

**PROBLEMS OF BIOCOSMOLOGICAL ANTHROPOLOGY.
SLEEP -WAKEFULNESS CYCLE WITH MAN AS A FORM OF LIFE
ADAPTATION WITHIN THE CONTEXT EARTH-COSMOS**

Cornelia GUJA

Senior scientific researcher I, Full member of the Academy of Romanian Scientists, Scientific advisor at “Fr. I. Rainer” Anthropology Institute of the Romanian Academy, Bucharest, cguja@yahoo.com, <http://www.corneliaguja.blogspot.com/>

Abstract

Our paper is an attempt to study *the couple sleep-wakefulness using the method of fundamental astronomic interfaces of terrestrial environment integrated in Cosmos*. We are looking upon sleep-wakefulness cycle *from the viewpoint of General Anthropology, Individual's Anthropology and Biocosmological Informational Anthropology* bearing in mind the *strictly individual character* of this couple with distinct psychic states: unconscious while asleep and conscious when awake. We started from a series of questions concerning the *causes and adaptive benefits* that oriented man's evolution towards selection of certain characteristics of the sleep-wakefulness cycle during anthropogenesis and ontogenesis. These characteristics may be apparently contradictory or even unfavourable. We analyzed this couple from the point of view of evolutive adaptation to complex interfaces Earth-Moon-Solar System-Cosmos, using a theoretical, symbolic matrix arrangement having as constituting elements the effects of the interdependence of the *four connected interfaces* correlated with the method of Aristotle's Four Causes. We tried to highlight the *unity and complementarity of the Sleep-Wakefulness states* and the *complementarity Unconscious-Conscious* that defines them, by means of adaptive evolutive characteristics. They answer to several questions mentioned in the introduction of the paper regarding the *causes and adaptive benefits* of the sleep-wakefulness couple.

Key words: sleep-wakefulness complementarity, fundamental astronomic interfaces, *individual's anthropology, biocosmological informational anthropology*, unconscious-conscious complementarity

Motto

“Any object is a form of light, caught in a structure.”
“Wonder stops time, and the natural, on the contrary, unleashes it.
Time is in fact light. In this sense the smallest time unit is the photon.”
“The conversion of light into existence and the conversion of existence into light,
as I imagine it now, may be a metaphor. But what if it is not only a metaphor?”
Nichita Stanescu (Romanian poet)