

## **Sex Differences in Lucid Dreaming Self-Reported Frequency: A Second Look**

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In earlier issues of Lucidity Letter it was reported that females experience more lucid dreams than males ( Volume 1, Numbers 1 & 2). Dream recall was not controlled in any of these studies. One-way analyses of covariance on various lucid dreaming frequency estimates with dream recall as the covariate for four different samples resulted in no sex differences. Table 1 lists the specifics to these findings. It should be noted that in all four samples care was taken to insure that subjects understood the concept of dream lucidity by collecting a sample lucid dream and requiring the inclusion of a recognition phase ( i.e. "then I realized I was dreaming") in the transcript before a subject was included in subsequent data analyses.