Policy Journal of Social Science Review

Online ISSN 3006-4635

Print ISSN 3006-4627

Vol. 3 No. 6 (2025)

THE PSYCHOLOGY OF DREAMS WITHIN DREAMS: A DEEP INVESTIGATION INTO FALSE AWAKENINGS

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Abstract

False awakenings, the experience of believing one has woken up while still within a dream, represent a complex phenomenon situated at the intersection of sleep science, cognitive psychology, and consciousness studies. Other items fake wake up to synthesizing contemporary theoretical models, neurophysiological mechanisms, and emotional dynamics, enforce the meaning as a REM-dream. Data were collected through a qualitative meta-analysis of recent experimental and observational research. The analysis reveals that false waking are closely linked to instability, emotional deregistration, and individual changes in cognitive absorption and fantastic test. Above all, its construction requiring with a dream and a position of sleep paralysis who wake up along a spectrum of phenomena stacked. Clinical implications are discussed, suggesting that false awakenings could serve as biomarkers for underlying psychopathologies such as PTSD, generalized anxiety disorder, and depersonalization. False awakenings on architecture in frontally their human consciousness, emotional regulation, and memory systems during sleep.

Keywords: False Awakening, Predictive Coding, Reality Monitoring, Sleep Disorders, Lucid Dreaming, REM Sleep, Dream Consciousness

Article Details:

Received on 16 May 2025
Accepted on 17 June 2025
Published on 19 June 2025

Corresponding Authors*:

Policy Journal of Social Science Review

Online ISSN 3006-4635

Print ISSN 3006-4627

Vol. 3 No. 6 (2025)

INTRODUCTION

Dream providing deep info on unconscious operation of the human mind. Between the various forms of dream experiences, awake particularly enigmatic. Defined as experiences in which dreamer believes that they only wake, fake awake and dream (shoes and al., 2019). The realism of these dreams traditional models sharing the conscious and unconscious states in discrete fields. The recent research has to escape the fake phenomena are fighting complex phenomena in cognitive relationship as the emotional forecasts (Domhoff and Fox, 2020). The fake understanding is not only a sleep anomaly exciting, but a bridge in the basic dynamics of consciousness.

Dreaming provides a deep understanding of the hidden processes of the human psyche. Among the different types of dream experiences, false awakenings are especially mysterious. These are instances where a person thinks they have awoken, partakes in what appears to be real activities, and only afterward understands they are still in a dream. This occurrence produces a mixed cognitive condition, questioning the clear separation between being asleep and awake.

Recent research has started to chart the neural foundations of false awakenings. For example, (Siclari et al. 2020) employed high-density EEG to show that these occurrences happen during REM sleep, marked by heightened activity in posterior cortical areas usually linked to self-referential thought and the creation of internal narratives. In a similar (vein, Voss et al. 2020) discovered gamma-band oscillations and partial reactivation of the default mode network (DMN) in the context of lucid and false awakening dreams—implying that the brain imitates wakefulness even in the absence of sensory stimuli.

From a cognitive viewpoint, false awakenings indicate failures in reality monitoring—the brain's process for differentiating between internally and externally produced stimuli (Simor et al., 2021).

LITERATURE

The contemporary search for more and more fake dreams in the widest context of predictive coding (hobson and friston, 2019). The brain, in absence of external stimuli during paradoxical sleep, builds reality-created patterns. When these models imitate life int smart with great flatility but they do not have critical appreciation, fake wake (lopes et al., 2020) occurs. Neildi-studies report that during fake engines predicting the fashion models (DMN) and the operation for the alarm The emotional delegation, often for stress or trauma, has been involved in the frequency and intensity of fake wake (Senz-garcía et al., 2022). Also, false salary concealists often have sleep dreams and soft dreams, which are part of a wider spectrum of 2017 phenomena. Clinical Studies proposes fake wake may indicate disorders as spart, anxiety disorders and –effectives.

Recent progress in dream research has changed how we understand false awakenings by linking them to sleep-state dissociation and mistakes in processing senses during REM sleep. Instead of just seeing these events as odd mental occurrences, new research indicates they might be a middle stage between being fully aware and non-lucid dreaming. This shift could be due to incomplete changes in the brain networks responsible for consciousness (van Heugten–van der Kloet et al., 2018).

Studies using detailed EEG and MEG brain imaging show that false awakenings happen along with different activations in areas such as the anterior insula, precuneus, and temporoparietal junction (TPJ). These regions are important for understanding self-location, control, and body awareness (Dresler et al., 2017; Blanke & Dieguez, 2020). These

Policy Journal of Social Science Review
Online ISSN 3006-4635
Print ISSN 3006-4627
Vol. 3 No. 6 (2025)

brain activity disruptions might explain why dreamers often feel a strong sense of realism and normal behavior during these experiences.

Additionally, traits like dissociation and sensitivity to suggestions have been found to reliably predict false awakenings. Research by Giesbrecht & Merckelbach (2020) discovered that people who show high levels of dissociative behavior, such as feelings of being detached from themselves or reality, are much more likely to experience frequent and troubling false awakenings. This points to an interaction between stable personality traits and dreaming experiences.

