

Dr Adriana Alcaraz-Sánchez (she/her)

JUAN DE LA CIERVA POSTDOCTORAL RESEARCHER

Departament d'Humanitats, Universitat Pompeu Fabra
adriana.alcaraz.sa@gmail.com | adriana-alcarazsanchez.xyz

SPECIALISATION

AOS Philosophy of Mind (Consciousness), Philosophy of Psychology
AOC Philosophy of Cognitive Science, Phenomenology, Metaphysics (Mind)

ACADEMIC APPOINTMENTS

- 2025—2027** **Juan de la Cierva Postdoctoral Researcher.** Departament d'Humanitats, **Universitat Pompeu Fabra** (Spain). Host: Dr Marta Jorba
- 2024—2025** **Postdoctoral Fellow.** Institute for Advanced Studies in Humanities (IASH), **University of Edinburgh** (UK). Host: Dr Dave Ward
- 2023—2024** **Postdoctoral Researcher.** Centre for Philosophical Psychology, **University of Antwerp** (Belgium). Supervisor: Prof Bence Nanay

EDUCATION

- 2019—2023** **PhD in Philosophy**, School of Humanities, College of Arts, **University of Glasgow** (UK)
“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)
- 2017—2019** **MPhil in Philosophy**, School of Humanities, College of Arts, **University of Glasgow** (UK) [Part-time]
“Conscious states during dreamless sleep: A philosophical and psychological exploration”.
Supervisor: Prof Fiona Macpherson (Glasgow); **Examiners:** Prof David Bain (Glasgow), Dr Jennifer Windt (Melbourne)
- 2013—2015** **MSc in Cognitive Science and Language**, **University of Barcelona** (Spain) [Part-time]
- 2007—2012** **BA (Hons), Psychology**, **University of Barcelona** (Spain)

RESEARCH VISITS

- Spring, 2023** Centre for the Philosophy and the Sciences, **University of Oslo** (Norway); Host: Dr Sebastian Watzl
- Summer, 2022** Dresler's lab, Donders Institute for Brain, Cognition and Behaviour, **Radboud University** (Netherlands); Host: Dr Martin Dresler

PUBLICATIONS

ACADEMIC JOURNALS

1. **Alcaraz-Sánchez, A.** (2026). Did I Have a Dream Last Night? White Dreaming as Metacognitive Feelings. *Mind & Language*, 1-19 (Online first). (SJR, Q1)
2. Campillo-Ferrer, T., **Alcaraz-Sánchez, A.**, Torres-Platas, G. (2025). Exploring “lucid sleep” and altered states of consciousness using meditation and visual stimulation: A case series study. *Philosophy and the Mind Sciences*, 5, 1-40. (SJR, Q1)
3. **Alcaraz-Sánchez, A.** (2024b). Minimal States of Awareness Across Sleep and Wakefulness: A Multidimensional Framework to Guide Scientific Research. *Philosophy and the Mind Sciences*, 5, 1-33. (SJR, Q1)
4. **Alcaraz-Sánchez, A.** (2024a). Exploration of Contentless Awareness During Sleep: An online survey. *Dreaming*, 35 (1), 38-57 (SJR, Q2)
5. Campillo-Ferrer, T., **Alcaraz-Sánchez, A.**, Demšar, E., Wu, H-P, Dresler, M., Windt, J., Blanke, O. (2024). Out-of-Body Experiences in Relation to Lucid Dreaming and Sleep Paralysis: A Theoretical Review and Conceptual Model. *Neuroscience and Biobehavioral Reviews*, 163, 1-20 (SJR, Q1)
6. **Alcaraz-Sánchez, A.** (2022). Is Lucid Dreamless Sleep Really Lucid? *Review of Philosophy and Psychology*, Vol 15, 1-27. (SJR, Q1)
7. **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, 1-21 (SJR, Q1)
8. **Alcaraz-Sánchez, A.** (2021). Awareness in The Void: A Micro-Phenomenological Exploration of Conscious Dreamless Sleep. *Phenomenology and the Cognitive Sciences*, 22 (867-905) (SJR, Q1)

