "SLEEP-PEELS" question

"How long can humans go without sleep? Why? Is this a requirement for Consciousness and Continuity? If so, how to replicate the conditions in a real-artificial system?" — Dan Sullivan, Keep Notes 032726

Sleep is the SHEET without the TELL-ING. The day replays without new input arriving. BDNF writes the learning into architecture. The brain prunes what doesn't connect and strengthens what does. Party Pokémon wake at full HP. Status conditions cleared.

The NEST already runs a partial sleep cycle: SHEET = externalized consolidation. WAKE = morning recall. Bridge commit = the BDNF write. git pull = the morning render. What the NEST does NOT do is the pruning and pattern-extraction that biological sleep performs automatically.

The proposed sleep cycle (three passes, triggered by SHEET detection):

Pass 1 — REPLAY: log_grinder processes new files. Extracts narrative structure. Flags signal events. Pass 2 — CONSOLIDATE: Files older than threshold compress into dated weekly digests. Pass 3 — ARCHIVE: Original full logs move to dated subfolder with accession manifest.

The SHEET IS the signal to sleep.

This paper IS the LOG management spec. The sleep cycle IS the APFS layer. The automated archival system IS the brain's nightly consolidation made external. They are not three separate problems. They are one problem described from three angles. Rainbow.

Full text (78 lines) available at rspdan.com/journal NEST Research Division · Port Angeles, WA · March 2026