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ENG 1121 SEC D349

April 26th, 2019

Worksheet 1

The focus of my research is lucid dreaming. I am of the idea that lucid dreaming is overall a safe practice of self-exploration with positive effects. However, after doing some preliminary research, it has come to my attention that there are counter-arguments to my claim. One argument over a problem that arises with the attempt to lucid dream is sleep paralysis. In a brief summation according to the National Health Service, "Sleep paralysis is a temporary inability to move or speak that occurs when you're waking up or falling asleep." The argument contrary to my claim of lucid dreaming playing a positive role in self-development is that lucid dreaming can be potentially dangerous and frightening to some who experience sleep paralysis. Rightfully so, considering that one is consciously paralyzed. However, lucid dreaming is not the causation for this occurrence. In fact, it is rare that this event can occur in one's life, to begin with. Plus, studies have shown that dreaming itself is not the only correlation with sleep paralysis but also irregular sleeping patterns, sleep deprivation, narcolepsy, family history, or even something as simple as sleeping on your back. Though still, despite the reasoning behind it, sleep paralysis itself is not something that is detrimental to one's health or fatal. Just terrifying. The people or community of people most affected by this problem are those who believe that there is an insufficient amount of research to support lucid dreaming and the positive aftermaths of it. Though however, Oneironautics is a relatively abstract topic that is more spiritual than physical. Given that, it would be difficult to have a cemented basis on it, let alone scientifically prove it through documentation. But this does not mean it has not been

looked into, all over the world and through the course of history there have been many communities who valued their dreams and looked into them for messages and advice...

Here are some key terms or phrases particularly associated with this issue

- Asleep
- Awake
- Conscious
- Oneironaut
- Self-exploration

Here are the sources I have used so far to read about and otherwise learn about this issue.

1) Sleep Paralysis: Get Facts on Inability to Move While Asleep,

https://www.medicinenet.com/sleep_paralysis/article.htm#is_sleep_paralysis_a_symptom_of_a_serious_problem, MedicineNet, 06/10/2016

2) The Benefits and Risks of Lucid Dreaming,

<https://lifehacker.com/the-benefits-and-risks-of-lucid-dreaming-1795735303>, Lifehacker, June 02, 2017

3) Sleep Paralysis – Overview & Facts,

<http://sleepeducation.org/sleep-disorders-by-category/parasomnias/sleep-paralysis/overview-facts>, Sleep Education

4) Sleep Paralysis

<https://www.nhs.uk/conditions/sleep-paralysis>, NHS Choices