

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 (Vol 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 of these findings. It should be noted that in all four samples care was taken to ensure that subjects understood the concept of dream lucidity by collecting a sample lucid dream and requiring the inclusion of a recognition phrase (i.e. “then I realized I was dreaming”) in the transcript before a subject was included in subsequent data analyses.

Table 1
 SEX DIFFERENCES IN DREAM LUCIDITY FREQUENCY

Sample Type	Date	MALES N/mean	FEMALES N/mean	LUCIDITY ESTIMATE	F-RATIOS	DREAM RECALL COVARIATES (S)
STUDENTS	FALL 1981	70/5.36 ¹	108/5.47	Self-report at semester start	F(1,175) = 0.18, n.s.	Self-report in general
		70/5.12 ¹	108/5.48	Self-report at semester end	F(1,175) = 2.04, n.s.	
STUDENTS	FALL 1983	47/25.56 ²	117/14.81	Self-report for life time	F(1,157) = 1.56, n.s.	Self-report for life time, last six months, last week, and last night, and number of titled dreams from last night.
		47/7.71 ³	117/6.18	Self-report for last 6 months	F(1,157) = 0.23, n.s.	
STUDENTS	SUMMER 1984	17/8.83 ²	22/11.30	Self-report for life time	F(1,35) = 0.08, n.s.	Self-report for previous week and last night
		17/1.25 ³	22/1.76	Self-report for last 6 months	F(1,35) = 0.24, n.s.	
ADULTS IN RESPONSE TO MAGAZINE ARTICLES ON LUCID DREAMING	SPRING 1982	52/3.77 ¹	69/3.35	Self-report for life time	F(1,118) = 3.40, n.s.	Self-report in general
		52/4.07 ¹	69/3.54	Self-report for last 6 months	F(1,118) = 2.60, n.s.	
		56/0.95 ¹	75/1.21	Frequency from week long dream diary	F(1,128) = 0.05, n.s.	Total dreams from dream diary
		56/0.46 ¹	75/0.76	Pre-lucid dream frequency from week long dream diary	F(1,128) = 2.49, n.s.	

1. 7 = never; 6 = once; 5 = rarely; 4 = 2 to 6 per year; 3 = 1 to 2 per month; 2 = once per week; 1 = more than one per week.
 2. Number of lucid dreams per year.
 3. Number of lucid dreams per month.

Original source: *Lucidity Letter Back Issues*, Vol. 4, No. 1, June, 1985, page 127.