

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. “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.
2. “Sucked in by the dreamworld”. *SPAM Magazine*. 23rd September 2025.
3. “Can you be aware of nothing? The rare sleep experience scientists are trying to understand”. *The Conversation*, 26th August 2025.
4. “Dream hacking. Altering the dream world”, Piece for the website of the art installation ‘Apariciones’ [Apparitions].
5. “Dreaming while awake? The case of maladaptive daydreaming”, *The Junkyard of the Mind*, 4th December 2024.

TEACHING EXPERIENCE

LECTURER / ASSISTANT PROFESSOR

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|------------------|---|
| 2024—2025 | Guest Lecturer , Philosophy Department, University of Edinburgh (UK). [Ad-hoc]. <i>Advanced Topics in Mind, Language, and Embodied Cognition</i> . Lecture: <i>Neurophenomenology</i> |
| 2022—2023 | Guest Lecturer , Philosophy Department, University of Glasgow (UK). [Ad-hoc]. <i>SH24 Dreams</i> . Lectures: <i>Consciousness in Sleep</i> ; <i>JH7 Philosophy of Mind</i> . Lectures: <i>Embodied Cognition, Mental content and representationalism</i> |

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
	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 Foundation (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 . Conference funding for <i>New Perspectives on Dreaming</i>	£1000
	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**
1. 'Fantasising to navigate one's world', Invited talk at "Getting your Act Together II" workshop, Pompeu Fabra University, 9-10 September 2025.
 2. 'Sucked in by the fantasy world: the case of maladaptive daydreaming', Invited poster presentation at the "20th Anniversary Celebratory Conference", Centre for the Study of Perceptual Experience, University of Glasgow, 4-6 June 2025.
 3. 'Dreaming while awake: The case of maladaptive daydreaming', Invited talk at "Monthly Phenomenology" seminar series by the 'Network for Phenomenological Research', Online, 28th February 2025.
 4. 'Neurophenomenology', Master class for the "Advanced topics in Mind, Language, and Embodied Cognition" course, MSc Mind, Language, and Embodied Cognition, University of Edinburgh, 20th March 2025
- 2024**
5. 'Exploring the phenomenology of objectless sleep experiences'. Invited talk at "Aware and Alive" (a Satellite Symposium for the Association for the Scientific Study of Consciousness; ASSC27) [Online], 8-10th July 2024
 6. 'Dreams and lucidity in sleep', Invited lecture for the "PY4671-Dreams and Waking" course, MA(Hons) Philosophy, University of St Andrews, 28th March 2024
 7. 'Minimal awareness during sleep', Master class for the "CogLab 1: Seminars in Contemporary Cognitive Science (PHIL11146)" course, MSc Mind, Language, and Embodied Cognition, University of Edinburgh, 27th March 2024
 8. "Did I have a dream last night: White dreaming as metacognitive feelings?" Invited talk "Philosophy, Psychology, and Informatics Group (PPIG)" Seminar series, University of Edinburgh, 27th March 2024
 9. "I woke up with a blank mind: White dreaming and associated phenomena". Invited talk at "Seminar series", Physiology of Cognition Lab (GIGA), University of Liège, 5th February 2024.
- 2023**
10. "I woke up with a blank mind: White dreaming and associated phenomena" keynote talk for "New Perspectives on Dreaming" workshop, University of Glasgow, 3-4 July 2023.
 11. 'Unusual Spontaneous Experiences: Their Phenomenology and a Multi-Dimensional Framework of Spontaneous States', Invited talk at "Lunch Forum", Centre for the Philosophy and Sciences, University of Oslo, 19th May 2023

