

Dr Adriana Alcaraz-Sánchez (she/her)

POSTDOCTORAL FELLOW

INSTITUTE FOR ADVANCED STUDIES IN HUMANITIES (IASH), UNIVERSITY OF EDINBURGH

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SPECIALISATION

AOS Philosophy of Mind (Consciousness), Philosophy of Psychology, Phenomenology

AOC Philosophy of Cognitive Science, Metaphysics (Mind)

ACADEMIC APPOINTMENTS

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, Philosophy, *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)

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

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

2017-2019. MPhil, Philosophy, *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, Cognitive Science and Language, *University of Barcelona* (Spain) [Part-time]

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

2010-2011. Séneca Fellow, *University of Salamanca* (Spain).

PUBLICATIONS

Academic journals

1. 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*. (SJR, Q1)
2. **Alcaraz-Sánchez, A.** (2024b). Minimal States of Awareness Across Sleep and Wakefulness: A Multidimensional Framework to Guide Scientific Research. *Philosophy and the Mind Sciences*. (SJR, Q1)

3. **Alcaraz-Sánchez, A.** (2024a). Exploration of Contentless Awareness During Sleep: An online survey. *Dreaming*. (Online first) (SJR, Q2)
4. 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*. (Online first) (SJR, Q1)
5. **Alcaraz-Sánchez, A.** (2022). Is Lucid Dreamless Sleep Really Lucid? *Review of Philosophy and Psychology*, Vol. 15, 1-27. (SJR, Q1)
6. **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)
7. **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)

Under review

1. Did I Have a Dream Last Night? White Dreaming as Metacognitive Feelings (R&R, *Mind and Language*)

Blog posts (General Audience)

1. "Dreaming while awake? The case of maladaptive daydreaming", 4th December 2024, *The Junkyard*

TEACHING EXPERIENCE

LECTURER

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

2018-2023 **Graduate Teaching Assistant**, Philosophy Department, University of Glasgow. [Part-time]

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 **Assistant Tutor**, 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
- 2022 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 ~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 *New Perspectives on Dreaming* £1000
Conferences bursaries: Mind Association, Scots Philosophical Association, and Analysis. Conference funding for *New Perspectives on Dreaming* 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 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

- 2025 “*Dreaming while awake: The case of maladaptive daydreaming*”,** Presentation at the ‘**Network for Phenomenological Research**’ [Online]

- 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 **"Philosophy, Psychology, and Informatics Group (PPIG)"** and 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 **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)
- 2021 *"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 *"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"*. Talk at **First-Person Science of Consciousness** (University of Witten/Herdecke, Germany)
"Micro-phenomenology to Study Consciousness in Sleep". Talk 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". Talk 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"*. Talk 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 Mentorship (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 (12-hour course); Micro-phenomenology Interview Training (20-hour course)
Skills: Qualitative Research (NVivo, Qualtrics); Programming (R, HTML)

REFERENCES

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

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

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

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