

Dr Adriana Alcaraz-Sánchez (she/her)

POSTDOCTORAL FELLOW

INSTITUTE FOR ADVANCED STUDIES IN HUMANITIES (IASH), UNIVERSITY OF EDINBURGH
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SPECIALISATION

AOS Philosophy of Mind, Philosophy of Cognitive Science

AOC Phenomenology, Philosophy of Psychology, 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

1. **Alcaraz-Sánchez, A.** (2024). Exploration of Contentless Awareness During Sleep: An online survey. *Dreaming. (Online first)*
2. 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.*
3. **Alcaraz-Sánchez, A.** (2022). Is Lucid Dreamless Sleep Really Lucid? *Review of Philosophy and Psychology, Vol.15,* 1-27.
4. **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
5. **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

6. An article proposing a new multidimensional framework to describe altered states of consciousness. (*R&R, Minor corrections*).
7. An article on metacognitive feelings and white dreaming (*Under review*).
8. Campillo-Ferrer, T., **Alcaraz-Sánchez, A.**, Torres-Platas, G. Exploring “lucid sleep” and altered states of consciousness during sleep using a mindfulness-based and visual stimulation protocol: a proof-of-concept study. (*R&R, Minor Corrections*). Preprint: <https://osf.io/preprints/osf/wf7zs>

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

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|-------------|---|----------|
| 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 the "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 the **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 the **Physiology of Cognition Lab, GIGA** (University of Liège, Belgium)
- 2023 *"I woke up with a blank mind: White dreaming and associated phenomena"*. Presentation at the **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 the **Dreams, Memory, and Emotions workshop** (Laboratorio de Sueño y Memoria, Instituto Tecnológico de Buenos Aires, Argentina) [online] // Presentation at the **Minimal Phenomenal Experience Mini workshop** (Frankfurt Institute of Advanced Studies, Germany)
- 2021 *"Micro-phenomenology to study consciousness in sleep"*. Presentation at the **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** (Università 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 Maïke 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 SGSAAH 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
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Prof Bence Nanay
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Dr Robert Cowan
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Prof Thomas Metzinger
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