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LUNAR CYCLES, CHARGE, AND SLEEP

*Not getting good theory?
Blame the mainstream*



by Miles Mathis

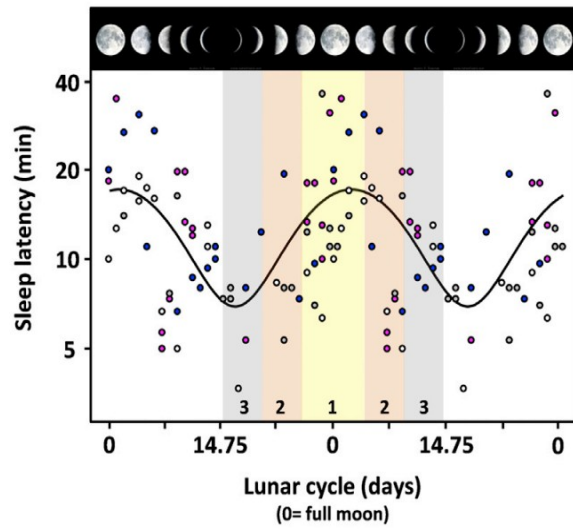
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In a piece from August 2 [2013] entitled “Not Sleeping Well? Blame the Moon”, James Hamblin of [The Atlantic](#) reports on a story about Lunar phases being tied to human sleep cycles. He tells us of an experiment from the University of Basel just published in the journal *Current Biology*, in which the researchers have demonstrated that "subjective and objective measures of sleep vary according to lunar phase." They write:

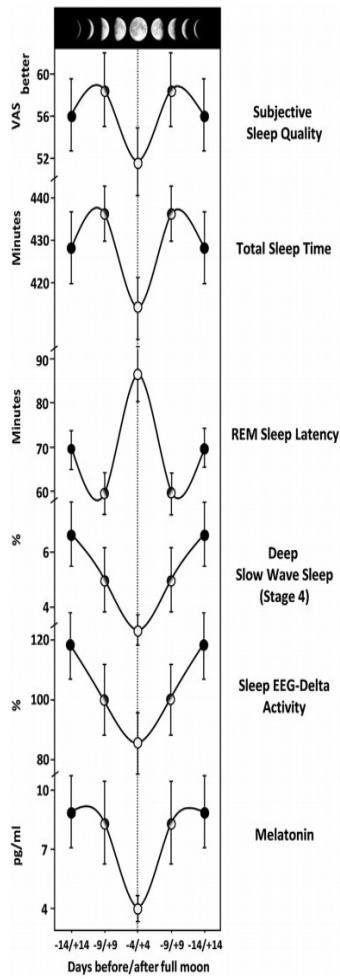
We found that around full moon, delta activity during NREM sleep—an indicator of deep sleep—decreased by 30 percent. Meanwhile, time to fall asleep increased by five minutes, and total sleep duration was reduced by 20 minutes [compared to a new moon].

Here are a couple of figures from that report:

Time to fall asleep



Sleep Latency = Time it takes to fall asleep (Current Biology)



(Current Biology)

The experiment also masked out visible light as the cause, making sure sleepers weren't being disturbed by Lunar brightness. This made the results that much harder to explain. Lead researcher Cajochen told the *New York Times*, "The only explanation we could come up with is that maybe there is a lunar clock in the brain."

This ties the experiment to what is called circalunar periodicity, which is like circadian rhythms, but applies to the month instead of the day. Previous experiments have found evidence of circalunar rhythms in marine animals like Galapagos iguanas, as Hamblin admits. But he says that "the evidence so far in people is pretty squishy." Really? What about menstrual cycles in women? Those aren't tied to Lunar cycles? Menstrual cycles are monthlies purely by accident? And what exactly is "squishy" about evidence from every woman that ever lived? Not enough evidence for Hamblin? Clearly, the evidence is called "squishy" only because they can't explain it. Everything modern science can't explain it prefers to hide. But evidence is evidence. Lack of an explanation does not make evidence into non-evidence.

