

Adriana Alcaraz-Sánchez (she/her)

POSTDOCTORAL RESEARCHER

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SPECIALISATION

AOS Philosophy of Mind, Philosophy of Psychology, Philosophy of Cognitive Science
AOC Phenomenology, Indian and Buddhist Philosophy, Metaphysics

CURRENT ROLE

2023–Present **Postdoctoral Researcher.** Centre for Philosophical Psychology, University of Antwerp
ERC Project on Mental Imagery; Principal Investigator: Prof Bence Nanay.

EDUCATION

2019-2023 **PhD, Philosophy,** University of Glasgow (UK)

Dissertation: *Objectless sleep experiences: A phenomenological examination of a rare group of conscious experiences*

Supervisors: Prof Fiona Macpherson (Glasgow), Dr Alistair Isaac (Edinburgh), Prof Thomas Scotto (Glasgow)

Examiners: Dr Derek Brown (Glasgow), Prof Evan Thompson (University of British Columbia)

Spring, 2023. **Visiting Scholar,** Centre for the Philosophy and the Sciences, University of Oslo (Norway);
Host: Dr Sebastian Watzl

Summer, 2022. **Visiting Doctoral Student,** Donders Institute for Brain, Cognition and Behaviour, Radboud University (Netherlands); Host: Dr Martin Dresler

2017-2019 **MPhil, Philosophy,** University of Glasgow (UK)

Dissertation: *Conscious states during dreamless sleep. A philosophical and psychological exploration*

Examiners: Prof David Bain (Glasgow), Dr Jennifer Windt (Melbourne)

2013-2015 **MSc, Cognitive Science and Language,** University of Barcelona (Spain)

2007-2012 **BA (Hons), Psychology,** University of Barcelona (Spain)

PUBLICATIONS

1. Alcaraz-Sánchez, A. [Forthcoming]. Exploration of Contentless Awareness During Sleep: An online survey. *Dreaming*.
2. Alcaraz-Sánchez, A. (2022). [Is Lucid Dreamless Sleep Really Lucid?](#) *Review of Philosophy and Psychology (Online First)*
3. Alcaraz-Sánchez, A., Demšar, E., Campillo-Ferrer, T., and Torres-Platas, G. (2022) [Nothingness Is All There Is: An Exploration of Objectless Awareness During Sleep](#). *Frontiers in Psychology, Vol. 13*

- Alcaraz-Sánchez, A. (2021). [Awareness in The Void: A Micro-Phenomenological Exploration of Conscious Dreamless Sleep](#). *Phenomenology and the Cognitive Sciences*, 22 (867-905)

Under review

- Alcaraz-Sánchez, A. A multidimensional Framework of Altered States of Consciousness. *Philosophy and the Mind Sciences*. (R&R, Minor corrections).
- Campillo-Ferrer, T., **Alcaraz-Sánchez, A.**, Torres-Platas, G. A Theory-Driven, Mindfulness-Based Guide to Facilitate and Explore Lucid sleep and Altered States of Consciousness During Sleep. *Philosophy and the Mind Sciences*. (R&R, Minor corrections).
- Campillo-Ferrer, T., **Alcaraz-Sánchez, A.**, Demsar, E., Wu, H-P, Dresler, M., Windt, J., Blanke, O. Out-of-Body Experiences in Relation to Lucid Dreaming and Sleep Paralysis: A Theoretical Review and Conceptual Model. *Neuroscience and Biobehavioral Reviews*. Preprint: <https://osf.io/preprints/psyarxiv/5r9f3> (Under Review).

TEACHING EXPERIENCE

LECTURER

- 2022-2023** **Guest Lecturer**, Philosophy Department, University of Glasgow (UK).
SH24 Dreams. Lectures: *Consciousness in Sleep*
JH7 Philosophy of Mind. Lectures: *Embodied Cognition, Mental Content, Representationalism*
- Lecturer/ Lead Instructor**, Summer School, Widening Participation Programme, University of Glasgow.
Philosophy module. Lectures: *Introduction to Philosophy of Mind*
Psychology module. Lectures: *Mind and Consciousness, Qualitative Research Methods*

TEACHING ASSISTANT

- 2018-2023** **Graduate Teaching Assistant**, Philosophy Department, University of Glasgow.
JH7 Philosophy of Mind. Theoretical approaches to the mind/body problem
1A "How should I think?". Critical thinking, Propositional logic, Epistemology
1B "How should I live?". Political philosophy, Moral philosophy
2A "What am I?". Philosophy of mind, Personal identity
2B "What is there?". Metaphysics, predicate logic and philosophy of science
- Assistant Tutor**, School of Psychology and Neuroscience University of Glasgow.
Level 1 labs on R Studio and coding, psychological research methods, and writing skills.

