



Recent Advances in Dreaming and Sleep-Related Metacognitions

Guest Editors:

Dr. Sergio A. Mota-Rolim

Dr. Brigitte Holzinger

Dr. Michael Nadorff

Prof. Dr. Luigi De Gennaro

Deadline for manuscript
submissions:

closed (15 April 2024)

Message from the Guest Editors

Dreams are any mental activity that occurs during all sleep stages, with specific characteristics. Despite the scientific advances, we still do not know why we dream, and why some people remember dreams every day, while others only rarely. Modern theories such as the continuity hypothesis and the threat simulation theory cannot explain all oneiric features. Recently, an increase in nightmares was observed after the COVID-19 outbreak. Alongside that, in modern societies, smartphones force people to sleep later, but they still need to wake up early. Since REM sleep happens mainly in the final hours of sleep, we are deprived of it. Recent studies have shown that REM sleep is associated with emotion regulation, thus the recent increase in anxiety and depression may be associated with dream deprivation.

In this Special Issue, we aim to provoke and articulate ideas to foster a broad discussion on dream research. We encourage authors to submit original research, reviews and essays, from basic research to clinical studies analyzing all kinds of dreams. We believe that this interaction can be positive and foster our understanding of dreams and human consciousness.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Stephen D. Meriney

Department of Neuroscience,
University of Pittsburgh,
Pittsburgh, PA 15260, USA

Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, PSYINDEX, CAPlus / SciFinder, and other databases.

Rapid Publication: manuscripts are peer-reviewed and a first decision is provided to authors approximately 15.6 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the second half of 2023).

Contact Us

Brain Sciences Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/brainsci
brainsci@mdpi.com
[X@BrainSci_MDPI](https://twitter.com/BrainSci_MDPI)