

The fourth year for IJoDR

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Next round for the *International Journal of Dream Research*! 2010 we were able to publish our two issues one in April and one in October plus a supplement covering many abstracts of the 27th Annual Conference of the International Association for the Study of Dreams from 27th of June till 1st of July 2010 in Asheville, North Carolina. We are very glad that we can assist the International Association for the Study of Dreams in this regard, helping to spread the interesting findings presented at the annual conference.

Starting with the very first issue in 2008 until the first issue in 2011 our journal covered thirty-seven original articles, one invited essay with fourteen commentaries and two responses to the commentaries as well as one book review. In this issue you will find another invited discussion about the continuity hypothesis between J. Allan Hobson and Michael Schredl. We will invite a large variety of researchers to comment on these basic issues raised in this discussion. Overall, these articles covered a large variety of topics like lucid dreaming, dream recall, dream content, nightmares, dreams and psychopathology, and sleep quality. Submissions from all over the world including Canada, the United States of America, the United Kingdom, the United Arab Emirates, Switzerland, Austria, and Germany clearly indicate that our journal is truly international.

Another milestone in our endeavor to establish *IJoDR* within the scientific community was the coverage from *PsychINFO* received from the American Psychological Association in this year. We already had a good standing in different databases like *Google Scholar* or *Directory of Open Access Journals*, however, *PsychINFO* is used by researchers to search for specific topics and, therefore, the findings published in our journal will also serve as a basis for review articles or newly planned empirical studies.

In 2009, we wanted to know how high interest was in our journal. Therefore we implemented *Google Analytics* – a sophisticated web counter – and recorded the visits to the homepage over six months from October 2008 to March 2009. In October 2008 we recorded 228 visits on the site and the rate increased to 379 in March 2009. The total visits accumulated to 1,348 visits for the six months with 1047 new and 301 returning visitors.

Now, two years later, we have the data for six months from October 2010 till March 2011. During this time we had 4,787 visits with 3554 new and 1233 returning visitors. The interest increased about 4.5 times within two years. Especially, the higher number for returning visitors is interesting, because this figure is indicative regarding the loyalty and consistency of our readership. Still, visitors mostly came from the United States of America (2009: 435 visits; 2011: 1,526 visits) followed by Germany (2009: 352 visits; 2011: 756 visits) and the United Kingdom (2009: 146 visits;

2011: 378 visits). The rest of the visitors have been distributed from all over the world.

Furthermore, we took a look at the rate of downloads of the articles from all issues. The articles were downloaded from 244 to 2,101 times. The most interest – 2,101 downloads – was for J. Allan Hobson's invited essay about "The Neurobiology of Consciousness: Lucid Dreaming Wakes Up" (Vol. 2, Issue 2, p. 41-44).

Overall, we had the impression that Allan Hobson's paper kicked off a fruitful discussion about the basics and the future of lucid dream research. Researcher vividly discussed the essay of Allan Hobson from different perspectives submitted their ideas on that topic. Our invitations to comment on the essay was sent out to many researchers in the field and fourteen researchers or research groups followed the invitation and replied in their commentaries on the fascinating topic of lucid dreaming. In the last issue we had two re-answers - one by J. Allan Hobson and one by Janice Brooks and Jay Vogelsong which completed the discussion on this topic. In general, this project yielded a good resonance in the dream research community and therefore we want to initiate a new discussion about continuity hypothesis in dream research based on the discussion between J. Allan Hobson and Michael Schredl about "the continuity between waking and dreaming: unidirectional or bidirectional?" in this issue. Again we will invite many researchers from the field of dream research to comment on this discussion from their own perspective. We believe that a broad variety of viewpoints will stimulate future dream research to look more closely on the issue of how waking life is related to dreaming – empirically as well as theoretically.

This issue includes six original papers with the following topics: recall and recognition of dreams and waking events, pain and malaise in dreams, dream as a constitutive cultural determinant in ancient Egypt, arithmetic abilities of dream characters within lucid dream and analyses of a long dream series on the nature of flying dreams and toilet dreams

The first article from Caroline Horton reports results of a diary study which explored the memory profile of recalled dreams over time, in comparison to recalled waking experiences. It was shown that diary dream memories that are recalled reported and to some extent rehearsed are accessible and detailed in a similar manner as waking experiences. This finding shows that dreams are adequately encoded close to their time of occurrence.

Inga Sophia Knoth and Michael Schredl present diary dream data provided by 425 participants concerning physical pain, mental pain and malaise. The findings partly support the continuity hypothesis, because participants who experienced headaches in waking life tend to have pain dreams more often.

Gotthard G Tribl develops in his paper the hypothesis that the Ancient Egyptian culture that appreciated dream experience as a reality should deserve more attention. Furthermore he shows that the Egyptians deduced cultural knowledge from dream experience, intended for individual and collective, cultural application. Studying the perception of pictorial logic in dreams may be of interest for dream research as well as for improving cultural capacities, supporting the idea of a dream-wake-continuum, i.e., waking life is reflected in dreams and dreams might have positive effects on waking life.

Tadas Stumbrys, Daniel Erlacher, and Steffen Schmidt showed in their study that dream characters are not outstanding mathematicians. Lucid dreamers asked their dream buddies to do some simple calculations, however, only about a third of their answers were correct and their arithmetic abilities did not surpass those of primary school children. Surprisingly, dream characters were more successful with multiplication and division tasks than with addition and subtraction.

Michael Schredl presents data on a long dream series. In the first paper he analyzed dreams which included unaided flying. Those dreams showed great variability in characteristics like body position while flying; the activities that triggered flying; the method of flying; presence of other flying persons and being seen by other dream characters.

The second paper investigated toilet dreams. Some research claimed that the urge to urinate in dreams is the basic trigger for these dreams. However, analyzing the frequency and characteristics of toilet dreams supports that these dream topics are more related to waking-life memories – especially waking-life thoughts about toilet issues than an incorporation of the need of the sleeping body.

We want to thank all people (authors, referees, copyeditors, editorial board members) who helped us to create and maintain the International Journal of Dream Research. As this open access journal is free of charges for the authors, all work is done on a voluntary basis. We hope that interest in the journal will continue to increase and researchers all over the world will send us their findings to be published in the International Journal of Dream Research.