AWARDS AND HONOURS

FELLOWSHIPS AND AWARDS

- 2023** **APA Small Grant**. Grant to develop a new series of "Blueprints" for the Diversity Reading List in Philosophy (DRL), jointly awarded with M. Jimena Clavel Vázquez, Xintong Wei, Jodie Russell, Simon Fokt, and Clotilde Torregrossa (circa \$2,600).
- 2022** **Visiting Scholarship, Centre for Philosophy and the Sciences, CPS, University of Oslo**, Travel and accommodation expenses (circa £4,500)

- 2020 Dream Science Grants, International Association for the Study of Dreams (IASD) and Dream Science Research (DSF)**, Research funding for the online study of “Dreamless sleep experiences” (\$3,000)
- 2019 Doctoral Training Partnership (DTP), Scottish Graduate School of Arts and Humanities (SGSAH)**, PhD funding for tuition fees and maintenance (*circa* £47,000)
- 2011 Beca Séneca (Seneca Scholarship), Spanish Education Ministry**, Undergraduate scholarship for tuition fees and maintenance at a different Spanish institution (*circa* 5,000€)

CONFERENCE BURSARIES AND OTHER FUNDING

- 2023 Collaborative Research Awards (CRA), College of Arts, University of Glasgow**. Conference funding for *New Perspectives on Dreaming* (£1000)
Conferences bursaries: Mind Association, Scots Philosophical Association, and Analysis. Conference funding for *New Perspectives on Dreaming* (*total circa* £2200)
- 2022 Research Support Award (RSA), College of Arts, University of Glasgow**. Travel grant (£300)
- 2020 Research Support Awards (RSA), College of Arts, University of Glasgow**. Travel grant (Returned due to event cancelled) (£300)
Collaborative Development Funding (CDF), Scottish Graduate School of Arts and Humanities (SGSAH). Funding for co-organising a doctoral training workshop (£400)
- 2019 Collaborative Research Awards (CRA), College of Arts, University of Glasgow**. Conference funding for *Dreams, Hallucinations, and Imagination* (£735)
Conferences bursaries: Mind Association, Scots Philosophical Association, and Analysis. Conference funding for *Dreams, Hallucinations, and Imagination* (*total* £2550)
- 2018 Research Support Awards (RSA), College of Arts, University of Glasgow**. Travel grant (£300)

TALKS (SELECTED)

INVITED TALKS

- 2024** “*Dreamless sleep and lucidity in sleep*”,
 Guest lecture for the course “Dreams and Waking” by Dr Cecily Whiteley (University of St Andrews, UK) //
 Talk for the *Philosophy, Psychology, and Informatics Group* (PPIG) and Masterclass for the MSc Mind, Language, and Embodied Cognition (University of Edinburgh, UK)
 “*I woke up with a blank mind: White dreaming and associated phenomena*”.
 Presentation for the Physiology of Cognition Lab, GIGA (University of Liège, Belgium)
- 2023** “*I woke up with a blank mind: White dreaming and associated phenomena*”.
 Presentation for the *Good Attention Group*, Centre for the Philosophy and Sciences (University of Oslo, Norway) //
 Keynote for the *New Perspectives on Dreaming Conference*, (University of Glasgow, UK)
- 2021** “*Preliminary results of the online study on dreamless sleep*”.
 Presentation for the Dresler’s sleep lab weekly meetings (Donders Institute for Brain, Cognition, and Behaviour, Netherlands) //

Talk for the *Dreams, Memory, and Emotions* workshop (Laboratorio de Sueño y Memoria, Instituto Tecnológico de Buenos Aires, Argentina) [online]

Talk for the *Minimal Phenomenal Experience* research group mini-workshop (Frankfurt Institute of Advanced Studies, Germany)

"Micro-phenomenology to study consciousness in sleep".

Talk for the *Dream x Engineering Seminar series* (MIT Media Laboratory and Sleep and Neurophysiology Research Laboratory, University of Rochester, US) [online]

2020 *"Sleep and consciousness"*.

Guest lecture for the course "Interdisciplinary Writing" by Dr Jason Parry (Honours College at Purdue University, US) [online]

"Are there varieties of conscious dreamless sleep?"

Talk for the *Minimal Phenomenal Experience* mini-workshop [online]

PEER-REVIEWED CONFERENCE TALKS

2024 *"I woke up with a blank mind: White dreaming and associated phenomena"*.

1st Annual Conference of the International Society for the Philosophy of the Sciences of the Mind [online]

2022 *"Neurophenomenology and Micro-phenomenology to the Study of Subjective Experience"* (with Mathis Trautwein and Ema Demšar). Remunerated tutorial for the 25th Association for the Scientific Study of Consciousness (University of Amsterdam, Netherlands)

2020 *"Preliminary results of the online study on dreamless sleep experiences"*.

