

Supplementary materials:

Activation of brain-heart axis during REM sleep: a trigger for dreaming

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Questionnaire

Subject _____

Awakening number _____

Date _____ Night _____ Time _____

Sleep stage _____

1) What was the last thing that was going through your mind before the alarm (=last experience)?

No report ☐

Something, but I can't remember what ☐

Report ☐

2) Were you awake or were you asleep?

Awake ☐

Asleep ☐

3) How far back in time can you remember about the experience you had? _____

4) On a scale of 1 to 5, how much was the experience perception instead of thought?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

(1 = more thought than perception / 5 = more perception than thought)

5) On a scale of 1 to 5, how aware were you that the dream experience wasn't real?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

(1 = not aware at all / 5 very aware)

6) On a scale of 1 to 5, how much were you in control of the content of your dream?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

(1 = nessun controllo / 5 = molto controllo)

7) On a scale of 1 to 5, how much was the experience centered on yourself instead of the environment you were in?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

(1 = on the environment I was in / 5 = on myself)

8) On a scale of 1 to 5, how much was the experience associated with:

a. Visual content: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

b. Tactile content: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

c. Auditory content: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

d. Olfactory content: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

e. Gustatory content: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

f. Emotional content: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ → Positive ☐ Negative ☐

9) The experience took place in a...

Closed environment ☐

External environment ☐

Neither ☐

10) Were there other individuals besides yourself?

Only me ☐ Only others ☐ Both me and others ☐

11) Did you perceive any faces?

Yes ☐

No ☐

Maybe ☐

12) Were there any moving elements?

Yes ☐

No ☐

Maybe ☐

→ Subjective movement ☐

External movement ☐