

# Adriana Alcaraz-Sánchez (she/her)

POSTDOCTORAL RESEARCHER

Centre for Philosophical Psychology  
Department of Philosophy, University of Antwerp  
S.201, Lange Sint Annastraat, 7  
2000, Antwerp

<http://www.adriana-alcarazsanchez.xyz/>  
[adriana.alcaraz.sa@gmail.com](mailto:adriana.alcaraz.sa@gmail.com)  
+44 (0)7598498976

## SPECIALISATION

---

**AOS** Philosophy of Mind, Philosophy of Psychology, Philosophy of Cognitive Science

**AOC** Phenomenology, Indian and Buddhist Philosophy, Metaphysics

## CURRENT ROLE

---

**2023–Present Postdoctoral Researcher.** Centre for Philosophical Psychology, University of Antwerp (Belgium). Supervisor: Prof Bence Nanay.

## EDUCATION

---

**2019-2023 PhD, Philosophy,** University of Glasgow (UK)

Dissertation: *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 (UBC)

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

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

**2017-2019 MPhil, Philosophy,** University of Glasgow (UK)

Dissertation: *Conscious states during dreamless sleep. A philosophical and psychological exploration*

Examiners: Prof David Bain (Glasgow), Dr Jennifer Windt (Melbourne)

**2013-2015 MSc, Cognitive Science and Language,** University of Barcelona (Spain)

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

## PUBLICATIONS

---

Alcaraz-Sánchez, A (2022). [Is Lucid Dreamless Sleep Really Lucid?](#) *Review of Philosophy and Psychology (Online First)*

Alcaraz-Sánchez, A., Demšar, Ema, Campillo-Ferrer, Teresa and Torres-Platas, Gabriela (2022) [Nothingness Is All There Is: An Exploration of Objectless Awareness During Sleep](#). *Frontiers in Psychology*, Vol. 13

Alcaraz-Sánchez, A. [Awareness in The Void: A Micro-Phenomenological Exploration of Conscious Dreamless Sleep](#). (2021). *Phenomenology and the Cognitive Sciences*, 22 (867-905)

**Under review.** A paper on the links between dreamless sleep and associated waking experiences

A paper on the results of a survey about dream experiences

A co-authored paper (second author) on lucid dreaming and out-of-body experiences

A co-authored paper (second author) on an new method to induce lucid sleep experiences

## TEACHING EXPERIENCE

---

### LECTURER

**2022-2023**     **Guest Lecturer**, Philosophy Department, University of Glasgow (UK).

JH7 Philosophy of Mind. Lectures: *Consciousness in Sleep*

SH24 Dreams. Lectures: *Embodied Cognition, Mental Content*

**Lecturer/ Lead Instructor**, Summer School, Widening Participation Programme, University of Glasgow.

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.

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

**Assistant Tutor**, School of Psychology and Neuroscience University of Glasgow.

Level 1. Labs on R Studio and coding, psychological research methods, and writing skills.

## AWARDS AND HONOURS

---

### FELLOWSHIPS AND AWARDS

**2022**     **Visiting Scholarship, Centre for Philosophy and the Sciences, CPS, University of Oslo**, Travel and accommodation expenses (*circa £4,500*)

**2020**     **Dream Science Grants, International Association for the Study of Dreams (IASD) and Dream Science Research (DSF)**, Research funding for the online study of "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 (*circa £47,000*)

**2011**     **Beca Séneca (Seneca Scholarship), Spanish Education Ministry**, Undergraduate scholarship for tuition fees and maintenance at a different Spanish institution (*circa 5,000€*)

### CONFERENCE BURSARIES AND OTHER FUNDING

**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 circa £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

**2024** Dreamless sleep and lucidity in sleep, Guest lecture for the “Dreams and Waking” course (convenor: Dr Cecily Whiteley), University of St Andrews

Minimal states of awareness during sleep, talks for the Philosophy, Psychology, and Informatics Group and Masterclass for the MSc Mind, Language, and Embodied Cognition, University of Edinburgh

**2023** *“I woke up with a blank mind: White dreaming and associated phenomena”*.  
Good Attention Group, Centre for the Philosophy and Sciences, University of Oslo /  
New Perspectives on Dreaming Conference, University of Glasgow

**2021** *“Preliminary results of the online study on dreamless sleep”*.  
Dresler’s sleep lab weekly meetings. Donders Institute for Brain, Cognition, and Behaviour

*“Preliminary results of the online study on dreamless sleep”*.  
Dreams, Memory, and Emotions workshop, Laboratorio de Sueño y Memoria, Instituto Tecnológico de Buenos Aires, (online)

