

# Rest Awake Pilot Study

*An observational inquiry into recovery during waking life*

## What this pilot is

The Rest Awake pilot study is a small, non-directive, observational exploration of how recovery is experienced during waking life. It is designed to better understand recovery quality, nervous system regulation, and energy stability — without instructing participants to change sleep, habits, or routines.

## What this pilot is not

This is not a sleep experiment. It does not ask participants to sleep less, optimize performance, or adopt specific practices. Sleep, if observed, is treated strictly as an outcome rather than an intervention.

## Who the pilot is for

The pilot is intended for functional but depleted individuals who are curious about recovery and regulation without pressure to change or improve. This includes professionals, clinicians, creatives, and others interested in observing recovery patterns with clarity and care.

## Purpose of the pilot

The purpose of this pilot is to explore whether recovery can be meaningfully understood and supported during waking life, to assess the clarity and safety of the Rest Awake framework, and to inform future research and collaboration.

*Participation is voluntary, observational, and non-directive.*