

Lucid Dreams Content

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Most work on the content of these dreams has failed to control for individual differences in dream recall. Recently completed analysis of covariance with dream recall as the covariant indicates that previously reported differences between lucid and nonlucid dreams in terms of their perceptual qualities (i.e., vision, color, hearing, etc.) failed to emerge. Interestingly, these covariance analyses demonstrated that lucid dreams are a primarily cognitively realistic phenomena. Relatedly, the highest incidence of lucid dreams (I.e., 300 college students reported dreams weekly for 16 weeks) occurred as a result of the “dream— like” quality of the dream and not as a result of nightmares.

Original source: *Lucidity Letter Back Issues*, Vol. 1, No. 1, December, 1981, page 2.