



## APS Bibliography

### Night Assault, Psychic & Noetic Experience

**Study:** The American Periphenomenal Survey

**Division:** Registry | **Region:**  Cascadia (Reg10)  
**Status:** ACTIVE REFERENCE | **Version:** 3.0 (Consolidated Build)

**Target Category:** TYPE IV

**Rationale:** This bibliography focuses on internal phenomenology: Sleep Paralysis, Out-of-Body Experiences (OBE), and the "Noetic quality" of mystical states.

- **James, William.** *The Varieties of Religious Experience*. (The seminal 1902 text defining the "Noetic quality"—the feeling of knowing absolute truth during altered states).
- **Adler, Shelley.** *Sleep Paralysis: Night-mares, Nocebos, and the Mind-Body Connection*. (Explores the "Night Assault" phenomenon across cultures, specifically the Hmong "dab tsog").
- **Sacks, Oliver.** *Hallucinations*. (Provides the biological baseline for visual anomalies, Charles Bonnet syndrome, and hypnagogia).
- **Kripal, Jeffrey J.** *Authors of the Impossible: The Paranormal and the Sacred*. (Academic analysis of how trauma often acts as a trigger for psychic or "noetic" breaks).
- **Blackmore, Susan.** *Beyond the Body: An Investigation of Out-of-the-Body Experiences*. (The standard psychological framework for OBEs and near-death cognition).
- **McNally, Richard.** *Remembering Trauma*. (Analyzes how "abduction" narratives often stem from sleep paralysis and false memory creation).