Dr Adriana Alcaraz-Sánchez (she/her)
POSTDOCTORAL FELLOW
INSTITUTE FOR ADVANCED STUDIES IN HUMANITIES (IASH), UNIVERSITY OF EDINBURGH
adriana.alcaraz.sa@gmail.com | adriana-alcarazsanchez.xyz

SPECIALISATION

AOS Philosophy of Mind (Consciousness), Philosophy of Cognitive Science
AOC Philosophy of Psychology, Phenomenology, Metaphysics (Mind)

PREVIOUS ROLES

2023–2024   **Postdoctoral Researcher.** Centre for Philosophical Psychology, University of Antwerp (Belgium). Supervisor: Prof Bence Nanay

EDUCATION

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

"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 (University of British Columbia)

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

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

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

"Conscious states during dreamless sleep. A philosophical and psychological exploration".
Supervisor: Prof Fiona Macpherson (Glasgow); **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

Academic journals
1. Campillo-Ferrer, T., **Alcaraz-Sánchez, A**., Torres-Platas, G. (Forthcoming). A Theory-Driven, Mindfulness-Based Guide to Facilitate and Explore Lucid sleep and Altered States of Consciousness During Sleep. *Philosophy and the Mind Sciences*.
2. **Alcaraz-Sánchez, A**. (2024). Minimal States of Awareness Across Sleep and Wakefulness: A Multidimensional Framework to Guide Scientific Research. *Philosophy and the Mind Sciences*.
3. **Alcaraz-Sánchez, A**. (2024). Exploration of Contentless Awareness During Sleep: An online survey. *Dreaming. (Online first)*
4. Campillo-Ferrer, T., **Alcaraz-Sánchez, A**., Demšar, E., Wu, H-P, Dresler, M., Windt, J., Blanke, O. (2024). Out-of-Body Experiences in Relation to Lucid Dreaming and Sleep Paralysis: A Theoretical Review and Conceptual Model. *Neuroscience and Biobehavioral Reviews*. *(Online first)*
5. **Alcaraz-Sánchez, A**. (2022). Is Lucid Dreamless Sleep Really Lucid? *Review of Philosophy and Psychology*, *Vol.15,* 1-27.

6. **Alcaraz-Sánchez, A.,** Demšar, E., Campillo-Ferrer, T., and Torres-Platas, G. (2022) Nothingness Is All There Is: An Exploration of Objectless Awareness During Sleep. *Frontiers in Psychology*, *Vol. 13,* 1-21

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

Under review
1. Did I Have a Dream Last Night? White Dreaming as Metacognitive Feelings

Blog posts (General Audience)
1. "Dreaming while awake? The case of maladaptive daydreaming", 4th December 2024, *The Junkyard*

TEACHING EXPERIENCE

LECTURER

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

SH24 Dreams. Lectures: *Consciousness in Sleep*
JH7 Philosophy of Mind. Lectures: *Embodied Cognition, Mental Content, Representationalism*

2022-2023   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

2019-2023   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

2024   IASH (Institute for Advanced Study in Humanities) Postdoctoral Fellowship.   *£20,000*

2023   APA Small Grant. Grant to develop a new series of "Blueprints" for the Diversity Reading List in Philosophy (DRL), jointly awarded with M. Jimena Clavel Vázquez, Xintong Wei, Jodie Russell, Simon Fokt, and Clotilde Torregrossa   *~$2,600*

2022   Visiting Scholarship, Centre for Philosophy and the Sciences, CPS, University of Oslo, Travel and accommodation expenses   *~£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	*~£47,000*
2011	*Beca Séneca* **(Seneca Scholarship), Spanish Education Ministry**, Undergraduate scholarship for tuition fees and maintenance at a different Spanish institution	*~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 ~£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	"*Exploring the phenomenology of objectless sleep experiences*". Presentation at "**Aware and Alive" Satellite Symposium** for the **Association for the Scientific Study of Consciousness** (ASSC27) [Online]
	"*Dreamless sleep and lucidity in sleep*". **Guest lecture** for the course "*Dreams and Waking*" by Dr Cecily Whiteley (University of St Andrews, UK)
	"*Did I have a dream last night: White dreaming as metacognitive feelings*". Presentation at "**Philosophy, Psychology, and Informatics Group** (PPIG)" and Proseminar for the MSc Mind, Language, and Embodied Cognition (University of Edinburgh, UK)
	"*I woke up with a blank mind: White dreaming and associated phenomena*". Presentation at *Physiology of Cognition Lab*, **GIGA** (University of Liège, Belgium)
2023	"*I woke up with a blank mind: White dreaming and associated phenomena*". Presentation at *Good Attention Group,* Centre for the Philosophy and Sciences (University of Oslo, Norway) // Keynote for the **New Perspectives on Dreaming Conference**, (University of Glasgow, UK)
2021	"*Preliminary results of the online study on dreamless sleep*". Presentation at the *Dresler's Lab group meetings* (Donders Institute for Brain, Cognition, and Behaviour, Netherlands) // Presentation at "***Dreams, Memory, and Emotions* workshop**" (Laboratorio de Sueño y Memoria, Instituto Tecnológico de Buenos Aires, Argentina) [online] // Presentation at "***Minimal Phenomenal Experience Mini workshop***" (Frankfurt Institute of Advanced Studies, Germany)