International Association for the Study of Dreams (IASD), Regional Conference (University of Vilnius, Lithuania) [Event cancelled due to COVID-19]

2019 *"Awake in Deep Sleep: The Case of Lucid Dreamless Sleep"*.

First-Person Science of Consciousness (University of Witten/Herdecke, Germany)

"Micro-phenomenology to Study Consciousness in Sleep".

Sleep and Consciousness: A Dyadic Life (Università degli Studi di Milano, Milan, Italy)

"Looking for the Minimal Phenomenal Experience. The case of Lucid Dreamless Sleep".

Selfless Minds: Radical Disruptions of Self-Consciousness (Frankfurt Institute of Advanced Studies, Frankfurt, Germany)

2018 *"Looking for the Minimal Phenomenal Experience. The case of Lucid Dreamless Sleep"*.

Annual British Postgraduate Philosophical Association Conference (University of Birmingham)

PROFESSIONAL AND DEPARTMENTAL SERVICE

ACTIVITIES

2020–2023 Co-organiser (with Dr Derek Brown), Seminar Series *"Philosophy, Psychology and Neuroscience (PPN)"*, University of Glasgow

2023 Co-organiser (With Dr Robert Cowan and Fin Reid), Conference *"New Perspectives on Dreaming"*,

- 2022** **Co-organiser** (With Jodie Russell, Edinburgh), Online Reading Group on the book *"Feminist Philosophy of Mind, UOP"*
- 2021** **Co-organiser** (With Jodie Russell, Edinburgh), Online graduate conference *"Extremes of Mind Wandering"*
- 2020** **Co-organiser** (with Maïke Dinger and Russell), Online workshop for Scottish-based postgraduates *"Academic Youtubers"*
Co-organiser (With Dr Derek Brown and Raul Ros Morales), Conference *"Philosophy of Perception and Colour"*
Coordinator, Glasgow MAP (Minorities and Philosophy)
- 2019** **Diversity Officer**, PhD Society, University of Glasgow
Co-organiser (with Dr Raul Ros Morales, Glasgow), Postgraduate conference *"Dreams, Hallucinations, and Imagination"*
- 2018** **Convenor**, Postgraduate Seminar, Philosophy Department, University of Glasgow
Organiser, Reading Group on Philosophy of Mind, Philosophy Department, University of Glasgow
Vice-President, University of Glasgow Student Philosophy Society, Vice-president

OUTREACH

- 2023** **Interview**, *"On Consciousness and Altered States of Awareness"*, [The Knownmads Podcast](#)
Invited expert, workshop *"Somnolent Cartographies: The Sonic Ecologies of Sleep"* organised by Dr Maria Sledmere (Strathclyde) and Dr Kevin Leomo (Glasgow).
Invited Talk, *"Mind the gender-gap: Gender Bias in Academia"*, [Society for Spanish Researchers in the UK \(SRUK\)](#), Online
- 2020** **Co-Organiser** (With MAP Glasgow), Online workshop *"Black Lives Matter and Philosophy"*
- 2019** **Invited Talk**, *"Brain Transplants and Personal Identity"*, Philosophy Café, Coatbridge Library
Invited Talk, *"The Virtual Reality of Lucid Dreaming"*. Student Philosophy Society, University of Glasgow
- 2018** **Invited Talk**, *"Awake in Deep Sleep: The Case of Lucid Dreamless Sleep"*, Student Philosophy Society, University of Glasgow

RESEARCH MANAGEMENT AND ADMINISTRATIVE EXPERIENCE

- 2018-2019** **Research Assistant and Project Manager**, Research project Minimal Phenomenal Experience (Prof Thomas Metzinger), Philosophisches Seminar, Universität Mainz, Germany (Remote position)
- Blogger Intern**, Postgraduate Blog, Research and Innovation Services (University of Glasgow)

PROFESSIONAL SERVICE

MENTORSHIP: I have been a mentor for the Women in Philosophy Mentorship Programme (University of Glasgow), and the Mentorship Programme by SGSAAH for prospective PhD students.

REFEREE: *Philosophical Psychology, Frontiers in Psychology, Philosophy of the Mind Sciences, Mindfulness, Philosophia, Psychopathology*

LANGUAGES AND SKILLS

Languages: Spanish (Native), Catalan (Native), English (Proficient; C2)

Skills: Qualitative Research (NVivo, Qualtrics); Programming (R, HTML)

REFERENCES

Prof Fiona Macpherson
Department of Philosophy, University of Glasgow
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Dr Alistair Isaac
School of Philosophy, Psychology and Language Sciences, University of Edinburgh
A.M.C.Isaac@ed.ac.uk

Prof Evan Thompson
Department of Philosophy, British Columbia
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Dr Robert Cowan
Department of Philosophy, University of Glasgow
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Prof Thomas Metzinger
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