



Análisis fenomenológico de la imagería sensorial en las experiencias hipnagógica e hipnopómpica [

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text (article)

Analítica

This study explores anomalous experiences reported by people when falling asleep as hypnagogic state (HG) or awakening from sleep as hypnopompic state (HP). 436 participants, 51% female, 49% male, ages between 17-80 years old ($M=33,53$), responded to a survey that investigates relative frequency of sensory modalities for HG and HP imaginary, content and interpretation. Results indicate that HG responses were more common than HP. The most frequent experiences were falling sensations, visual, auditory and tactile imagery, and sensing a 'presence'. These were followed by bodily and movement sensations. Olfactory and taste imagery were rare. This study is complemented with a qualitative analysis of both type of experiences

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