



# Hypnagogia: The Unique State of Consciousness Between Wakefulness and Sleep

*A. Mavromatis*

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## **Hypnagogia: The Unique State of Consciousness Between Wakefulness and Sleep** A. Mavromatis

Dealing with hypnagogia, the state of consciousness between wakefulness and sleep, this book provides an account of hypnagogia, bringing its diverse phenomena into a comprehensive framework. Andreas Mavromatis argues that this common, naturally occurring state may not only be distinct from wakefulness and sleep but unique in its nature and function, possibly carrying important evolutionary implications. He analyzes the relationship between hypnagogia and other states, processes and experiences - such as sleepdreams, meditation, psi, schizophrenia, creativity, hypnosis, hallucinogenic drug-induced states - and shows that, functioning in hypnagogia, a person may gain knowledge of aspects of his or her mental nature which constitute fundamental underpinnings to all adult thought. In addition, functioning in hypnagogia is shown to play a significant part in mental and physical health. This book should be of interest to general readers of psychology, mind, body and spirit.

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