

OUTSIDE THE MATRIX

Sleep and dreaming after near-death experiences

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- A three-year cross-disciplinary study between NDE researchers and sleep scientists.
- Three studies were conducted:
 - **Wrist actigraphy study** measuring objective indicators of sleep timing, duration and efficiency among NDErs and two control groups (non-NDE, control).
 - **Quantitative survey** assessing dreaming experiences and attitudes among NDErs, while controlling for the impact of trauma.
 - **Qualitative study** exploring the dream experiences of 13 near-death experiencers via interviews
- Combined, findings revealed a relationship between NDEs and expanded consciousness more broadly, including enhanced mentation and a higher frequency of anomalous dream states experienced during sleep.

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