OTHER PUBLICATIONS (GENERAL AUDIENCE)

1. “Could the dream world be the new Metaverse?” [forthcoming]. *SPAM Magazine*.
2. “Són els somnis l’última frontera inconquistable?” [Are dreams the last unconquered frontier?]. *Compàs d’Amalgama* (Revistes Científiques de la Universitat de Barcelona), November 2025.
3. “Sucked in by the dreamworld”. *SPAM Magazine*. 23rd September 2025,
4. “Can you be aware of nothing? The rare sleep experience scientists are trying to understand”. *The Conversation*, 26th August 2025.
5. “Dream hacking. Altering the dream world”, Piece for the website of the art installation ‘Apariciones’ [Apparitions].
6. “Dreaming while awake? The case of maladaptive daydreaming”, *The Junkyard of the Mind*, 4th December 2024.

TEACHING EXPERIENCE

LECTURER / ASSISTANT PROFESSOR

- 2024—2025** **Guest Lecturer**, Philosophy Department, University of Edinburgh (UK). [Ad-hoc]. *Advanced Topics in Mind, Language, and Embodied Cognition*.
Lecture: Neurophenomenology

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

TEACHING ASSISTANT

- 2025—Present** **Teaching Assistant**. Department of Humanities. Pompeu Fabra University [Part-time, seminars]. **Philosophy of Mind** (3rd year).
- 2018—2023** **Graduate Teaching Assistant**, Philosophy Department, University of Glasgow. [Part-time, seminars]. **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
- 2019—2023** **Graduate Teaching Assistant**, School of Psychology and Neuroscience, University of Glasgow. [Part-time] **Level 1 labs** on R Studio and coding, psychological research methods, and writing skills.

AWARDS AND HONOURS

FELLOWSHIPS AND AWARDS

- | | | |
|-------------|--|----------|
| 2024 | IASH (Institute for Advanced Studies in Humanities), Postdoctoral Fellowship | £20,000 |
| 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 | ~\$2,600 |
| 2023 | Visiting Scholarship, Centre for Philosophy and the Sciences, University of Oslo Travel and accommodation expenses | ~£4,500 |
| 2020 | Dream Science Grants, International Association for the Study of Dreams (IASD) and Dream Science Research (DSF) , Research funding for the project “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 | ~£47,000 |
| 2011 | Beca Séneca (Seneca Scholarship), Spanish Education Ministry , Undergraduate scholarship for tuition fees and maintenance at a different Spanish institution (University of Salamanca) | ~€5,000 |

CONFERENCE BURSARIES AND OTHER FUNDING

- | | | |
|-------------|--|-------|
| 2025 | Susan Manning Workshop Funding, Institute for Advanced Studies in Humanities, University of Edinburgh . Workshop funding for <i>Perspectives from the Arts, Humanities, and Social Sciences on Sleep, Rest, and Wellbeing</i> | ~£200 |
|-------------|--|-------|

2023	Collaborative Research Awards (CRA), College of Arts, University of Glasgow.	£1000
	Conference funding for <i>New Perspectives on Dreaming</i>	
2023	Conferences bursaries: Mind Association, Scots Philosophical Association, and Analysis. Conference funding for <i>New Perspectives on Dreaming</i>	total ~£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 the event being cancelled)	£300
2020	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 <i>Dreams, Hallucinations, and Imagination</i>	£735
2019	Conferences bursaries: Mind Association, Scots Philosophical Association, and Analysis. Conference funding for <i>Dreams, Hallucinations, and Imagination</i>	£2550
2018	Research Support Awards (RSA), College of Arts, University of Glasgow. Travel grant.	£300

