

Rest Awake — Pilot Study (1-Page Outline)

Purpose

To explore whether improvements in recovery quality during waking life are associated with measurable changes in recovery density, energy stability, and sleep efficiency. Sleep is treated strictly as an outcome variable.

Core Hypothesis

When completion capacity and physiological coherence improve, recovery becomes more efficient and sleep changes naturally—without force, deprivation, or instruction to alter sleep.

Design

- Duration: 14–21 days
- Low-intensity, non-directive
- No sleep restriction or optimization targets
- Normal daily routines maintained

This Pilot Is / Is Not

Is: trauma-aware, physiology-first, observational

Is Not: sleep deprivation, biohacking, performance challenge

Inclusion Criteria

- Adults (18+)
- Persistent fatigue despite stable routines
- Curiosity without urgency
- Not in acute psychiatric crisis or extreme protocols

Key Metrics

- 1) Recovery Density (1–10 daily)
- 2) Completion Capacity (completed / partial / unresolved)
- 3) Energy Stability (1–10 daily)
- 4) Sleep Efficiency (subjective or wearable, optional)
- 5) Nervous System State (one sentence daily, optional)

Ethical Framing

Participation is voluntary. No pressure to improve outcomes. Observation and honesty are the only requirements.

Research Pilot

Recovery Density, Completion & Sleep Efficiency

This pilot examines recovery as a biological process during waking life, with a specific focus on completion capacity, nervous system coherence, and recovery density. Sleep is treated strictly as an outcome variable, not as an intervention.

The purpose of this pilot is to observe whether improvements in recovery quality during waking hours are associated with measurable changes in sleep efficiency, energy stability, and subjective restoration. This is an exploratory, observational pilot, not a clinical trial.

Study Design (Brief)

Type: Observational pilot study

Duration: 14–21 days

Setting: Naturalistic, real-world environments

Intervention: None (non-directive exposure to completion principles)

Sleep manipulation: None

Methods (Brief)

Participants

Adults (18+) experiencing persistent fatigue despite relatively stable routines.

Inclusion Criteria

- Adults (18+)
- Ongoing fatigue despite adequate rest
- Stable life circumstances for study duration
- Willingness to observe internal states without forcing change

Exclusion Criteria

- Acute psychiatric crisis
- Active sleep reduction attempts
- Extreme physiological protocols

Outcome Measures

- 1) Recovery Density (1–10 self-report)
- 2) Completion Capacity (completed / partial / unresolved)
- 3) Energy Stability (1–10 self-report)
- 4) Sleep Efficiency (subjective or wearable-derived, optional)
- 5) Nervous System State (qualitative, optional)

Ethical Framing

Participation is voluntary. There are no expectations to improve outcomes or modify behavior. This pilot is exploratory and observational and does not constitute medical advice or a clinical intervention.