

# БИБЛИОГРАФИЧЕСКИЙ СПИСОК

## Глава 1. Почему мы видим сны

1. Boehnlein J. K., Kinzie J. D., Ben R., Fleck J. One-Year Follow-Up Study of Posttraumatic Stress Disorder among Survivors of Cambodian Concentration Camps // *American Journal of Psychiatry*. 1985. № 142. P. 956–959; Aron A. The Collective Nightmare of Central American Refugees // *Trauma and Dreams* / ed. Deirdre Barrett. Cambridge : Harvard University Press, 1996. P. 140–147; Menke E. M., Wagner J. D. The Experience of Homeless Female-Headed Families // *Issues in Mental Health Nursing*. 1997. № 18. P. 315–330; Sleep Disturbances in the Vietnam Generation: Findings from a Nationally Representative Sample of Male Vietnam Veterans / T. C. Neylan et al. // *American Journal of Psychiatry*. 1998. № 155. P. 929–933; Esposito K., Benitez A., Barza L., Mellman T. Evaluation of Dream Content in Combat-Related PTSD // *Journal of Traumatic Stress*. 1999. № 12. P. 681–687; Wittmann L., Schredl M., Kramer M. Dreaming in Posttraumatic Stress Disorder: A Critical Review of Phenomenology, Psychophysiology and Treatment // *Psychotherapy and Psychosomatics*. 2007. № 76. P. 25–39; Davis-Berman J. Older Women in the Homeless Shelter: Personal Perspectives and Practice Ideas // *Journal of Women and Aging*. 2011. № 23. P. 360–374; Davis-Berman J. Older Men in the Homeless Shelter: In-Depth Conversations Lead to Practice Implications // *Journal of Gerontological Social Work*. 2011. № 54. P. 456–474; Miller K. E., Brownlow J. A., Woodward S., Gehrman P. R. Sleep and Dreaming in Posttraumatic Stress Disorder // *Current Psychiatry Reports*. 2017. № 19. P. 71.
2. Levi P. *The Truce* / trans. S. Woolf. London : The Orion Press, 1969. Chap. 17.

3. Goldman D. Investing in the Growing Sleep-Health Economy. McKinsey & Company, 2017.
4. Shakespeare W. The Tempest. London : Penguin, 2015. Act 4, scene 1.
5. Calderón P. de la Barca. Life Is a Dream : bilingual edition / trans. S. Appelbaum. New York : Dover, 2002.
6. Foster B.R. Kings of Assyria and Their Times // *Before the Muses: An Anthology of Akkadian Literature*. Bethesda, MD : CDL Press, 2005. 308 p.
7. Clayton P. *Chronicle of the Pharaohs*. London : Thames & Hudson, 1994.
8. Herold A. F., Blum P. C. *The Life of Buddha According to the Legends of Ancient India*. New York : A. & C. Boni, 1927. 9 p.
9. Goldin P.R. *A Concise Companion to Confucius*. Hoboken : Wiley, 2017; Choi M. *Death Rituals and Politics in Northern Song China*. Oxford : Oxford University Press, 2017.
10. Artemidorus. *The Interpretation of Dreams* / trans. M. Hammond. Oxford : Oxford University Press, 2020.
11. Macrobius A. A. T. *Commentary on the Dream of Scipio* / trans. W.H. Stahl. New York : Columbia University Press, 1990.
12. Artemidorus. The Interpretation of Dreams.
13. Macrobius A. A. T. Commentary on the Dream of Scipio.
14. Lincoln J.S. The Dream in Native American and Other Primitive Cultures. Hoboken : Dover, 2003; Dreaming, Religion and Society in Africa / M. C. Jedrej et al. Brill, 1997; Ong R. K. The Interpretation of Dreams in Ancient China : дипломная работа. Университет Британской Колумбии, 1981.

15. Gwynne S.C. *Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History*. New York : Scribner, 2011.
16. Schilz J.L. D., Schilz T.F. *Buffalo Hump and the Penateka Comanches*. El Paso : Texas Western Press, 1989.
17. Equal Numbers of Neuronal and Nonneuronal Cells Make the Human Brain an Isometrically Scaled- Up Primate Brain / F.A. Azevedo et al. // *Journal of Comparative Neurology*. 2009. № 513. P. 532–541.
18. Freud S. *Project for a Scientific Psychology* // *The Standard Edition of the Complete Psychological Works of Sigmund Freud* / eds. J. Strachey et al. London : Hogarth Press, 1953. Vol. 1.
19. Bliss T. V., Lomo T. Long-Lasting Potentiation of Synaptic Transmission in the Dentate Area of the Anaesthetized Rabbit Following Stimulation of the Perforant Path // *Journal of Physiology*. 1973. № 232. P. 331–356.
20. Minsky M. Why Freud Was the First Good AI Theorist // *The Transhumanist Reader: Classical and Contemporary Essays on the Science, Technology, and Philosophy of the Human Future* / eds. M. More, N. Vita-More. Hoboken : John Wiley and Sons, 2013.
21. Freud S. *Beyond the Pleasure Principle; Group Psychology and the Analysis of the Ego; The Ego and the Id* // *The Standard Edition of the Complete Psychological Works of Sigmund Freud* / eds. J. Strachey et al. London : Hogarth Press, 1953. Vols. 18, 19.
22. Andermann M. L., Lowell B. B. Toward a Wiring Diagram Understanding of Appetite Control // *Neuron*. 2017. № 95. P. 757–778; A Neural Circuit for Gut-Induced Reward / W. Han et al. // *Cell*. 2018. № 175. P. 887–888; Panksepp J. *Affective Neuroscience: The Foundations of Human and Animal Emotions*. Oxford : Oxford University Press, 1998.

23. The Functional Neuroanatomy of Episodic and Semantic Autobiographical Remembering: A Prospective Functional MRI Study / B. Levine et al. // *Journal of Cognitive Neuroscience*. 2004. №16. P. 1633–1646; Quiroga R. Q. Concept Cells: The Building Blocks of Declarative Memory Functions // *Nature Reviews Neuroscience*. 2012. № 13. P. 587–597; Martinelli P., Sperduti M., Piolino P. Neural Substrates of the Self-Memory System: New Insights from a Meta-Analysis // *Human Brain Mapping*. 2013. № 34. P. 1515–1529.
24. Goldman-Rakic P. S. The Prefrontal Landscape: Implications of Functional Architecture for Understanding Human Mentation and the Central Executive // *Philosophical Transactions of the Royal Society of London B: Biological Sciences*. 1996. № 351. P. 1445–1453; Barcelo F., Suwazono S., Knight R. T. Prefrontal Modulation of Visual Processing in Humans // *Nature Neuroscience*. 2000. № 3. P. 399–403.
25. *Gegen Psycho-Analyse* / A. Hoche et al. Munique : Verlag der Süddeutsche Monatshefte, 1931.
26. Popper K. R. *Conjectures and Refutations: The Growth of Scientific Knowledge*. New York : Basic Books, 1962. 37 p.
27. Crews F. C. *Unauthorized Freud: Doubters Confront a Legend*. New York : Viking, 1998; Meyer C., Borch-Jacobsen. *Le Livre noir de la psychanalyse: vivre, penser et aller mieux sans Freud*. Paris : Les Arènes, 2005; Dufresne T. *Against Freud: Critics Talk Back*. Stanford : Stanford University Press, 2007.
28. Morewedge C. K., Norton M. I. When Dreaming is Believing: The (Motivated) Interpretation of Dreams // *Journal of Personality and Social Psychology*. 2009. № 96. P. 249–264.
29. Neural Systems Underlying the Suppression of Unwanted Memories / M. C. Anderson et al. // *Science*. 2004. № 303. P. 232–235; Depue B. E., Curran T., Banich M. T. Prefrontal Regions Orchestrate Suppression

