March 2013
This update is going out to everyone who has expressed an interest in our research into precognitive dream experiences. Funded by the Perrott-Warrick Fund, this research is led by Perrott-Warrick Senior Researcher Dr Caroline Watt, ably assisted by Milan Valášek. We would like to update you on our Dream Registry study and tell you about an exciting new study we are planning.

Can you remind me how the Dream Registry works?
We have a panel of volunteers who send in a description of any dreams they have that they think may be precognitive. Later, if an event occurs that seems to have been predicted by the dream, we ask our volunteers to send in a description of the event.

How is the Dream Registry doing?
Very nicely, thank you! Since the registry opened in May last year, we've had an amazing 155 dreams reported, and 36 'confirming' events reported. We've also collected some useful questionnaire data from our brilliant panel of precognitive dreamers. The registry will be closing for new dream reports on 30th April, which is one year after it opened. However, it will remain open for reports of confirming events for another six months, closing altogether at the end of October 2013. Then we will analyse the results and pass on details of what we found, with the help of a new website that we will set up. We will keep you posted on that.

Do you have any studies coming up that we might get involved with?
Yes! We are excited to report that we are planning a study that will take place in Edinburgh in the spring. It's an interesting one because it will be based in a sleep laboratory. It's the first time that parapsychologists have repeated a famous similar study that was conducted in New York in the 1970s. The earlier study was very successful, and we would like to repeat these positive results! The idea is to see if your dreams relate to an experience that you will have the following morning (still to be decided, but probably watching a short dramatic film-clip on a big screen).

What does participation involve?
Each volunteer would sleep for two consecutive nights at the sleep lab - the first night just to get used to the lab, and the second for the more formal observation. In order to monitor brain waves and eye-movements while sleeping, sensors would be attached to your head - this is a nuisance but not painful! During the night, when the sensors tell us that you have been dreaming, you would be woken up and asked to give a brief description of your dream. You would then go back to sleep. In the morning, you would experience the 'target' (e.g., film clip). Most people dream three or four times every night, so you might be awoken three or four times.

What type of volunteers do you need?
We are looking for volunteers who remember their dreams, and who believe they have had precognitive dream experiences. Also, participants need to be able to come to Edinburgh to take part. There is a decent payment for taking part in this study, in recognition of the effort involved in spending two nights in a sleep lab. I am pleased to say that we will be assisted in this study by postgraduate student from Paris Laurène Vuillaume, who is visiting us until July.

If you think this sounds exciting and you are interested in taking part, please reply to Milan and we will send you more details shortly.

As ever, if you have any questions about any of our work, please email <mvalasek@staffmail.ed.ac.uk> or <Caroline.Watt@ed.ac.uk>