2021   "*Micro-phenomenology to study consciousness in sleep*". Presentation at "***Dream x Engineering Seminar series***" (MIT Media Laboratory and Sleep and Neurophysiology Research Laboratory, University of Rochester, US) [online]

2020   "*Sleep and consciousness*". **Guest lecture** for the course "*Interdisciplinary Writing*" by Dr Jason Parry (Honours College at Purdue University, US) [online]
"*Are there varieties of conscious dreamless sleep?*". Presentation at the ***Minimal Phenomenal Experience Mini workshop*** [online]

PEER-REVIEWED CONFERENCE TALKS

2024   "*The philosophy of dreaming*" (with Melanie Rosen, Marina Trakas, and Manuela Kirberg). Symposium for the ***41st International Association for the Study of Dreaming, IASD*** (Rolduc, Netherlands)

2023   "*I woke up with a blank mind: White dreaming and associated phenomena*". Presentation at the *1st Annual Conference of the* **International Society for the Philosophy of the Sciences of the Mind** [online]

2022   "*Neurophenomenology and Micro-phenomenology to the Study of Subjective Experience*" (with Mathis Trautwein and Ema Demšar). Tutorial for the ***25th Association for the Scientific Study of Consciousness, ASSC*** (University of Amsterdam, Netherlands)

2019   "*Awake in Deep Sleep: The Case of Lucid Dreamless Sleep*". Talk at **First-Person Science of Consciousness** (University of Witten/Herdecke, Germany)
"*Micro-phenomenology to Study Consciousness in Sleep*". Talk at **Sleep and Consciousness: A Dyadic Life** (Universita degli Studi di Milano, Milan, Italy)
"*Looking for the Minimal Phenomenal Experience. The case of Lucid Dreamless Sleep*". Talk at **Selfless Minds: Radical Disruptions of Self-Consciousness** (Frankfurt Institute of Advanced Studies, Frankfurt, Germany)

2018   "*Looking for the Minimal Phenomenal Experience. The case of Lucid Dreamless Sleep*".
Talk at the ***Annual British Postgraduate Philosophical Association Conference*** (University of Birmingham)

PROFESSIONAL AND DEPARTMENTAL SERVICE_____

ACTIVITIES

2023−Present   Co-organiser, Speaker Series for Bence Nanay's group at the Centre for Philosophical Psychology, University of Antwerp

2020−2023 Co-organiser (with Dr Derek Brown), "*Philosophy, Psychology and Neuroscience (PPN) Seminar Series",* University of Glasgow

2023   **Co-organiser** (With Dr Robert Cowan and Fin Reid), "*New Perspectives on Dreaming Conference",* University of Glasgow

2022   **Co-organiser** (With Jodie Russell), "*Reading Group on Feminist Philosophy of Mind" (Online)*

2021   **Co-organiser** (With Jodie Russell), "*Extremes of Mind Wandering Conference",* University of Edinburgh (Online)

2020   **Co-organiser** (with Maike Dinger and Jodie Russell), *"Academic Youtubers Workshop"*. Workshop for Scottish-based postgraduates on presentation skills and research dissemination (Online).

Co-organiser (With Dr Derek Brown and Raul Ros Morales), *"Philosophy of Perception and Colour Conference", University of Glasgow*

Coordinator, Glasgow MAP (Minorities and Philosophy), University of Glasgow

2019   **Diversity Officer**, PhD Society, University of Glasgow
Co-organiser (with Raul Ros Morales), *"Dreams, Hallucinations, and Imagination Conference",* University of Glasgow

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

REFEREE*: Synthese, Philosophical Psychology, Philosophy of the Mind Sciences, Frontiers in Psychology, Mindfulness, Philosophia, Psychopathology, Dreaming, Scientific Reports*

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

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

RESEARCH MANAGEMENT AND OTHER _____

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

2018-2019   **Blogger Intern**, Postgraduate Blog, Research and Innovation Services (University of Glasgow)

LANGUAGES AND SKILLS _____
Languages: Spanish (Native), Catalan (Native), English (Proficient; C2)

Certificates: Scotland Mental Health First Aid (12-hour course); Micro-phenomenology Interview Training (20-hour course)

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

REFERENCES _____

Prof Fiona Macpherson
Department of Philosophy, University of Glasgow
Fiona.Macpherson@glasgow.ac.uk

Dr Alistair Isaac
School of Philosophy, Psychology and Language Sciences, University of Edinburgh
A.M.C.Isaac@ed.ac.uk

Prof Evan Thompson
Department of Philosophy, British Columbia
evan.thompson@ubc.ca

Prof Bence Nanay
Centre for Philosophical Psychology, University of Antwerp
bence.nanay@uantwerpen.be

Dr Robert Cowan
Department of Philosophy, University of Glasgow
Robert.Cowan@glasgow.ac.uk

Prof Thomas Metzinger
Philosophisches Seminar, Johannes Gutenberg-Universität Mainz
metzinge@uni-mainz.de