



WORLD ANTHROPOLOGY CONGRESS

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# WORLD ANTHROPOLOGY CONGRESS-2023

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CTD: 20HH - HEALTH, HAPPINESS, AND WELLBEING  
SUB-DOMAIN: 5. PHYSIOLOGICAL MAINTENANCE AND HEALTH FITNESS

PANEL TITLE:  
CIRCADIAN RHYTHMS AND SLEEP HEALTH IN INDIGENOUS POPULATIONS

CONVENOR: ATANU PATI  
CO-CONVENOR: ARTI PARGANIHA

## ABSTRACT

Biphasic sleep was common among our ancient forefathers. The Odyssey, a 12,109-line Greek epic written in the eighth century BC, is the first known account of this phenomena (Gorvett, 2022). Formerly common, the biphasic sleep pattern was extinct in the early 20th century. Is it secretive for indigenous people to take two naps a day? Sleeping through the night became more common once LAN was widely available and clocks were invented. There are many questions to be answered. Are indigenous people predominantly morning active? Do they with or without LAN experience disrupted circadian rhythm in rest-activity patterns? Many reports favour the notion that the average sleep duration in modern human societies has declined significantly. Many others refute this notion. Nevertheless, it is unequivocal that disrupted circadian rhythms and poor sleep quality have negative consequences on human health.

The open panel entitled “Circadian Rhythms and Sleep Health in Indigenous Populations” will throw some light on the available knowledge on the topic and probably answer some of the unsolved questions.

**Keywords:** Circadian rhythm, Sleep health, Chronotype, Indigenous population, Tribal population

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