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Dream Precognition and Sensory Incorporation: A Controlled Sleep Laboratory Study

by

Caroline Watt, Richard Wiseman, and Laurene Vuillaume

Abstract: *Controlled research into alleged psychic functioning can aid our understanding of the nature and limits of consciousness. Some commentators have suggested that the decline in positive results from dream precognition studies might be due to the early experiments being carried out in sleep laboratories whilst later studies tested participants in their own homes. The present study assessed this argument. Twenty participants were selected for prior precognitive dream experience, and were invited to a sleep laboratory. Participants were asked to dream about a target video they would later view. A judge rated participants' dreams against the target and decoys. No evidence was found for dream precognition. The study also tested the hypothesis that precognitive dream experiences may occur when a person subconsciously incorporates sensory information into their dream. A sound clip was played to sleeping participants and a judge rated the target and decoy clips against the participants' dream transcripts. The correlation between degree of sensory incorporation and prior precognitive dream experience was non-significant. Suggestions for future research in this area are discussed.*