Hamblin admits that the lunar clock in the brain idea "is not very creative." But the problem is not its creativity or lack of it, it is its glaring lack of any mechanism. So Hamblin tries his own stab at a creative non-mechanical explanation:

The gravitational pull of the moon, meanwhile, is of course responsible for tides in massive bodies (oceans), but it doesn't affect even big lakes, so variations in pull on the human body seem very unlikely to be of consequence. Unless the oceanic tides tip off a series of downstream social/economic/cultural events that ultimately affect your sleep. Like the high tide floods the main street that diverts an early-morning parade onto a street right below your window, and that happens every month.

Hmmm. Neither creative nor mechanical. Just kind of sad. And doubly sad in that we have a professional writer for a top magazine writing empty sentences that aren't even close to grammatical. I have tried several ways to parse that last sentence, even as a species of fragment or run-on, with no luck. Don't they have editors at these magazines anymore?

But let us go back to the very beginning. "Science-based skeptics" have been telling us this is another urban myth. They tell us there is no evidence that sleep cycles are affected by the Moon. It is another one of the million things they have been "debunking" at the behest of the government and other institutions. In about 1947, all the skeptics quit being skeptical of the government and went to work for it, apparently. My guess is they will soon come out with a response to this experiment in Switzerland, blaming the loss of sleep on something like swamp gas. That has been their response to all my criticisms, analyses, and theories in the past decade: swamp gas emitted from their mouths.

Not that swamp gas would be any worse than the answers already being floated. Above we find "a lunar clock in the brain," and "oceanic tides that tip off a series of downstream social/economic/cultural events." Yes, and what was the mechanism for either interaction? The lunar clock in the brain tracks lunar phases *how*? The ocean tides influence culture *how*? Via meandering wisps of swamp gas?

My readers will understand that this is just one more experiment confirming my charge field. Since the charge field is real photons being recycled through the Earth, all organisms on the surface of the Earth will receive this field. And since the Earth is receiving incoming charge from the Moon, we have the direct connection from Moon to sleeper. Since the charge from the Moon is going in the poles of the Earth and coming out everywhere else, in defined channels, we can explain why this isn't a function of visible light coming down from the Moon. It isn't visible light coming down, it is charge coming *up*

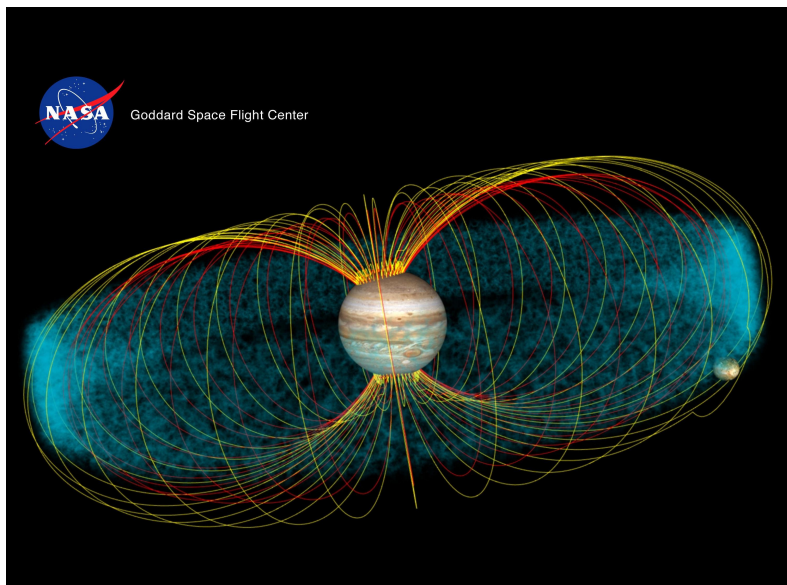
from below. Since the amount of charge varies with the phases of the Moon, the variations in the field are explained. All we need now is a charge receiver in the human body, and we already know about that: it is called *the human body*. All parts of the human body respond to charge at all times, since it is one of the natural fields we feed upon. Every skin cell has light receptors, and charge is light. Every cell has charge receptors, since every cell is composed of water, which conducts charge. Every cell is made of atoms, and each atom recycles the charge field as well. And the body even has special magnetoceptors to detect fluctuations in the charge field more directly. This is already known. Like other animals, we have receptors near our ears (magnetic bones in the sphenoidal/ethmoid sinuses). These receptors are more obvious and pronounced in other animals (like pigeons), but we have them as well. [In experiment](#), humans have shown weak magnetoception, of the same sort that pigeons have more strongly.