- of Emotional Memories via a Two-Phase Process // *Science*. 2007. № 317. P. 215–219.
30. Lorenz K. *The Natural Science of the Human Species: An Introduction to Comparative Behavioral Research (The «Russian Manuscript», 1944–1948)*. Cambridge : MIT Press, 1997. P. 47–48.
  31. Crick F., Mitchison G. The Function of Dream Sleep // *Nature*. 1983. № 304. P. 111–114; Crick F., Mitchison G. REM Sleep and Neural Nets // *Behavioural Brain Research*. 1995. № 69. P. 147–155.
  32. Wittmann, Schredl, Kramer. Dreaming in Posttraumatic Stress Disorder; Miller, Brownlow, Woodward, Gehrman. Sleep and Dreaming in Posttraumatic Stress Disorder; Vanderkolk B. A., Fisler R. Dissociation and the Fragmentary Nature of Traumatic Memories: Overview and Exploratory Study // *Journal of Trauma Stress*. 1995. № 8; Wilmer H. A. The Healing Nightmare: War Dreams of Vietnam Veterans // *Trauma and Dreams* / ed. D. Barrett. Cambridge : Harvard University Press, 1996. P. 85–99; Schreuder B. J. N., Igreja V., van Dijk J., Kleijn W. Intrusive Re-Experiencing of Chronic Strife or War // *Advances in Psychiatric Treatment*. 2001. № 7. P. 102–108.
  33. Jung C. G. General Aspects of Dream Psychology // *Collected Works of C. G. Jung: The Structure and Dynamics of the Psyche*. Princeton : Princeton University Press, 1916. P. 493.
  34. Jung C. G. The Unconscious // *The Collected Works of C. G. Jung*. London : Routledge and K. Paul, 1966. Vol. 5.

## **Глава 2. Сон предков**

1. New Fossils from Jebel Irhoud, Morocco and the Pan-African Origin of *Homo sapiens* / J. J. Hublin et al. // *Nature*. 2017. № 546. P. 289–292; The Age of the Hominin Fossils from Jebel Irhoud, Morocco, and

- the Origins of the Middle Stone Age / D. Richter et al. // *Nature*. 2017. № 546. P. 293–296.
2. U-Series Dating of Paleolithic Art in 11 Caves in Spain / A. W. Pike et al. // *Science*. 2012. № 336. P. 1409–1413; Pleistocene Cave Art from Sulawesi, Indonesia / M. Aubert et al. // *Nature*. 2014. № 514. P. 223–227; U-Th Dating of Carbonate Crusts Reveals Neanderthal Origin of Iberian Cave Art / D.L. Hoffmann et al. // *Science*. 2018. № 359. P. 912–915.
  3. Lohse K., Frantz L. A. Neandertal Admixture in Eurasia Confirmed by Maximum-Likelihood Analysis of Three Genomes // *Genetics*. 2014. № 196. P. 1241–1251; The Genomic Landscape of Neanderthal Ancestry in Present-Day Humans / S. Sankararaman et al. // *Nature*. 2014. № 507. P. 354–357; Analysis of Human Sequence Data Reveals Two Pulses of Archaic Denisovan Admixture / S.R. Browning et al. // *Cell*. 2018. № 173. P. 53–61; The Genome of the Offspring of a Neanderthal Mother and a Denisovan Father / V. Slon et al. // *Nature*. 2018. № 561.
  4. Sieveking A. *The Cave Artists: Ancient Peoples and Places*. London : Thames and Hudson, 1979. 93 p.
  5. Leroi-Gourhan A. *L'Art des cavernes: atlas des grottes ornées paléolithiques françaises*, Atlas Archéologiques de la France. Paris : Ministère de la culture, Direction du patrimoine, Impr. Nationale, 1984.
  6. Bégouën H. Un Dessin relevé dans la caverne des Trois-frères, à Montesquieu-Avantès (Ariège) // *Comptes rendus des séances de l'Académie des Inscriptions et Belles-Lettres*. 1920. № 64. P. 303–310.
  7. Grøn O. A Siberian Perspective on the North European Hamburgian Culture: A Study in Applied Hunter-Gatherer Ethnoarchaeology // *Before Farming*. 2005. № 1.

8. Soffer O. *Upper Paleolithic of the Central Russian Plain*. Cambridge : Academic Press, 1985.
9. Germonpré M., Hämäläinen R. Fossil Bear Bones in the Belgian Upper Paleolithic: The Possibility of a Proto Bear-Ceremonialism // *Arctic Anthropology*. 2007. № 44. S. 1–30.
10. Hill E. Animals as Agents: Hunting Ritual and Relational Ontologies in Prehistoric Alaska and Chukotka // *Cambridge Archaeological Journal*. 2011. № 21. P. 407–426.
11. Roebroeks W., Villa P. On the Earliest Evidence for Habitual Use of Fire in Europe // *Proceedings of the National Academy of Sciences of the USA*. 2011. № 108. P. 5209–5214; «Fire at Will»: The Emergence of Habitual Fire Use 350,000 Years Ago / R. Shimelmitz et al. // *Journal of Human Evolution*. 2014. № 77. P. 196–203.
12. Lévi-Strauss C. *The Raw and the Cooked*. New York : Harper & Row, 1969.
13. Nietzsche F. W. *Human, All Too Human* / trans. M. Faber, S. Lehmann. London : Penguin Classics, 2004. 16 p.
14. Durkheim E. *The Elementary Forms of Religious Life* / trans. C. Cosman. Oxford : Oxford University Press, 2001. 49 p.
15. Vandermeersch B. *Les Hommes fossiles de Qafzeh, Israël*, Cahiers de paléontologie Paléoanthropologie. Paris : Éditions du Centre National de la Recherche Scientifique, 1981; Wunn I. Beginning of Religion // *Numen*. 2000. № 47. P. 417–452.
16. Cabral M. P., Saldanha J. D. d. M. Paisagens megalíticas na costa norte do Amapá // *Revista de Arqueologia da Sociedade de Arqueologia Brasileira*. 2008. № 21.
17. Lincoln J. S. *The Dream in Native American and Other Primitive Cultures*. Hoboken : Dover, 2003.

18. Santos J. O. *Vagares da alma: elaborações ameríndias acerca do sonhar* : master's thesis / Departamento de Antropologia. Universidade de Brasília, 2010; Shiratori K. G. O acontecimento onírico ameríndio: o tempo desarticulado e as veredas dos possíveis : master's thesis. Museu Nacional, Universidade Federal do Rio de Janeiro, 2013.
19. Convergent Evolution and Parallelism in Plant Domestication Revealed by an Expanding Archaeological Record / D. Q. Fuller et al. // *Proceedings of the National Academy of Sciences of the USA*. 2014. Nº 111. P. 6147–6152.
20. Rethinking Dog Domestication by Integrating Genetics, Archeology, and Biogeography / G. Larson et al. // *Proceedings of the National Academy of Sciences of the USA*. 2012. Nº 109. P. 8878–8883; Perri A. A Wolf in Dog's Clothing: Initial Dog Domestication and Pleistocene Wolf Variation // *Journal of Archaeological Science*. 2016. Nº 68. P. 1–4.
21. Piperno D. R. The Origins of Plant Cultivation and Domestication in the New World Tropics: Patterns, Process, and New Developments // *Current Anthropology*. 2011. Nº 52. S453–S470.
22. Schmidt K. Göbekli Tepe: A Neolithic Site in Southwestern Anatolia // *The Oxford Handbook of Ancient Anatolia* / eds. S. R. Steadman, G. McMahon. Oxford : Oxford University Press, 2011. P. 917.
23. Gaspar M. *Sambaqui: Arqueologia do litoral brasileiro*. Rio de Janeiro : Zahar, 2000; Fish S. K., De Blasis P., Gaspar M. D., Fish P. R. Eventos Incrementais na Construção de Sambaquis, Litoral Sul do Estado de Santa Catarina // *Revista do Museu de Arqueologia e Etnologia*. 2000. Nº 10. P. 69–87; Klokler D. M. *Food for Body and Soul: Mortuary Ritual in Shell Mounds (Laguna — Brazil)* : master's thesis in anthropology. University of Arizona, 2008.