*“Preliminary results of the online study on dreamless sleep”*.  
Minimal Phenomenal Experience research group mini-workshop, FIAS, Frankfurt, Germany

*“Micro-phenomenology to study consciousness in sleep”*.  
Dream x Engineering Seminar series, MIT Media Laboratory and Sleep and Neurophysiology Research Laboratory, University of Rochester, (online)

**2020** *“Sleep and consciousness”*.  
Guest talk at the course “Interdisciplinary Writing” by Dr Jason Parry, Honours College at Purdue University, (online)

*“Are there varieties of conscious dreamless sleep?”*  
Minimal Phenomenal Experience mini-workshop (online)

### PEER-REVIEWED CONFERENCE TALKS

**2022** Tutorial *“Neurophenomenology and Micro-phenomenology to the Study of Subjective Experience”* (with Mathis Trautwein and Ema Demšar). Remunerated Association for the Scientific Study of Consciousness (ASSC25). Amsterdam, Netherlands

**2020** *“Preliminary results of the online study on dreamless sleep experiences”*.

International Association for the Study of Dreams (IASD), Regional Conference, Vilnius, Lithuania.  
Cancelled due to COVID-19.

- 2019** *"Awake in Deep Sleep: The Case of Lucid Dreamless Sleep"*.  
First-Person Science of Consciousness, University of Witten/Herdecke, Germany
- "Micro-phenomenology to Study Consciousness in Sleep"*.  
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"*.  
Selfless Minds: Radical Disruptions of Self-Consciousness. Frankfurt Institute of Advanced Studies (FIAS), Frankfurt, Germany
- 2018** *"Looking for the Minimal Phenomenal Experience. The case of Lucid Dreamless Sleep"*.  
Annual British Postgraduate Philosophical Association Conference, University of Birmingham, UK

## PROFESSIONAL AND DEPARTMENTAL SERVICE

---

### ACTIVITIES

- 2020–2023 Co-organiser** (with Dr Derek Brown), Seminar Series *"Philosophy, Psychology and Neuroscience (PPN)"*, University of Glasgow
- 2023 Co-Organiser** (With Dr Robert Cowan and Fin Reid), Conference *"New Perspectives on Dreaming"*,
- 2022 Co-organiser** (With Jodie Russell, Edinburgh), Online Reading Group on the book *"Feminist Philosophy of Mind, UOP"*
- 2021 Co-organiser** (With Jodie Russell, Edinburgh), Online graduate conference *"Extremes of Mind Wandering"*
- 2020 Co-organiser** (with Maïke Dinger and Russell), Online workshop for Scottish-based postgraduates *"Academic Youtubers"*
- Co-organiser** (With Dr Derek Brown and Raul Ros Morales), Conference *"Philosophy of Perception and Colour"*
- Coordinator**, Glasgow MAP (Minorities and Philosophy)
- 2019 Diversity Officer**, PhD Society, University of Glasgow
- Co-organiser** (with Dr Raul Ros Morales, Glasgow), Postgraduate conference *"Dreams, Hallucinations, and Imagination"*
- 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

### OUTREACH

---

- 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

## PROFESSIONAL SERVICE

---

**MENTORSHIP:** I have been a mentor for the Women in Philosophy Mentorship Programme (University of Glasgow), and the Mentorship Programme by SGSAAH for prospective PhD students.

**REFEREE:** *Philosophical Psychology, Frontiers in Psychology, Philosophy of the Mind Sciences, Mindfulness, Philosophia*

## RESEARCH MANAGEMENT AND ADMINISTRATIVE EXPERIENCE

---

**2018-2019 Research Assistant and Project Manager**, Research project Minimal Phenomenal Experience (Prof Thomas Metzinger), Philosophisches Seminar, Universität Mainz, Germany (Remote position)

**Blogger Intern**, Postgraduate Blog, Research and Innovation Services (University of Glasgow)

## LANGUAGES AND SKILLS

---

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

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

## REFERENCES

---

Prof Fiona Macpherson (PhD primary supervisor)  
Department of Philosophy, University of Glasgow  
[Fiona.Macpherson@glasgow.ac.uk](mailto:Fiona.Macpherson@glasgow.ac.uk)

Prof Evan Thompson (PhD external examiner)  
Department of Philosophy, British Columbia  
[evan.thompson@ubc.ca](mailto:evan.thompson@ubc.ca)

Dr Alistair Isaac (PhD secondary supervisor)  
School of Philosophy, Psychology, and Language Sciences, University of Edinburgh  
[A.M.C.Isaac@ed.ac.uk](mailto:A.M.C.Isaac@ed.ac.uk)