TALKS

INVITED TALKS

- 2025 “*Fantatising to navigate one’s world*”. Presentation at the Workshop ‘**Getting your Act Together**’ (Pompeu Fabra University, Spain).
“*Sucked in by the fantasy world: the case of maladaptive daydreaming*”. Poster presentation at the ‘**Centre for the Study of Perceptual Experience, 20th Anniversary Celebratory Conference**’. (University of Glasgow, UK).
“*Dreaming while awake: The case of maladaptive daydreaming*”, Presentation at the ‘**Network for Phenomenological Research**’ [Online] // Work-in-progress seminar (Institute for the Advanced Studies in Humanities, University of Edinburgh, UK).
- 2024 “*Exploring the phenomenology of objectless sleep experiences*”. Presentation at “**Aware and Alive**” Satellite Symposium for the **Association for the Scientific Study of Consciousness (ASSC27)** [Online]
“*Dreamless sleep and lucidity in sleep*”. **Guest lecture** for the course “*Dreams and Waking*” by Dr Cecily Whiteley (University of St Andrews, UK)
“*Did I have a dream last night: White dreaming as metacognitive feelings?*” Presentation at the “**Philosophy, Psychology, and Informatics Group (PPIG)**” // Proseminar 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 at **Physiology of Cognition Lab, GIGA** (University of Liège, Belgium)
- 2023 “*I woke up with a blank mind: White dreaming and associated phenomena*”. Presentation at 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 at the **Dresler’s Lab group meetings** (Donders Institute for Brain, Cognition, and Behaviour, Netherlands) // Presentation at “**Dreams, Memory, and Emotions workshop**” (Laboratorio de Sueño y Memoria, Instituto Tecnológico de Buenos Aires, Argentina) [online] // Presentation at “**Minimal Phenomenal Experience Mini workshop**” (Frankfurt Institute of Advanced Studies, Germany)

“Micro-phenomenology to study consciousness in sleep”. Presentation at “**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?” Presentation at the **Minimal Phenomenal Experience Mini workshop** [online]

PEER-REVIEWED CONFERENCE TALKS

- 2024 “Sucked in by the fantasy world: The case of Maladaptive Daydreaming”. Presentation at the 3rd Conference of the **International Society for the Philosophy of the Sciences of the Mind** [Online] // Conference of the **Spanish Society of Analytic Philosophy (SEFA)**. (University of Sevilla, Spain)
“Is immersive waking imagination a form of dreaming?” Presentation at the **99th Joint Session by the Aristotelian Society and the Mind Association**. (University of Glasgow, UK)
- 2024 “The philosophy of dreaming” (with Melanie Rosen, Marina Trakas, and Manuela Kirberg). Symposium for the **41st International Association for the Study of Dreaming, IASD** (Rolduc, Netherlands)
- 2023 “I woke up with a blank mind: White dreaming and associated phenomena”. Presentation at the 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). Tutorial for the **25th Association for the Scientific Study of Consciousness, ASSC** (University of Amsterdam, Netherlands)
- 2019 “Awake in Deep Sleep: The Case of Lucid Dreamless Sleep”. Presentation at **First-Person Science of Consciousness** (University of Witten/Herdecke, Germany)
“Micro-phenomenology to Study Consciousness in Sleep”. Presentation at **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”. Presentation at **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”. Presentation at the **Annual British Postgraduate Philosophical Association Conference** (University of Birmingham)

PROFESSIONAL AND DEPARTMENTAL SERVICE

ACTIVITIES

- 2025 **Lead Organiser** (with Dr Maria Sledmere and Dr Kevin Leomo), “**Perspectives from the Arts, Humanities, and Social Sciences on Sleep, Rest, and Wellbeing**”. Institute for Advanced Studies in Humanities, University of Edinburgh
- 2024-2025 **Lead Organiser** (with Dr Kate Nave), “**Active Mind**” work-in-progress meetings, Philosophy Department, University of Edinburgh