24. Okumura M.M., Eggers S. The People of Jabuticabeira II: Reconstruction of the Way of Life in a Brazilian Shellmound // *Homo*. 2005. № 55. P. 263–281.
25. *Popol Vuh* / trans. D. Tedlock. New York : Touchstone, 1996.
26. Brown V. *The Reaper's Garden: Death and Power in the World of Atlantic Slavery*. Cambridge : Harvard University Press, 2010.
27. Goodman F.D., Henney J.H., Pressel E. Trance, Healing, and Hallucination; Three Field Studies in Religious Experience. Hoboken : J. Wiley, 1974; Leite L. F. S. Relacionando Territirios: O «sonho» como objeto antropolygico : master's thesis in social anthropology. Museu Nacional, Universidade Federal do Rio de Janeiro, 2003; Zangari W. Experiências anômalas em médiuns de Umbanda: Uma avalia ão fenomenológica e ontológica // Boletim da Academia Paulista de Psicologia. 2007. № 27. P. 67–86; Leite L. F. Q. A. Algumas categorias para análise dos sonhos no candomblé // Prelúdios. 2013. № 1. P. 73–99.
28. Thornton J.K. Religion and Ceremonial Life in the Kongo and Mbundu Areas, 1500–1700 // *Central Africans and Cultural Transformations in the American Diaspora* / ed. L. Heywood. Cambridge : Cambridge University Press, 2001.
29. Battell A. The Strange Adventures of Andrew Battell of Leigh // *Angola and the Adjoining Regions*. London : The Hakluyt Society, 1901.
30. Kingsley M. H. *West African Studies*. New York : Macmillan, 1899.
31. Binet J. Drugs and Mysticism: The Bwiti Cult of the Fang // *Diogenes*. 1974. № 86. P. 31–54; Fernandez J.W. *Bwiti: An Ethnography of the Religious Imagination in Africa*. Princeton : Princeton University Press, 1982.
32. Ariès P. *Western Attitudes Toward Death from the Middle Ages to the Present*. Baltimore : Johns Hopkins University Press, 1974; Metcalf

- P., Huntington R. *Celebrations of Death: The Anthropology of Mortuary Ritual*. Cambridge : Cambridge University Press, 1991; Parker Pearson M. *The Archaeology of Death and Burial*. Texas A&M University anthropology series. College Station : Texas A&M University Press, 1999; Robben A. C. G. M. *Death, Mourning, and Burial: A Cross-Cultural Reader*. Malden : Wiley Blackwell, 2018.
33. Anderson J. R., Gillies A., Lock L. C. Pan Thanatology // *Current Biology*. 2010. № 20. R349–R351.
  34. Chimpanzee Mothers at Bossou, Guinea, Carry the Mummified Remains of Their Dead Infants / D. Biro et al. // *Current Biology*. 2010. № 20. R351–R352.
  35. De Ayala F. G. P. *El primer nueva corónica y buen gobierno 1615/1616*, v. GkS 2232 4to Quires, Sheets, and Watermarks. Royal Library, 1615; MacCormack S. *Religion in the Andes: Vision and Imagination in Early Colonial Peru*. Princeton : Princeton University Press, 1993.
  36. *Popol Vuh* / trans. D. Tedlock. New York : Touchstone, 1996.
  37. Jaynes J. *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. New York : Mariner Books, 2000. Chap. 2.
  38. Freud S. *Group Psychology and the Analysis of the Ego* // *The Standard Edition of the Complete Psychological Works of Sigmund Freud* / eds. J. Strachey et al. Vol. 18. London : Hogarth Press, 1953. 124 p.
  39. Turville-Petre G. *Nine Norse Studies*. London : Viking Society for Northern Research, University College London, 1972. Vol. 5. (Viking Society for Northern Research).
  40. Kelchner G. D. *Dreams in Old Norse Literature and Their Affinities in Folklore: With an Appendix Containing the Icelandic Texts and Translations*. Norwood, UK : Norwood Editions, 1978.

41. Sturluson S. *Halfdan the Black Saga // Heimskringla or The Chronicle of the Kings of Norway*. London : Longman, Brown, Green and Longmans, 1844.
42. Jones G. *A History of the Vikings*. Oxford : Oxford University Press, 2001.
43. Ong R.K. *The Interpretation of Dreams in Ancient China* : master's thesis. Vancouver : University of British Columbia, 1981.
44. Edgar I. The Dream in Islam: From Qur'anic Tradition to Jihadist Inspiration. New York : Berghahn, 2011. 178 p.; Edgar I. R., Henig D. Istikhara: The Guidance and Practice of Islamic Dream Incubation Through Ethnographic Comparison // *History and Anthropology*. 2010. № 21. P. 251–262.
45. Kramer S. N. *The Sumerians: Their History, Culture, and Character*. Chicago : The University of Chicago Press, 1963.
46. Eranimos B., Funkhouser A. The Concept of Dreams and Dreaming: A Hindu Perspective // *The International Journal of Indian Psychology*. 2017. № 4. P. 108–116.
47. Foster B. R. *The Epic of Gilgamesh*. New York : W. W. Norton & Company, 2018.
48. Homer. *The Iliad* / trans. R. Fagles. London : Penguin, 1990.
49. Kriwaczek P. *Babylon: Mesopotamia and the Birth of Civilization*. New York : Thomas Dunne / St. Martin's, 2012.
50. Enheduanna, Meador B. D. S. *Inanna, Lady of Largest Heart: Poems of the Sumerian High Priestess Enheduanna*. Austin : University of Texas Press, 2000; The Electronic Text Corpus of Sumerian Literature. URL: <http://etcsl.orinst.ox.ac.uk/section4/tr4073.htm>.
51. Anon. *Gudea and his Dynasty*. Vol. 3:1. The Royal Inscriptions of Mesopotamia, Early Periods. Toronto : University of Toronto Press, 1997. P. 71–72.