- 2022** 12. ‘Preliminary results of the online study on dreamless sleep’, Presentation at “Dresler’s Lab” group meetings, **Donders Institute for Brain, Cognition, and Behaviour**, Radboud University.
13. “Micro-phenomenology of dreamless sleep”, Invited talk at the “**Micro-phenomenology lab**” [Online], 12th January 2022
- 2021** 14. ‘What is lucid about lucid dreamless sleep?’. Invited talk at the “**Philosophy, Psychology, and Neuroscience Seminar Series (PPN)**”, University of Glasgow, 6th December 2021.
15. and Invited talk at “**Dreams, Memory, and Emotions**”, Laboratorio de Sueño y Memoria, Instituto Tecnológico de Buenos Aires, Online, 2-3 December 2021.
16. and Invited talk at the “**Minimal Phenomenal Experience research group**” workshop, Frankfurt Institute for Advanced Studies, October, 2021.
17. and talk at the “**British Postgraduate Philosophical Association**” seminar series. 29th July 2021.
18. “Micro-phenomenology to study consciousness in sleep”, Invited talk at “**Dream x Engineering Seminar series**”, MIT Media Laboratory and Sleep and Neurophysiology Research Laboratory, University of Rochester [Online], March, 2021
- 2020** 19. “Sleep and consciousness”. Guest lecture for the course “**Interdisciplinary Writing**” by Dr Jason Parry (Honours College at Purdue University, US) [online]
20. “Are there varieties of conscious dreamless sleep?” Presentation at “**Minimal Phenomenal Experience Mini workshop**” [online]

PEER-REVIEWED CONFERENCE TALKS

- 2026** 21. “Imagining myself in a parallel world: the case of maladaptive daydreaming and dissociative identity disorder”. Presentation at the **33rd Annual Meeting of the European Society for Philosophy and Psychology (ESPP)**, University of Utrecht, 30 June-3 July, 2026;
22. and upcoming presentation at the 12th **European Congress of Analytic Philosophy (ECAP)**, University Complutense of Madrid, 24-28 August, 2026;
23. and upcoming presentation at “**The Self in the Social World**”, Heidelberg University Hospital, 24-26 September 2026
24. “Re-conceptualising dreamless sleep: a phenomenological and empirical investigation”. Presentation at “**Power and Care: Enactive Approaches and Critical Social Philosophy**” by **Mind & Life Europe**, Pompeu Fabra University, 27-21 May 2026
- 2025** 25. “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], 24-26 October 2025
26. and presentation at the **Spanish Society of Analytic Philosophy (SEFA)**, University of Sevilla, Spain, 1-3 October 2025
27. “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, 11-13 July 2025
- 2024** 28. “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), 8-12 July 2024
- 2023** 29. “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], 24-25 November, 2023

- 2022 30. “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, 12-15 June, 2022
- 2019 31. “Awake in Deep Sleep: The Case of Lucid Dreamless Sleep”. Presentation at **First-Person Science of Consciousness**, University of Witten/Herdecke, 23rd - 25th May 2019
 32. “Micro-phenomenology to Study Consciousness in Sleep”. Presentation at **Sleep and Consciousness: A Dyadic Life**, Università degli Studi di Milano, 3–5 March 2019.
 33. “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, 5-7 October 2019
- 2018 34. “Looking for the Minimal Phenomenal Experience. The case of Lucid Dreamless Sleep”. Presentation at the **Annual British Postgraduate Philosophical Association Conference**, University of Birmingham, 5-7 July

PROFESSIONAL AND DEPARTMENTAL SERVICE

ACTIVITIES

- 2026 **Local organiser, PLM8 conference.** Department of Humanities, University Pompeu Fabra
Lead Organiser, “MINDPHIL” work-in-progress meetings, Department of Humanities, University Pompeu Fabra
- 2025 **Main 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 **Main 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: *Asian Journal of Philosophy Consciousness and Cognition, Dreaming Frontiers in Psychology Mindfulness Neuroscience of Consciousness Philosophia Philosophical Psychology, Philosophy of the Mind Sciences Psychopathology, Psychology of Consciousness: Theory, Research, and Practice Scientific Reports, Synthese, Teorema, Trends in Cognitive Science*
CONSULTING EDITOR: *Psychology of Consciousness: Theory, Research, and Practice*

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), 24 April 2025
- 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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Dr Dave Ward (*Postdoc mentor*)

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Dr Marta Jorba (*Postdoc Mentor*)

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