



## APS Bibliography

### Night Assault, Psychic & Noetic Experience

**Study:** The American Periphenomenal Survey

**Unit:**  The Archive | **Region:**  Cascadia (Reg10)

**Status:** ACTIVE REFERENCE | **Version:** 3.0 (Expanded Citations)

**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: A Study in Human Nature*. New York: Longmans, Green, and Co., 1902. ISBN (Modern ed.): 9780140172670. <https://www.worldcat.org/title/varieties-of-religious-experience-a-study-in-human-nature/oclc/39074759>
  - William James's classic study identifies *noetic quality* — the immediate, felt sense of truth during mystical or altered states — establishing a psychological and philosophical framework for religious and extraordinary experiences.
- **Adler, Shelley R.** *Sleep Paralysis: Night-mares, Nocebos, and the Mind-Body Connection*. New York: Rutgers University Press, 2011. ISBN: 9780190616459. <https://global.oup.com/academic/product/sleep-paralysis-9780190616459>
  - Adler's multidisciplinary examination of sleep paralysis connects physiological mechanisms with cultural interpretations, including Hmong *dab tsog* experiences, framing night-assault phenomena as both neurobiological and cultural.
- **Sacks, Oliver.** *Hallucinations*. New York: Alfred A. Knopf, 2012. ISBN: 9780307957898. <https://www.worldcat.org/title/hallucinations/oclc/785555474>
  - Neurologist Oliver Sacks surveys hallucinatory phenomena, from Charles Bonnet syndrome to hypnagogic images, providing a biological baseline for understanding visual anomalies without assuming pathological or supernatural causes.
- **Kripal, Jeffrey J.** *Authors of the Impossible: The Paranormal and the Sacred*. Chicago: University of Chicago Press, 2011. ISBN: 9780226047576. <https://press.uchicago.edu/ucp/books/book/chicago/A/bo9749373.html>
  - Kripal analyzes paranormal narratives through academic lenses, arguing that trauma often precipitates "noetic breaks" and inviting serious engagement with experiences traditionally labeled supernatural or pathological.

- **Blackmore, Susan.** *Beyond the Body: An Investigation of Out-of-the-Body Experiences*. London: Heinemann, 1982. ISBN: 9780434357708. <https://www.worldcat.org/title/beyond-the-body-an-investigation-of-out-of-the-body-experiences/oclc/8262686>
  - Blackmore presents a psychological and experimental framework for out-of-body experiences and near-death cognition, emphasizing cognitive mechanisms over paranormal explanations.
- **McNally, Richard J.** *Remembering Trauma*. Cambridge, MA: Belknap Press of Harvard University Press, 2003. ISBN: 9780674011746. <https://www.worldcat.org/title/remembering-trauma/oclc/52990545>
  - McNally explores how traumatic memories are encoded, retrieved, and reconstructed, offering insight into how sleep paralysis and false-memory processes can underlie “abduction” narratives and other extraordinary accounts.