52. Kramer S.N. *The Sumerians*.
53. Bar S. *A Letter That Has Not Been Read: Dreams in the Hebrew Bible*, New Century Edition of the Works of Emanuel Swedenborg. Cincinnati : Hebrew Union College Press, 2001.
54. Herodotus. *Histories* / eds. P. Mensch, J.S. Romm. Indianapolis : Hackett Publishing, 2014.
55. Artemidorus. *The Interpretation of Dreams* / trans. M. Hammond. Oxford : Oxford University Press, 2020.
56. Roebuck C. *Corinth: The Asklepieion and Lerna*. Vol. 14. Princeton : American School of Classical Studies at Athens, 1951; Aleshire S.B. *The Athenian Asclepeion: Their People, Their Dedications, and Their Inventories*. Amsterdam : J. C. Gieben, 1989.
57. *Dreams, Healing, and Medicine in Greece: From Antiquity to the Present* / ed. S.M. Oberhelman. Farnham : Ashgate, 2013.
58. Rouse W. *Greek Votive Offerings: An Essay in the History of Greek Religion*. Cambridge : Cambridge University Press, 1902; Oberhelman S. M. Anatomical Votive Reliefs as Evidence for Specialization at Healing Sanctuaries in the Ancient Mediterranean World // *Athens Journal of Health*. 2014. № 1. P. 47–62.
59. Suetonius. *Life of Augustus (Vita divi Augusti)* / ed. D. Wardle. Oxford : Oxford University Press, 2014.
60. Suetonius. *The Twelve Caesars* / eds. R. Graves, M. Grant. London : Penguin, 2003.

### **Глава 3. От живых богов к психоанализу**

1. Drews R. *The End of The Bronze Age: Changes in Warfare and the Catastrophe ca. 1200 B. C.* Princeton : Princeton University Press, 1993; DeMenocal P.B. Cultural Responses to Climate Change during

- the Late Holocene // *Science*. 2001. № 292. P. 667–673; Diamond J.M. *Collapse: How Societies Choose to Fail or Succeed*. London : Penguin Books, 2011.
2. A Quantitative Philology of Introspection / C.G. Diuk et al. // *Frontiers in Integrative Neuroscience*. 2012. № 6. P. 80.
  3. Herold A. F., Blum P.C. *The Life of Buddha According to the Legends of Ancient India*. New York : A. & C. Boni, 1927.
  4. Ong R.K. *The Interpretation of Dreams in Ancient China* : master's thesis. University of British Columbia, 1981.
  5. Soothill W.E. *The Three Religions of China; Lectures Delivered at Oxford*. New York : Hyperion, 1973. 75 p.
  6. Plato. *Theaetetus* 158, *Laws* 461 // *Complete Works* / ed. J. Cooper. London : Hackett Publishing, 1997.
  7. Aristotle. *On Sleep and Dreams* / ed. and trans. D. Gallop. Liverpool : Liverpool University Press, 1996.
  8. Matthew 1:20–2:22 (King James Version).
  9. Matthew 27:19 (King James Version).
  10. Acts 16:9–10 (King James Version).
  11. Edgar I. *The Dream in Islam: From Qur'anic Tradition to Jihadist Inspiration*. New York : Berghahn Books, 2011. 178 p.; Naim C. M. «Prophecies» in South Asian Muslim Political Discourse: The Poems of Shah Ni'matullah Wali // *Economic and Political Weekly*. 2011. № 46. P. 49–58.
  12. Augustine. *Confessions* / trans. H. Chadwick. Oxford : Oxford University Press, 1998. 203 p.
  13. Verdon J. *Night in the Middle Ages*. Notre Dame : University of Notre Dame Press, 2002; Ekirch A.R. *At Day's Close: Night in Times Past*. New York : W.W. Norton, 2005.

14. Vogel C. *Le Pécheur et la pénitence dans l'Église ancienne, textes choisis*. Paris : Éditions du Cerf, 1966.
15. Fathers of the English Dominican Province / trans. T. Aquinas // *The Summa Theologica*. New York : Catholic Way Publishing, 2014. P. 2–2, 94, 6.
16. Passavanti J., Auzzas G. *Lo Specchio della Vera Penitenzia*, Scrittori Italiani e Testi Antichi. Florença : Accademia della Crusca, 2014.
17. Speroni C. Dante's Prophetic Morning-Dreams // *Studies in Philology*. 1948. № 45. P. 50–59.
18. Kraut O. *Ninety-Five Theses*. New York : Pioneer, 1975. 150 p.
19. Wylie J. A. *The History of Protestantism*. Neerlandia, AB : Inheritance, 2018. Chap. 9.
20. Descartes R. *Discourse on Method; And, Meditations on First Philosophy* / trans. D. A. R. Cress. Indianapolis : Hackett, 1998.
21. Freud S. *The Interpretation of Dreams // The Standard Edition of the Complete Psychological Works of Sigmund Freud* / eds. J. Strachey et al. Vols. 4, 5. London : Hogarth Press, 1953.
22. Bar S. *A Letter That Has Not Been Read: Dreams in the Hebrew Bible*. Vol. 25 / New Century Edition of the Works of Emanuel Swedenborg. Cincinnati : Hebrew Union College Press, 2001. 6 p.; см. также: Babylonian Talmud, Berakhot, 55b.

#### **Глава 4. Сны уникальные и типичные**

1. Webb W. B., Agnew H. W. Are We Chronically Sleep Deprived? // *Bulletin of the Psychonomic Society*. 1975. № 6. P. 47–48.

2. Domhoff G. W., Schneider A. Studying Dream Content Using the Archive and Search Engine on DreamBank.net // *Consciousness and Cognition*. 2008. №17. P. 1238–1247.
3. Foulkes D. *Dreaming: A Cognitive-Psychological Analysis*. New Jersey : Lawrence Erlbaum Associates, 1985; Domhoff G. *Finding Meaning in Dreams: A Quantitative Approach*. New York : Plenum Press, 1996.
4. McNamara P. Counterfactual Thought in Dreams // *Dreaming*. 2000. №10. P. 232–245; “Counterfactual Cognitive Operations in Dreams / P. McNamara et al. // *Dreaming*. 2002. №12. P. 121–133.
5. Kahneman D. Varieties of Counterfactual Thinking; Davis C. G., Lehman D. R. Counterfactual Thinking and Coping with Traumatic Life Events // *What Might Have Been: The Social Psychology of Counterfactual Thinking* / eds. J. M. Olson, N. J. Roese. New Jersey : Lawrence Erlbaum Associates, 1995. P. 375–396.
6. Nwoye A. The Psychology and Content of Dreaming in Africa // *Journal of Black Psychology*. 2015. №43. P. 3–26.
7. Perry D. F., DiPietro J., Costigan K. Are Women Carrying «Basketballs» Really Having Boys? Testing Pregnancy Folklore // *Birth Defects Research B: Developmental and Reproductive Toxicology*. 1999. №26. P. 172–177.
8. Shakespeare W. Hamlet. London : Penguin, 2015. Act 2, scene 2.
9. Borges J. L. The Library of Babel // *Labyrinths: Selected Stories and Other Writings*. London : Penguin Books, 1970.
10. Dement W. C., Vaughan C. *The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night’s Sleep*. New York : Dell, 1999.
11. Boas F. *Contributions to the Ethnology of the Kwakiutl*. Vol. 3. New York : Columbia University Contributions to Anthropology, 1925.

## Глава 5. Первые изображения

1. O'Grady W., Cho S. W. First Language Acquisition // Contemporary Linguistics: An Introduction. Boston : Bedford St. Martin's, 2001. P. 326–362.
2. Machado A. Parábolas // Poesías Completas. Barcelona : Austral, 2015.
3. Freud S. Three Essays on the Theory of Sexuality and Introductory Lectures on Psychoanalysis // The Standard Edition of the Complete Psychological Works of Sigmund Freud / eds. J. Strachey et al. Vols. 7, 15, 16. London : Hogarth Press, 1953; Klein M. The Psychoanalysis of Children; Authorized Translation by Alix Strachey. New York : Grove Press, 1960; King P., Steiner R. The Freud-Klein Controversies, 1941–1945 / British Psycho-Analytical Society. London : Tavistock/ Routledge, 1991.
4. Foulkes D. Children's Dreams: Longitudinal Studies. New York : Wiley, 1982.
5. Hall C., Domhoff B. A Ubiquitous Sex Difference in Dreams // Journal of Abnormal and Social Psychology. 1963. № 66. P. 278–280; The Dreams of College Men and Women in 1959 and 1980: A Comparison of Dream Contents and Sex Differences / C. S. Hall et al. // Sleep. 1982. № 5. P. 188–194.
6. Lortie-Lussier M., Schwab C., De Koninck J. Working Mothers Versus Homemakers: Do Dreams Reflect the Changing Roles of Women? // Sex Roles. 1985 № 12. P. 1009–1021; Mathes J., Schredl M. Gender Differences in Dream Content: Are They Related to Personality? // International Journal of Dream Research. 2013. № 6. P. 104–109.
7. Foulkes D. Children's Dreams. P. 137.



