



Recent Advances in Dreaming and Sleep-Related Metacognitions

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Deadline for manuscript
submissions:

closed (15 April 2024)

Message from the Guest Editors

Dreams are any mental activity that occurs during all sleep stages, with specific characteristics. Despite the scientific advances, we still do not know why we dream, and why some people remember dreams every day, while others only rarely. Modern theories such as the continuity hypothesis and the threat simulation theory cannot explain all oneiric features. Recently, an increase in nightmares was observed after the COVID-19 outbreak. Alongside that, in modern societies, smartphones force people to sleep later, but they still need to wake up early. Since REM sleep happens mainly in the final hours of sleep, we are deprived of it. Recent studies have shown that REM sleep is associated with emotion regulation, thus the recent increase in anxiety and depression may be associated with dream deprivation.

In this Special Issue, we aim to provoke and articulate ideas to foster a broad discussion on dream research. We encourage authors to submit original research, reviews and essays, from basic research to clinical studies analyzing all kinds of dreams. We believe that this interaction can be positive and foster our understanding of dreams and human consciousness.





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Message from the Editor-in-Chief

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