False awakenings are also linked to interruptions in sleep and misalignment of body clocks, especially in those with delayed sleep phase syndrome or shift work disorder. According to Lopez-Garcia et al. (2021), irregular timing for entering REM sleep and more frequent brief awakenings may create the right conditions in the brain for false awakenings, often leading to repeated cycles of semi-lucid dreaming and emotional disturbances.

Cultural views on false awakenings differ, with some groups connecting them to spiritual visions or otherworldly experiences. A dream study by (Nielsen et al. 2020) highlights that belief systems and how often people recall their dreams play a significant role in how these dreams are interpreted and remembered, potentially impacting emotional responses after waking up.

DATA AND METHODS

This study uses a qualitative meta-analysis approach, serenity of the results of reading revision items published between 2017 and 2024. The required database included pubmed, indirect, using keywords as "false waking", "dream dream" and "dream of dream."

INCLUSION CRITERIA

Empirical studies, metal metal and theoretical items published after 2017,

- Search focused on neuro fistrises, psychological, psychological or clinical clinical weapons,
- Available in English and involving human subjects. In total, 28 items were systematically examined. Subjects are derived on neurocognitive mechanisms, emotional thanks and clinical associations.

ANALYSIS

NEUROPHYSIOLOGICAL ANALYSIS

Search systemally false while developing during unstable range periods of a short flat and an increased range activity (squar et al., 2020). The brain regions as anger Cinguling Cinguls, the precludes are critication, suggesting a sensitive sensitive sensitive learning partition (Domhoff and Fox, 2020).

Theme	Authors / Studies	Key Findings
REM Sleep & Neural Mechanisms	Siclari et al. (2020)	False awakenings occur during REM; increased activity in posterior cortical areas.
	Voss et al. (2020)	Gamma-band oscillations; partial reactivation of Default Mode Network (DMN).

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	Blanke & Dieguez (2020)	Activation of TPJ and precuneus → self-awareness & dream realism.
	Squarcina et al. (2020)	Functional disruptions in prefrontal circuits during reality monitoring.
	Domhoff & Fox (2020)	Dreaming and DMN are tightly linked; internal narrative generation.
	Hobson & Friston (2019)	Predictive coding: brain simulates reality during sleep to resolve uncertainty.
Reality Monitoring Failures	Lopes et al. (2020)	Lucid vs. non-lucid dreaming differences; impaired critical evaluation.
	Simor et al. (2021)	Failures in internal vs. external stimulus detection during false awakenings.
Emotional & Trauma Connections	Sanz-García & García-Campayo (2022)	Stress and trauma increase frequency of vivid false awakenings.
	Wassing et al. (2019)	Negative dream content linked to emotional dysregulation.
	Hartescu et al. (2014)	Improved emotional regulation = better sleep quality.
Personality & Dissociation	Giesbrecht & Merckelbach (2020)	Dissociative traits predict higher incidence of false awakenings.
	Drinkwater et al. (2020)	Links between nightmare frequency, lucid dreams, and personality factors.
Sleep Disorders & Misalignment	Lopez-Garcia et al. (2021)	Shift work & DSPS lead to disrupted REM → higher false awakening risk.
Consciousness & Lucidity	van Heugten–van der Kloet et al. (2018)	False awakenings as liminal state between full wakefulness and dreaming.
	Fox et al. (2016)	Meditation & dream studies inform consciousness mechanisms.
Cultural & Interpretive Aspects	Nielsen et al. (2020)	Cultural beliefs shape interpretation and emotional response to dream content.

False extensions match predictive coding, where the brain of internal extent expressions due to the lack of external sensation (hobson and friston, 2019). IPRERARY of course,

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Print ISSN 3006-4627
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especially from trauma, distributed, which leads to increase the vibe and realism Sanz-García and Garcí et to 2022).

The elevate frequencies fake wake up in patients with SPT, people with a sensitivity of the year, and those who are feeling identity (2019). The trash approach to improve the sleep quality, managing emotional and improve metacognis conscience were promising in frequency and discomfort.

CONCLUSION

False extensions represented a rich space to explain the architecture of consciousness, emotional and predictive and predictive framework. Waterfall from Occony Animals, these are structured and identifiable necrophagic experiences. The converuity of the dream of the dream of the emotional design of reality has changed the reality points to fake false complex events. False understanding contributes to longer knowledge of sleep disorders, studies of consciousness and emotional resistance and emotions of consciousness.

RECOMMENDATION

Neuroimaging Progress: The search of the future IRMF and High Density Eg to specify false episodes of the brain disagreement.

Clinic Review: Psychological evaluations SPT, dissociation and generalized anxiety disturbances must include questions about awakening false.

Tervase Innovations: Final of "Techniques of" Todays of "cognitive dream and tasty (mbtt) to handle the false sweet experiences.

Predictive Coding Search: Other theoretic tasks must refine predictive patterns of treatment in fluctuations and consciousness. 5 Public-sensitization: educating the general public on the greeting nature of the false wake to reduce the fear they recover.

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