8. Sandor P., Szakadat S., Bodizs R. Ontogeny of Dreaming: A Review of Empirical Studies // *Sleep Medicine Reviews*. 2014. №18. P. 435–449; Sandor P., Szakadat S., Kertesz K., Bodizs R. Content Analysis of 4 to 8 Year-Old Children's Dream Reports // *Frontiers in Psychology*. 2015. №6. P. 534.
9. Valli K., Revonsuo A. The Threat Simulation Theory in Light of Recent Empirical Evidence: A Review // *American Journal of Psychology*. 2009. №122. P. 17–38.
10. The Effects of Age, Gender, Hopelessness, and Exposure to Violence on Sleep Disorder Symptoms and Daytime Sleepiness among Adolescents in Impoverished Neighborhoods / M. G. Umlauf et al. // *Journal of Youth Adolescence*. 2015. №44. P. 518–542.
11. Hale L., Berger L. M., LeBourgeois M. K., Brooks-Gunn J. Social and Demographic Predictors of Preschoolers' Bedtime Routines // *Journal of Developmental and Behavior Pediatrics*. 2009. №30. P. 394–402.
12. Hyypä M. T., Kronholm E., Alanen E. Quality of Sleep during Economic Recession in Finland: A Longitudinal Cohort Study // *Social Science and Medicine*. 1997. №45. P. 731–738.
13. Bliwise D. L. Historical Change in the Report of Daytime Fatigue // *Sleep*. 1996. №19. P. 462–464; Broman J. E., Lundh L. G., Hetta J. Insufficient Sleep in the General Population // *Neurophysiology Clinic*. 1996. №26. P. 30–39; The Sleep of Long-Haul Truck Drivers / M. M. Mitler et al. // *The New England Journal of Medicine*. 1997. №337. P. 755–761.
14. Sleep Problems: An Emerging Global Epidemic? Findings from the INDEPTH WHO-SAGE Study Among More Than 40,000 Older Adults from 8 Countries Across Africa and Asia / S. Stranges et al. // *Sleep*. 2012. №35. P. 1173–1181.

15. Sleep Patterns of Day-Working, Evening High-Schooled Adolescents of São Paulo, Brazil / L. R. Teixeira et al. // *Chronobiology International*. 2004. № 21. P. 239–252.
16. Medeiros A. L. D., Mendes D. B. F., Lima P. F., Araujo J. R. The Relationships Between Sleep-Wake Cycle and Academic Performance in Medical Students // *Biological Rhythm Research*. 2001. № 32. P. 263–270.
17. Hartmann M. E., Prichard J. R. Calculating the Contribution of Sleep Problems to Undergraduates' Academic Success // *Sleep Health*. 2018. № 4. P. 463–471.
18. Leung A. K., Robson W. L. Nightmares // *Journal of the National Medical Association*. 1993. № 85. P. 233–235; Gauchat A., Seguin J. R., Zadra A. Prevalence and Correlates of Disturbed Dreaming in Children // *Pathologie Biologie (Paris)*. 2014. № 62. P. 311–318.
19. Surge of Neurophysiological Coherence and Connectivity in the Dying Brain / J. Borjigin et al. // *Proceedings of the National Academy of Sciences of the USA* 110. 2013. P. 14432–14437.

## **Глава 6. Эволюция сна**

1. Evidence for Early Life in Earth's Oldest Hydrothermal Vent Precipitates / M. S. Dodd et al. // *Nature*. 2017. № 543. P. 60–64.
2. Mitchell D. R. Evolution of Cilia // *Cold Spring Harbor Perspectives in Biology*. 2017. № 9.
3. Wijnen H, Young M. W. Interplay of Circadian Clocks and Metabolic Rhythms // *Annual Review of Genetics*. 2006. № 40. P. 409–448.
4. The Jellyfish *Cassiopea* Exhibits a Sleep-like State / R. D. Nath et al. // *Current Biology*. 2017. № 27. P. 2983–2990.

5. Melatonin Signaling Controls Circadian Swimming Behavior in Marine Zooplankton / M. A. Tosches, D. Bucher, P. Vopalensky, D. Arendt // *Cell*. 2014. № 159. P. 46–57.
6. Stability, Precision, and Near-24-Hour Period of the Human Circadian Pacemaker / C. A. Czeisler et al. // *Science*. 1999. № 284. P. 2177–2181.
7. New Fossils from Jebel Irhoud, Morocco and the Pan-African Origin of *Homo sapiens* / J. J. Hublin et al. // *Nature*. 2017. № 546. P. 289–292; The Age of the Hominin Fossils from Jebel Irhoud, Morocco, and the Origins of the Middle Stone Age / D. Richter et al. // *Nature*. 2017. № 546. P. 293–296.
8. Kaiser W., Steiner-Kaiser J. Neuronal Correlates of Sleep, Wakefulness and Arousal in a Diurnal Insect // *Nature*. 1983. № 301. P. 707–779; Hartse K. M. Sleep in Insects and Nonmammalian Vertebrates, Principles and Practice of Sleep Medicine. Philadelphia : W. B. Saunders, 1989; Tobler I. I., Neuner-Jehle M. 24-H Variation of Vigilance in the Cockroach *Blaberus Giganteus* // *Journal of Sleep Research*. 1992. № 1. P. 231–239; Sauer S., Herrmann E., Kaiser W. Sleep Deprivation in Honey Bees // *Journal of Sleep Research*. 2004. № 13. P. 145–152.
9. Rest in *Drosophila* Is a Sleep-Like State / J. C. Hendricks et al. // *Neuron*. 2000. № 25. P. 129–138; Correlates of Sleep and Waking in *Drosophila Melanogaster* / P. J. Shaw, C. Cirelli, R. J. Greenspan, G. Tononi // *Science*. 2000. № 287. P. 1834–1837.
10. Siegel J. M. Do All Animals Sleep? // *Trends in Neuroscience*. 2008. № 31. P. 208–213.
11. Tobler I., Borbely A. A. Effect of Rest Deprivation on Motor Activity of Fish // *Journal of Comparative Physiology A*. 1985. № 157. P. 817–822; Melatonin Promotes Sleep-Like State in Zebrafish / I. V. Zhdanova, S. Y. Wang, O. U. Leclair, N. P. Danilova // *Brain Research*. 2001.