[In other recent news](#), the iron balls in the cells of pigeons have been found, explaining their pronounced magnetoception. If it is not an urban myth concerning pigeons, why should it be an urban myth concerning humans? How could we live in the E/M field all the time and not respond to it?

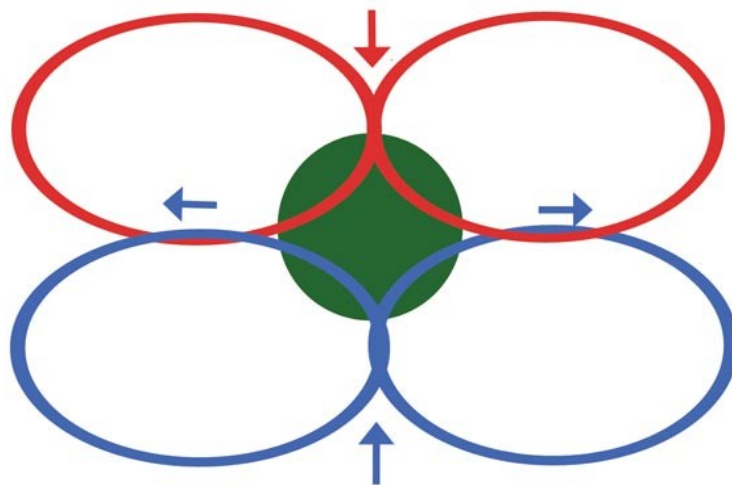
The only claim that needs clarification above is my claim that the charge field varies by Lunar phase. Haven't I said in previous papers that we get most of our charge from the Sun, not the Moon? Yes, which is why the charge field is relatively constant. The Lunar phase only supplies a small variation. How does it do that? Because the Earth is receiving charge *both* from the Sun directly, and from the Sun via the Moon. A small amount of the charge that comes to the poles here goes from Sun to Moon, through the Moon by the normal channels, and then to the Earth. That is the charge that varies by phase. It varies by phase due to the specific Earth/Moon/Sun configuration at that time. In other words, it is a three-body problem, using the charge field. At full Moon, the Moon is opposite to us from the Sun, and furthest from the Sun. At new Moon, the Moon is nearest the Sun, and is less affected by the Earth's field (the Earth is not between it and the Sun). So these two positions create maxima and minima in the cycle. We detect these cycles directly, by detecting the varying charge density coming up through the Earth. Or, perhaps we detect it slightly less directly, by detecting ions that have been charged by that charge. Either way, the detection is not complicated, and it requires no use of the gravity field, much less of clocks in the brain or "downstream social/economic/cultural events".

Critics will no doubt say this sounds like a lot of astrological wuwu, but it isn't. It is straight mechanics using fields and particles we already know about. We know about charge, we know about photons, and we know about E/M influences between bodies like the Earth, Sun, and Moon. We even know about charge recycling, since whenever the mainstream publishes a picture of the magnetosphere, we are seeing the external channels of the field I am using here:

continued below



That is Jupiter's magnetosphere, not Earth's, but I borrowed that image because it is so clear. See the field lines going into the poles? That part matches my charge field. The photons go in at the poles. But these magnetosphere diagrams are only partially correct, because they show only the outermost field lines. Consulting these field lines, you would think the lines go straight through the body, going in one pole and out the other. That isn't how it works. The actual field is bipolar, and if we drew the field lines closer to the body, we would see a strong split at the equator. Like this:



That is a simplification, but it is much more accurate than the current simplifications, which ignore that the real field acts in four quadrants, not two halves (in 2D). The current diagram from NASA also ignores the most important part of the field lines, which shows charge coming out of the body at the equator. Actually, if we drew *all* the field lines, we would see charge coming out everywhere, but most at the equator and least at the poles.

