Supplementary information S1 (table) | Some formal properties of dream consciousness of relevance to neurobiology

Phase I (1980-1994): laboratory and unmonitored home reports

- **Perception**
  - Vision and sense of movement predominate; pain and taste are rare.

- **Bizarre cognition**
  - Times, places, and persons change without notice; measured as plot discontinuity and incongruity

- **Fantasy**
  - Chimeric characters are common in dreaming but absent in fantasy

- **Children**
  - Adult type dreaming begins ~ age 5

- **Emotion**
  - Anxiety (fear), elation, and anger predominate; sadness, guilt, and depressed affect are rare.

- **Plot sequence**
  - Gradual loss of orientation within scenes; radical loss of orientation across scenes

- **Splicing**
  - Judges cannot recognize continuity across scenes

Phase II (1995-2004): home dreams with physiological monitoring

- **Report length**
  - REM reports 7x longer than NREM reports

- **Sensation of movement**
  - More common in REM than NREM reports

- **Character recognition**
  - Unreliable in REM but dreamer does not notice errors

- **Thinking**
  - Highest in waking, lowest in REM; reciprocal with hallucinating across states

- **Memory source**
  - Identified in only 20% of dream incidents (80% of dream events synthesized de novo)

Phase III (1995-present): home dreams with physiological monitoring - focus on secondary consciousness (metacognition)

- **Theory of Mind**
  - Dreamer recognizes mental process of other dream characters
Some dream thinking is rational; most dream thinking is non-rational

Dream reports incorrectly grouped by judges

Patients and controls have equally bizarre dreams; patients, but not controls, have bizarre TAT responses

References