- № 903. P. 263–268; Characterization of Sleep in Zebrafish and Insomnia in Hypocretin Receptor Mutants / T. Yokogawa et al. // PLOS Biology. 2007. № 5. e277; Arnason B. B., Thornersteinsson H., Karlsson K. A. E. Absence of Rapid Eye Movements during Sleep in Adult Zebrafish // Behavioural Brain Research. 2015. № 291. P. 189–194.
12. Hobson J. A. Electrographic Correlates of Behavior in the Frog with Special Reference to Sleep // Electroencephalography Clinical Neurophysiology. 1967. № 22. P. 113–121; Hobson J. A., Goin O. B., Goin C. J. Electrographic Correlates of Behaviour in Tree Frogs // Nature. 1968. № 220. P. 386–387.
  13. Crompton A. W., Taylor C. R., Jagger J. A. Evolution of Homeothermy in Mammals // Nature. 1978. № 272. P. 333–336.
  14. Slow Waves, Sharp Waves, Ripples, and REM in Sleeping Dragons / M. Shein-Idelson et al. // Science. 2016. № 352. P. 590–595.
  15. The Echidna Manifests Typical Characteristics of Rapid Eye Movement Sleep / S. C. Nicol, N. A. Andersen, N. H. Phillips, R. J. Berger // Neuroscience Letters. 2000. № 283. P. 49–52.
  16. Sleep in the Platypus / J. M. Siegel et al. // Neuroscience. 1999. № 91. P. 391–400.
  17. Ostriches Sleep like Platypuses / J. A. Lesku et al. // PLOS One. 2011. № 6. e23203.
  18. A Basal Dinosaur from the Dawn of the Dinosaur Era in Southwestern Pangaea / R. N. Martinez et al. // Science. 2011. № 331. P. 206–210; The Oldest Dinosaur? A Middle Triassic Dinosauriform from Tanzania / S. J. Nesbitt et al. // Biology Letters. 2013. № 9.
  19. Xu X., Norell M. A. A New Troodontid Dinosaur from China with Avian-Like Sleeping Posture // Nature. 2004. № 431. P. 838–841; A Second Soundly Sleeping Dragon: New Anatomical Details of the

- Chinese Troodontid *Mei long* with Implications for Phylogeny and Taphonomy / C. Gao et al. // *PLOS One*. 2012. №7.
20. Tiriac A., Sokoloff G., Blumberg M. S. Myoclonic Twitching and Sleep-Dependent Plasticity in the Developing Sensorimotor System // *Current Sleep Medicine Reports*. 2015. №1. P. 74–79; Development of Twitching in Sleeping Infant Mice Depends on Sensory Experience / M.S. Blumberg et al. // *Current Biology*. 2015. №25. P. 656–662.
  21. Time Scales of Critical Events around the Cretaceous Paleogene Boundary / P.R. Renne et al. // *Science*. 2013. №339. P. 684–687.
  22. Impact Winter and the Cretaceous/Tertiary Extinctions: Results of a Chicxulub Asteroid Impact Model / K. O. Pope, K.H. Baines, A. C. Ocampo, B. A. Ivanov // *Earth and Planetary Science Letters*. 1994. №128. P. 719–725; Rapid Short-Term Cooling Following the Chicxulub Impact at the Cretaceous-Paleogene Boundary / J. Vellekoop et al. // *Proceedings of the National Academy of Sciences of the USA*. 2014. №111. P. 7537–7541.
  23. Temporal Niche Expansion in Mammals from a Nocturnal Ancestor after Dinosaur Extinction / R. Maor, T. Dayan, H. Ferguson-Gow, K. E. Jones // *Nature Ecology and Evolution*. 2017. №1. P. 1889–1895.
  24. The Echidna Manifests Typical Characteristics / S.C. Nicol et al.
  25. Piantadosi S. T., Kidd C. Extraordinary Intelligence and the Care of Infants // *Proceedings of the National Academy of Sciences of the USA*. 2016. №113. P. 6874–6879.
  26. Three-Dimensional Resting Behaviour of Northern Elephant Seals: Drifting like a Falling Leaf / Y. Mitani et al. // *Biology Letters*. 2010. №6. P. 163–166.
  27. Measuring the State of Consciousness in a Free-Living Diving Sea Turtle / J.D.R. Houghton et al. // *Journal of Experimental Marine Biology and Ecology*. 2008. №356. P. 115–120.

28. Unihemispheric Sleep Deprivation in Bottlenose Dolphins / A. I. Oleksenko et al. // *Journal of Sleep Research*. 1992. № 1. P. 40–44; Unihemispheric Slow Wave Sleep and the State of the Eyes in a White Whale / O. I. Lyamin et al. // *Behavioural Brain Research*. 2002. № 129. P. 125–129; *Animal Behaviour: Continuous Activity in Cetaceans after Birth* / O. Lyamin, J. Pryaslova, V. Lance, J. Siegel // *Nature*. 2005. № 435. P. 1177; Mukhametov L. M. Sleep in Marine Mammals // *Experimental Brain Research*. 2007. № 8. P. 227–238.
29. Mascetti G. G. Unihemispheric Sleep and Asymmetrical Sleep: Behavioral, Neurophysiological, and Functional Perspectives // *Nature and Science of Sleep*. 2016. № 8. P. 221–238.
30. Migratory Sleeplessness in the White-Crowned Sparrow (*Zonotrichia leucophrys gambelii*) / N. C. Rattenborg et al. // *PLOS Biology*. 2004. № 2. e212.
31. Evidence that Birds Sleep in Mid-Flight / N. C. Rattenborg et al. // *Nature Communications*. 2016. № 7. P. 12468.
32. Rattenborg N. C., Lima S. L., Amlaner C. J. Half-Awake to the Risk of Predation // *Nature*. 1999. № 397. P. 397–398; Rattenborg N. C., Lima S. L., Amlaner C. J. Facultative Control of Avian Unihemispheric Sleep under the Risk of Predation // *Behavioural Brain Research*. 1999. № 105. P. 163–172.
33. Inactivity/Sleep in Two Wild Free-Roaming African Elephant Matriarchs: Does Large Body Size Make Elephants the Shortest Mammalian Sleepers? / N. Gravett et al. // *PLOS One*. 2017. № 12. e0171903.
34. Noser R., Gygas L., Tobler I. Sleep and Social Status in Captive Gelada Baboons (*Theropithecus Gelada*) // *Behavioural Brain Research*. 2003. № 147. P. 9–15.

35. Segmented Sleep in a Nonelectric, Small-Scale Agricultural Society in Madagascar / D. R. Samson et al. // *American Journal of Human Biology*. 2017. № 29.
36. Natural Sleep and Its Seasonal Variations in Three Pre-Industrial Societies / G. Yetish et al. // *Current Biology*. 2015. № 25. P. 2862–2868.
37. Chronotype Variation Drives Night-Time Sentinel-Like Behaviour in Hunter-Gatherers / D. R. Samson et al. // *Proceedings of the Royal Society: Biological Sciences*. 2017. № 284.
38. Zhivotovsky L. A., Rosenberg N. A., Feldman M. W. Features of Evolution and Expansion of Modern Humans, Inferred from Genomewide Microsatellite Markers // *The American Journal of Human Genetics*. 2003. № 72. P. 1171–1186.
39. Ancestral Sleep / H. O. De la Iglesia et al. // *Current Biology*. 2016. № 26. R271–R272.

