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Lucid Dreaming as Metacognition:  
Implications for ...

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Dreaming and waking cognition also share a common neurobiological basis. Regional acti- ... We argue that dreaming can be understood as an "intensified" version of waking MW: ...

Dreaming and Waking Cognition |  
Yvette M Graveline ...

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Calvin Hall developed the cognitive theory of dreaming before the discovery of REM sleep. Before this theory, the ideas of dreaming often involved wishful thinking rather than scientific analysis. For Hall, a dream was more about the brain using visual concepts to process information

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instead of trying to cover up something shameful or a regret. ...

Frontiers | Dreaming, waking  
conscious experience, and the ...  
Implications for Research on Sleep  
and Cognition The fact of lucid  
dreaming presents conceptual



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difficulties for certain traditional beliefs about "sleep" and presumed limitations of dream mentation. In a certain sense, the anomalous appearance of lucid dreaming parallels that of the state that has been called "paradoxical sleep."

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Similarities and Differences between Dreaming and Waking ...

continuity of waking and dreaming cognition has been well-studied, our work is 1 of the ?rst to explore the connection between children's cognitive maturation and dreaming.

Keywords: dreams, cognitive

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development, maturation, intelligence, executive functions The nature of dreaming in early childhood remains a matter of debate because

Cognition Enhancer Extended Version  
For Studying - Isochronic Tones,  
Electronic

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Model of dreaming that emphasizes the continuity of waking and dreaming cognition, and states that dreaming is like thinking under conditions of reduced sensory input and the absence of voluntary control.

Metacognitive Mechanisms Underlying

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Lucid Dreaming ...

A comparative study of waking and dreaming cognition also indicated that self-reflection was evident in retrospective descriptions of waking and dreaming experiences; in addition, the differences ...

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The Development of Cognitive and Emotional Processing

Lucid dreamers are aware of dreaming while dreaming. Sometimes, they can even play an active role in their dreams. Most of them, however, have this experience only several times a year and just very few almost every

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night. Internet forums and blogs are full of instructions and tips on lucid dreaming.

Dreaming Cognition

While dreaming people regularly falsely believe that they are awake

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unless they implement lucidity. ... In dreams there is a reduction or absence of self-reflection or other forms of meta-cognition relative to during waking life. Dreams are also characterized by a lack of "orientational stability; persons, times, ...



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Precognition - Wikipedia

Part I of a two part article on the effect upon dreaming on physical illness briefly explores the historical medico-philosophical antecedents of the notion that dreams can be diagnostic of bodily...

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## Dreaming and Offline Memory Processing

Lucid dreaming and other examples of reflective awareness during dreaming have important implications for models of human cognition. The existence of these phenomena raises fundamental

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questions about current assumptions regarding "state" constraints on consciousness and cognition (i.e., the notion that dreaming involves exclusively nonconscious processing while waking involves conscious ...

Psychophysiology of Lucid Dreaming -

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lucidity.com

This track contains isochronic tones, which is the repetitive beats you hear behind the music. After around 5 or 6 minutes your brainwaves start to synchronize with the frequency of the tones.

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Dreaming and Waking Cognition  
Models of the Dreaming Process.  
Because we are largely amnesic for cognitive activity during sleep, and because dreams so often appear bizarre and disjointed from reality, both common sense and scientific theory have concluded that the dreaming

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process is separate, distinct, and functionally unrelated to waking cognition.

Cognitive neuroscience of dreams -  
Wikipedia

Any survey of modern dream research must include Calvin Hall (1909-1985).

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Hall was a behavioral psychologist who explored the cognitive dimensions of dreaming. His work began before the discovery of REM sleep, so little was known about the biology of sleep and dreams.

Dreaming and cognition in patients

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with frontotemporal ...

1. Introduction. Becoming aware that one is dreaming while dreaming, what is today referred to as lucid dreaming, has been known about since antiquity. In Western literature, it may have first been mentioned by Aristotle in the fourth century BCE in the



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treatise On dreams of his Parva Naturali, in which he states: "often when one is asleep, there is something in consciousness which declares ...

Psychology Vocabulary #5 Flashcards  
| Quizlet

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Lucid dreaming is a state of awareness that one is dreaming, without leaving the sleep state. Dream reports show that self-reflection and volitional control are more pronounced in lucid compared with nonlucid dreams. Mostly on these grounds, lucid dreaming has been associated

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with metacognition. However, the link to lucid dreaming at the neural level has not yet been explored.

The Cognitive Theory of Dreams |  
dream studies portal  
Dreaming and Waking Cognition  
Yvette M. Graveline University of

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Massachusetts, Amherst and Furman University Erin J. Wamsley Furman University Dreams are often believed to be “symbolic” and thus categorically distinct from the “ordinary” thoughts of waking cognition. But to the contrary, emerging evidence

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(PDF) Dreaming and waking cognition  
- ResearchGate

Dreaming and cognition in patients with frontotemporal dysfunction. Paiva T(1), Bugalho P, Bentes C. Author information: (1)Faculty of Medicine, University of Lisbon and CENC, Sleep

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Cognitive Theory of Dreaming  
Explained - HRF

Even when we are ostensibly doing  
"nothing"—as during states of rest,  
sleep, and reverie—the brain continues

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to process information. In resting wakefulness, the mind generates thoughts, plans for the future, and imagines fictitious scenarios. In sleep, when the demands of sensory input are reduced, our experience turns to the thoughts and images we call "dreaming."

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The cognitive neuroscience of lucid dreaming - ScienceDirect

Precognition (from the Latin prae-, "before" and cognitio, "acquiring knowledge"), also called prescience, future vision, future sight is a claimed psychic ability to see events in the



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future.. As with other paranormal phenomena, there is no accepted scientific evidence that precognition is a real effect and it is widely considered to be pseudoscience.

Dreaming, cognition, and physical illness: Part I ...

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Dreams are often believed to be “symbolic” and thus categorically distinct from the “ordinary” thoughts of waking cognition. But to the contrary, emerging evidence suggests that dreams and waking cognition share a common origin at the neurobiological

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