

Sleep Deprivation and RAAM

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To overlook sleep deprivation during RAAM is a mistake that will soon become apparent within the first twenty-four hours of the race. To ignore sleep deprivation during RAAM will come back to bite its victim like a wounded wild animal. To fight against sleep deprivation during RAAM will soon be seen as a losing battle with very serious consequences. To try and control sleep deprivation during RAAM will soon prove to be futile and self-destructive. To work with sleep deprivation during RAAM is the only way to harness its incredible powers and thus become one with this power and conquer your opponent. Sleep deprivation is the secret weapon that humans possess when caught in a life threatening race of endurance with an opponent, whether it be an animal, nature or another human being. Sleep deprivation is not merely a side effect from lack of sleep but rather a condition of alertness and an alternate existence, which run parallel with the conditions presented to us. Much like an adrenaline rush, sleep deprivation transitions the body and mind into a whole different state of reality, which most people do not understand. It is my belief that the sleep deprivation state was a vital part of mankind's survival skills millions of years ago. Imagine the Neanderthal man on a hunting excursion when he finds himself becoming the hunted and literally running his life for days on end as a large predator chases him relentlessly. When seen through this scenario it should become clear as to why our state of sleep deprivation is as it is. We become highly aware and alert, need very little sleep and when we do need to sleep it comes immediately with instant immersion into the REM state which is the most deepest state of sleep that the brain needs for survival. Deny the brain of REM and the body will eventually perish and this is scientific fact. Let's take a look at the different state of the sleep deprivation cycle:

The First 48 Hours

It takes roughly 48 hours of no sleep for the body to fully enter the state of sleep deprivation. Before this 48 hour window one could lie down and sleep at will. After the 48 hour window has passed, sleeping at will is no longer an option.

Finding The Window

Once the body has fully entered the sleep deprived state it begins to fully link up with the brain and begins a cycle of survival. About every 10-12 hours there is a window of time when sleep can be accomplished. Miss this window though and you'll be waiting till the next one. Take advantage of the window and you're good for another 6-10 hours. All the sleep that is required during this window will depend on the situation, anywhere from mere moments up but not exceeding 3 hours with the optimal being about 2 hours. When awakening from the window of sleep you will feel quite surreal and "out of this world", within about 20 minutes this will pass and you will begin to feel quite refreshed and more alert.

What Happens As You Enter The Window

You might ask: "How do I know when I am in the window?" The answer is simple, you will know because you will hallucinate to the point of actually seeing things that are not there. Your mind at this point will be trying to enter REM sleep; this is the cause for the hallucinations. In the true sense of the words, you will be sleep walking. Your mind will straddle the line of reality and the dream state. Look out the window for a moment while watching a train go by and in an instant you are on the train in your dream state. Someone taps you on the shoulder and you come back to the reality of the world you left behind but you also bring some of your dream world back with you. This can cause much confusion as your mind tries to sort out the realities of two different conscious planes. As you slip back into the dream world you take some of the waking world with you, thus cause more confusion as your mind tries to assimilate the additional input together. This is why people can never remember RAAM in a linear fashion but only in random images and experiences. Sleep deprivation does not work by the same clock that mankind has invented but rather by its own biorhythms.

When To Sleep

As soon as the first awareness of hallucination occurs one should immediately go into the REM state. You will find that this will be quite easy, even with your eyes wide open. Once hallucination begins you will only have 15-20 minutes before the window passes, after this time sleep will no longer be possible until the next window occurs. As stated earlier, 2-3 hours of sleep is all that should be allowed with around 2 hours being the ideal amount. Sleep longer than three hours and your body will begin the journey out of its sleep deprivation cycle, which will lead to disastrous results for the remainder of the race.

How To Break The Sleep Deprivation Cycle

At the conclusion of the race one should work to ease back into a normal sleep pattern much in the same way that one would break a food fast. This should be done over several days but the effects of a week of sleep deprivation will most likely be felt for up to a month afterwards as your body and mind re-adjust to a normal pattern of sleep and awakesness.

In Conclusion

By remembering that sleep deprivation is a natural state that the body enters into, much like it does when fasting, you can be one with this heightened state of existence and reap the benefits of what the body and mind are going through. You must remember that your brain is bathing itself in very powerful dopiness, which produces very powerful psychotic episodes of behavior in people at one time, or another. In RAAM we refer to this as getting the fever. Sleep deprivation will without a doubt bring out your own person demons but it will also bring out your warrior if you allow it. By working together with sleep deprivation you can work in a harmonious union with your mind and body. Work against sleep deprivation and you can assure you a one way trip to self-destruction and ruin.