## **Глава 7. Биохимия снов**

1. Aserinsky E., Kleitman N. Regularly Occurring Periods of Eye Motility, and Concomitant Phenomena, during Sleep // *Science*. 1953. № 118. P. 273–274.
2. Roth M., Shaw J., Green J. The Form Voltage Distribution and Physiological Significance of the K-Complex // *Electroencephalography and Clinical Neurophysiology*. 1956. № 8. P. 385–402; Steriade M., Amzica F. Slow Sleep Oscillation, Rhythmic K-Complexes, and Their Paroxysmal Developments // *Journal of Sleep Research*. 1998. № 7. P. 30–35; Siapas A. G., Wilson M. A. Coordinated Interactions between Hippocampal Ripples and Cortical Spindles during Slow-Wave Sleep // *Neuron*. 1998. № 21. P. 1123–1128; Hippocampal-Cortical

- Interaction during Periods of Subcortical Silence / N. K. Logothetis et al. // *Nature*. 2012. № 491. P. 547–553.
3. Dement W., Kleitman N. Cyclic Variations in EEG during Sleep and Their Relation to Eye Movements, Body Motility, and Dreaming // *Electroencephalography and Clinical Neurophysiology*. 1957. № 9. P. 673–690; Dement W., Kleitman N. The Relation of Eye Movements during Sleep to Dream Activity: An Objective Method for the Study of Dreaming // *Journal of Experimental Psychology*. 1957. № 53. P. 339–346.
  4. Dement W., Kleitman N. The Relation of Eye Movements during Sleep to Dream Activity: An Objective Method for the Study of Dreaming; Jouvett M., Jouvett D. A Study of the Neurophysiological Mechanisms of Dreaming // *Electroencephalography and Clinical Neurophysiology*. 1963. Suppl. 24. P. 133–157.
  5. Foulkes F.D. Dream Reports from Different Stages of Sleep // *Journal of Abnormal Psychology*. 1962. № 65. P. 14–25.
  6. Women's Vaginal Responses during REM Sleep / G.G. Abel, W.D. Murphy, J.V. Becker, A. Bitar // *Journal of Sex and Marital Therapy*. 1979. № 5. P. 5–14; Vaginal Pulse Amplitude Response Patterns during Erotic Conditions and Sleep / G.S. Rogers, R.L. Van de Castle, W.S. Evans, J.W. Critelli // *Archives of Sexual Behaviour*. 1985. № 14. P. 327–342.
  7. Fisher C., Gorss J., Zuch J. Cycle of Penile Erection Synchronous with Dreaming (REM) Sleep // Preliminary Report, *Archives of General Psychiatry*. 1965. № 12. P. 29–45.
  8. Wehr T.A. A Brain-Warming Function for REM Sleep // *Neuroscience and Biobehavioral Reviews*. 1992. № 16. P. 379–397.
  9. Sleep Drives Metabolite Clearance from the Adult Brain / L. Xie et al. // *Science*. 2013. № 342. P. 373–377.



10. The Effect of Body Posture on Brain Glymphatic Transport / H. Lee et al. // *Journal of Neuroscience*. 2015. № 35. P. 11034–11044.
11. Sleep Habits, Academic Performance, and the Adolescent Brain Structure / A. S. Urrila et al. // *Scientific Reports*. 2017. № 7. P. 41678.
12. Weinmann R. L. Levodopa and Hallucination // *Journal of the American Medical Association*. 1972. № 221. P. 1054; Therapeutic Factors Causing Hallucination in Parkinson's Disease Patients, Especially Those Given Selegiline / K. Kamakura et al. // *Parkinsonism and Related Disorders*. 2004. № 10. P. 235–242.
13. Taheri M., Arabameri E. The Effect of Sleep Deprivation on Choice Reaction Time and Anaerobic Power of College Student Athletes // *Asian Journal of Sports Medicine*. 2012. № 3. P. 15–20; Effects of Partial Sleep Restriction and Subsequent Daytime Napping on Prolonged Exertional Heat Strain / K. Tokizawa et al. // *Occupational and Environmental Medicine*. 2015. № 72. P. 521–528; Sufrinko A., Johnson E. W., Henry L. C. The Influence of Sleep Duration and Sleep-Related Symptoms on Baseline Neurocognitive Performance among Male and Female High School Athletes // *Neuropsychology*. 2016. № 30. P. 484–491; Effects of One-Night Sleep Deprivation on Selective Attention and Isometric Force in Adolescent Karate Athletes / R. Ben Cheikh, I. Latiri, M. Dogui, H. Ben Saad // *The Journal of Sports Medicine and Physical Fitness*. 2017. № 57. P. 752–759.
14. Leproult R., Van Cauter E. Effect of 1 Week of Sleep Restriction on Testosterone Levels in Young Healthy Men // *Journal of the American Medical Association*. 2011. № 305. P. 2173–2174.
15. EEG and Ocular Correlates of Circadian Melatonin Phase and Human Performance Decrements during Sleep Loss / C. Cajochen et al. // *American Journal of Physiology*. 1999. № 277. R640–R649.

16. Human Hippocampal Neurogenesis Drops Sharply in Children to Undetectable Levels in Adults / S. F. Sorrells et al. // *Nature*. 2018. № 555. P. 377–381.
17. Circadian Glucocorticoid Oscillations Promote Learning-Dependent Synapse Formation and Maintenance / C. Liston et al. // *Nature Neuroscience*. 2013. № 16. P. 698–705.
18. Pavlides C., Nivon L. G., McEwen B. S. Effects of Chronic Stress on Hippocampal Long-Term Potentiation // *Hippocampus*. 2002. № 12. P. 245–257.
19. Legendre R., Piéron H. De la Propriété hypnotoxique des humeurs développée au cours d'une veille prolongée // *Comptes Rendus de la Société de Biologie de Paris*. 1912. № 70. P. 210–212.
20. Krueger J. M., Pappenheimer J. R., Karnovsky M. L. Sleep-Promoting Effects of Muramyl Peptides // *Proceedings of the National Academy of Sciences of the USA*. 1982. № 79. P. 6102–6106; Shoham S., Krueger J. M. Muramyl Dipeptide-Induced Sleep and Fever: Effects of Ambient Temperature and Time of Injections // *American Journal of Physiology*. 1988. № 255. R157–R165; Krueger J. M., Opp M. R. Sleep and Microbes // *International Review of Neurobiology*. 2016. № 131. P. 207–225.
21. MacCulloch J. A. Fasting (Introductory and Non-Christian) // *Encyclopedia of Religion and Ethics* / ed. J. Hastings. Vol. 5. New York : Charles Scribner's Sons, 1912; Foucart G. Dreams and Sleep: Egyptian //; Lincoln J. S. The Dream in Native American and Other Primitive Cultures. Hoboken : Dover, 2003.
22. Nielsen T., Powell R. A. Dreams of the Rarebit Fiend: Food and Diet as Instigators of Bizarre and Disturbing Dreams // *Frontiers in Psychology*. 2015. № 6. P. 47.
23. Pertwee R. G. Handbook of Cannabis. Oxford : Oxford University Press, 2014.

