

Dr Adriana Alcaraz-Sánchez (she/her)

JUAN DE LA CIERVA POSTDOCTORAL RESEARCHER

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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?]. *Compás 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 Perspectives from the Arts, Humanities, and Social Sciences on Sleep, Rest, and Wellbeing ~£200

2023	Collaborative Research Awards (CRA), College of Arts, University of Glasgow. Conference funding for <i>New Perspectives on Dreaming</i>	£1000
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 “Fantasising 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** (Universita 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 Maike 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
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Dr Alistair Isaac (PhD advisor)
School of Philosophy, Psychology and Language Sciences, University of Edinburgh
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Prof Evan Thompson (PhD external referee)
Department of Philosophy, British Columbia
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Prof Bence Nanay (Postdoc supervisor)
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University of Antwerp
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Dr Dave Ward (Postdoc mentor)
School of Philosophy, Psychology and Language Sciences, University of Edinburgh
Dave.Ward@ed.ac.uk

Dr Marta Jorba (Postdoc Mentor)
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