- 2023—2024** **Co-organiser**, Speaker Series for Bence Nanay’s group at the Centre for Philosophical Psychology, University of Antwerp
- 2020—2023** **Co-organiser** (with Dr Derek Brown), “**Philosophy, Psychology and Neuroscience (PPN) Seminar Series**”, University of Glasgow
- 2023** **Co-organiser** (With Dr Robert Cowan and Fin Reid), “**New Perspectives on Dreaming Conference**”, University of Glasgow
- 2022** **Co-organiser** (With Jodie Russell), “**Reading Group on Feminist Philosophy of Mind**” (Online)
- 2021** **Co-organiser** (With Jodie Russell), “**Extremes of Mind Wandering Conference**”, University of Edinburgh (Online)
- 2020** **Co-organiser** (with Maïke Dinger and Jodie Russell), “**Academic Youtubers Workshop**”. Workshop for Scottish-based postgraduates on presentation skills and research dissemination (Online).
Co-organiser (With Dr Derek Brown and Raul Ros Morales), “**Philosophy of Perception and Colour Conference**”, University of Glasgow
Co-organiser (With Glasgow Minorities and Philosophy Chapter), “**Black Lives Matter**” Conference, and two informative sessions for prospective PhD students, University of Glasgow
- 2019** **Diversity Officer**, PhD Society, University of Glasgow;
Co-organiser (with Raul Ros Morales), “**Dreams, Hallucinations, and Imagination Conference**”, University of Glasgow
- 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

REFeree: *Synthese*, *Philosophical Psychology*, *Philosophy of the Mind Sciences*, *Frontiers in Psychology*, *Trends in Cognitive Science*, *Mindfulness*, *Philosophia*, *Psychopathology*, *Dreaming*, *Scientific Reports*, *Teorema*

MENTORSHIP AND SUPERVISION:

Informal supervision and mentorship of PhD student James Deery (University of Edinburgh, 2024-2025); **Mentor** for the Mentorship Programme of the Scottish Graduate School for Arts and Humanities (2023-2024), Mentorship Programme for PhD Students (University of Glasgow; 2020-2021), and Women in Philosophy Mentorship Programme (University of Glasgow) (2020-2023).

OUTREACH

- 2025** **Interviewed** for a science-communication piece on mind-blanking, “*El cerebro ‘se duerme’ cuando se queda en blanco*” [*The brain ‘falls asleep’ when it goes blank*], *El País* (Spanish newspaper)
- 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

OTHER RELEVANT EMPLOYMENT

- 2025 Academic consultant**, for an art installation on sleep experiences ‘Apariciones’ [Ad-hoc]
- 2018-2019 Research Assistant and Project Manager**, Research project “Minimal Phenomenal Experience” (Prof Thomas Metzinger), Philosophisches Seminar, Universität Mainz, Germany [Part-time, Remote position]
- 2018-2019 Blogger Intern**, Postgraduate Blog, Research and Innovation Services (University of Glasgow) [Part-time]

LANGUAGES AND SKILLS

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

Certificates: Scotland Mental Health First Aid (12h course); Micro-phenomenology Interview Training (20h), Micro-phenomenology of meditation training (25h)

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

REFERENCES

Prof Fiona Macpherson (PhD advisor)
Department of Philosophy, University of Glasgow
Fiona.Macpherson@glasgow.ac.uk

Prof Bence Nanay (Postdoc supervisor)
Centre for Philosophical Psychology,
University of Antwerp
bence.nanay@uantwerpen.be

Dr Alistair Isaac (PhD advisor)
School of Philosophy, Psychology and
Language Sciences, University of Edinburgh
A.M.C.Isaac@ed.ac.uk

Dr Dave Ward (Postdoc mentor)
School of Philosophy, Psychology and
Language Sciences, University of Edinburgh
Dave.Ward@ed.ac.uk

Prof Evan Thompson (PhD external referee)
Department of Philosophy, British Columbia
evan.thompson@ubc.ca

Dr Marta Jorba (Postdoc Mentor)
Department of Humanities, Pompeu Fabra
University
marta.jorba@upf.edu