We have long had direct evidence of my diagram from a thing they call [the equatorial anomaly](#). Known

since at least 1946, this anomaly is simply an E/M high near the equator, peaking between 17° north and south. Current theory tells us

this anomaly has been well described as arising from the electrodynamics at the equator. Tidal oscillations in the lower ionosphere move plasma across the magnetic field lines which are horizontal at the magnetic equator. The resulting E-region dynamo sets up a intense current sheet referred to as the equatorial electrojet.

So you see they back-engineer the equatorial anomaly from the ionosphere. Anyone can see that is either upside down or circular, since it gives us no first cause of the existing E/M field, in the ionosphere or anywhere else. Like the core dynamo theory, this “equatorial region dynamo” is another castle in the air, describing effects only but never any causes. But you can also see that my theory provides us with simple mechanics, explaining both the ionosphere and the equatorial anomaly as results of the Earth's charge recycling. [You may now read my paper on the equatorial anomaly [by going here.](#)]

The reason the mainstream has never gotten the right diagram is that it only measures the major potential lines out at the distance of the Van Allen belts, say, where they are strongest. Out there, the equatorial split is harder to detect, because at that distance, the equatorial charge has already curved either up or down. Although we know they have data at lower altitudes [we can see they must from their reports on the equatorial anomaly], they never bother to draw the electrical field lines close to the Earth. If they did, we would see the lines coming out of the Earth at the equator, confirming my field but giving the mainstream another headache.

Mainstream diagrams are also hard to read because they switch from electrical potential to magnetic potential, not always bothering to tell you which is which, or what the lines stand for. To get my diagram, you have to follow E, but the mainstream more often follows M. What we want to know is which way photons and ions will move along real paths. Then we can get M just from following spin. But the mainstream prefers M diagrams which follow potential rather than real paths. This is confusing and also acts to hide the equatorial split, both of which benefit the mainstream: it allows these theorists to hide their partial and faulty theories.

Another thing that makes the quadrants look like halves in a cursory diagramming is that the quadrants are actually swapping charge streams. My diagram above is an over-simplification for the sake of clarity, but if we follow the real lines of potential, we find them switching color as they go through the Earth. What goes in as red comes out as blue, that is, and then follows the curve of the opposing loop. This acts to mask the field from our detectors in several ways. One, at the distance of the ionosphere—where we detect moving ions instead of trying to detect moving charge directly—the ions will already be moving mostly north or south, rather than out radially. So the artists at NASA or wherever will naturally draw them in field lines moving north and south. Their machines won't see the split at the equator, so they won't include it in the diagram. Two, if we try to detect the charge field at lower altitudes, we again get a split or bipolar field, in which both photons and antiphotons are moving straight up from the surface of the Earth. This split greatly lowers the local magnetism. Magnetism is caused by fields that are either strongly photonic or strongly antiphotonic. If you have both spins in the same line, they cancel, and the magnetic field is greatly reduced. What they need to do is try to detect the electrical field instead of the magnetic field. Best would be detecting the sub-electrical field, but we aren't good at following photon fields. Our machines are built to track the larger and slower moving ions. So the only way to detect the field lines I am talking about is to try to detect electrical current moving up, ignoring the local magnetic field.

The problem with that is there are fewer ions at lower altitudes, since existing ions have already been driven up to the ionosphere by previous charge moving up. That is why the ions are *in* the ionosphere in the first place, at higher altitudes: they have been driven *up* there by this charge field I am telling you about. So where the charge field is moving up the most, we have the fewest ions. Hence the difficulty in mapping the four quadrants correctly. Since NASA builds its diagrams from partial data, it fails to see that the two halves are really four quadrants, and without the four quadrants, the real channels of charge are hidden. Once these channels are hidden beneath bad diagrams, physicists have no potential to explain things like these Lunar cycle detections by organisms on Earth. As I have shown in other papers, they also have no way to explain [core dynamics](#), [mantle dynamics](#), [continental drift](#), or even such things as the [rising of sap](#) or [lift on a wing](#). But once you have the four quadrants, you can explain all these things with charge and simple mechanics.