24. Nichols D. E. Psychedelics // *Pharmacological Reviews*. 2016. № 68. P. 264–355.
25. Soares Maia J. G., Rodrigues W. A. Virola theiodora como alucinógena e tóxica // *Acta Amazonica*. 1974. № 4. P. 21–23.
26. Berardi A., Schelling G., Campolongo P. The Endocannabinoid System and Post Traumatic Stress Disorder (PTSD): From Preclinical Findings to Innovative Therapeutic Approaches in Clinical Settings // *Pharmacological Research*. 2016. № 111. P. 668–678.
27. Increased Global Functional Connectivity Correlates with LSD-Induced Ego Dissolution / E. Tagliazucchi et al. // *Current Biology*. 2016. № 26. P. 1043–1050; Kraehenmann R. Dreams and Psychedelics: Neurophenomenological Comparison and Therapeutic Implications // *Current Neuropharmacology*. 2017. № 15. P. 1032–1042; Dreamlike Effects of LSD on Waking Imagery in Humans Depend on Serotonin 2A Receptor Activation / R. Kraehenmann et al. // *Psychopharmacology*. 2017. № 234. P. 2031–2046; The Experience Elicited by Hallucinogens Presents the Highest Similarity to Dreaming within a Large Database of Psychoactive Substance Reports / C. Sanz et al. // *Frontiers in Neuroscience*. 2018. № 12. P. 7.
28. Nichols D. E. Psychedelics.
29. Topographic Pharmacoo-EEG Mapping of the Effects of the South American Psychoactive Beverage Ayahuasca in Healthy Volunteers / J. Riba et al. // *British Journal of Clinical Pharmacology*. 2002. № 53. P. 613–628.
30. The Role of Area 17 in Visual Imagery: Convergent Evidence from PET and rTMS / S. M. Kosslyn et al. // *Science*. 1999. № 284. P. 167–170.
31. Seeing with the Eyes Shut: Neural Basis of Enhanced Imagery Following Ayahuasca Ingestion / D. B. de Araújo et al. // *Human Brain Mapping*. 2012. № 33. P. 2550–2560.

32. Neural Correlates of the LSD Experience Revealed by Multimodal Neuroimaging / R. L. Carhart-Harris et al. // *Proceedings of the National Academy of Sciences of the USA*. 2016. №113. P. 4853–4858.
33. Shannon Entropy of Brain Functional Complex Networks under the Influence of the Psychedelic Ayahuasca / A. Viol et al. // *Scientific Reports*. 2017. №7. P. 7388.
34. Enhanced Repertoire of Brain Dynamical States during the Psychedelic Experience / E. Tagliazucchi et al. // *Human Brain Mapping*. 2014. №35. P. 5442–5456; LSD-Induced Entropic Brain Activity Predicts Subsequent Personality Change / A. V. Lebedev et al. // *Human Brain Mapping*. 2016. №37. P. 3203–3213; Increased Spontaneous MEG Signal Diversity for Psychoactive Doses of Ketamine, LSD and Psilocybin / M. M. Schartner et al. // *Scientific Reports*. 2017. №7. P. 46421.
35. Luz P. O uso ameríndio do caapi // O uso ritual da ayahuasca / eds. B. C. Labate, W.S. Araujo. Campinas : Mercado de Letras, 2002. P. 37–68; Keifenheim B. Nixi pae como participação sensível no princípio de transformação da criação primordial entre os índios kaxinawa no leste do Peru // P. 97–127.

## **Глава 8. Безумие — это сон, который смотрят в одиночку**

1. Okorome Mume C. Nightmare in Schizophrenic and Depressed Patients // *The European Journal of Psychiatry*. 2009. №23. P. 177–183; Nightmare Frequency in Schizophrenic Patients, Healthy Relatives of Schizophrenic Patients, Patients at High Risk States for Psychosis, and Healthy Controls / F. Michels et al. // *International Journal of Dream Research*. 2014. №7. P. 9–13.
2. Skancke J. C., Holsen I., Schredl M. Continuity between Waking Life and Dreams of Psychiatric Patients: A Review and Discussion

- of the Implications for Dream Research // *International Journal of Dream Research*. 2014. №7. P. 39–53.
3. Dopaminergic Control of Sleep-Wake States / K. Dzirasa et al. // *Journal of Neuroscience*. 2006. №26. P. 10577–10589.
  4. Lacan J. *Anxiety* // *The Seminar of Jacques Lacan* / trans. A. R. Price. Vol. 10. Cambridge : Polity, 2016.
  5. Beckett S. *Waiting for Godot*. London : Faber & Faber, 2006. 54 p.
  6. Jung C. G. *Symbols of Transformation* // *The Collected Works of C. G. Jung*. Vol. 5. London : Routledge and K. Paul, 1966.
  7. Freud S. *Totem and Taboo* // *The Standard Edition of the Complete Psychological Works of Sigmund Freud* / eds. J. Strachey et al. Vol. 13. London : Hogarth Press, 1953.
  8. Freud S. *Introductory Lectures on Psychoanalysis* // *The Standard Edition of the Complete Psychological Works of Sigmund Freud*. Vols. 15, 16.
  9. Freud S. *The Future of an Illusion* // Vol. 21. P. 53.
  10. Klein M. *Criminal Tendencies in Normal Children* // *British Journal of Medical Psychology*. 1927. №74; Klein M. *Narrative of a Child Analysis; The Conduct of the Psychoanalysis of Children as Seen in the Treatment of a Ten-Year-Old Boy*. New York : Basic Books, 1961.
  11. Klein M. *The Psychoanalysis of Children* / authorized trans. A. Strachey. New York : Grove Press, 1960.
  12. Kramer M. *Dream Differences in Psychiatric Patients* // *Sleep and Mental Illness* / eds. S. R. Pandi-Perumal, M. Kramer. Cambridge : Cambridge University Press, 2010. P. 375–382.
  13. *Speech Graphs Provide a Quantitative Measure of Thought Disorder in Psychosis* / N. B. Mota et al. // *PLOS One*. 2012. №7. e34928;

Graph Analysis of Dream Reports Is Especially Informative about Psychosis / N. B. Mota et al. // *Scientific Reports*. 2014. № 4. P. 3691; Mota N. B., Copelli M., Ribeiro S. Thought Disorder Measured as Random Speech Structure Classifies Negative Symptoms and Schizophrenia Diagnosis 6 Months in Advance // *npj Schizophrenia*. 2017. № 3. P. 1–10.

### **Глава 9. Сон и его запоминание**

1. Jenkins J. B., Dallenbach K. M. Oblivescence during Sleep and Waking // *The American Journal of Psychology*. 1924. № 35. P. 605–612.
2. Pearlman C. A. Effect of Rapid Eye Movement (Dreaming) Sleep Deprivation on Retention of Avoidance Learning in Rats // *Reports of the US Navy Submarine Medical Center*. 1969. № 563. P. 1–4; Leconte P., Bloch V. Effect of Paradoxical Sleep Deprivation on the Acquisition and Retention of Conditioning in Rats // *Journal de Physiologie*. 1970. № 62. P. 290; Stern W. C. Acquisition Impairments Following Rapid Eye Movement Sleep Deprivation in Rats // *Physiology and Behavior*. 1971. № 7. P. 345–352.
3. Smith C., Butler S. Paradoxical Sleep at Selective Times Following Training is Necessary for Learning // *Physiology and Behavior*. 1982. № 29. P. 469–473; Smith C., Kelly G. Paradoxical Sleep Deprivation Applied Two Days after End of Training Retards Learning // *Physiology and Behavior*. 1988. № 43. P. 213–216; Smith C., Rose G. M. Evidence for a Paradoxical Sleep Window for Place Learning in the Morris Water Maze // *Physiology and Behavior*. 1996. № 59. P. 93–97; Smith C., Rose G. M. Posttraining Paradoxical Sleep in Rats Is Increased after Spatial Learning in the Morris Water Maze // *Behavioral Neuroscience*. 1997. № 111. P. 1197–1204.

4. Replaying the Game: Hypnagogic Images in Normals and Amnesics / R. Stickgold et al. // *Science*. 2000. № 290. P. 350–353.
5. Stickgold R., James L., Hobson J. A. Visual Discrimination Learning Requires Sleep after Training // *Nature Neuroscience*. 2000. № 3. P. 1237–1238.
6. The Restorative Effect of Naps on Perceptual Deterioration / S. C. Mednick et al. // 2002. № 5. P. 677–681.
7. Mednick S., Nakayama K., Stickgold R. Sleep-Dependent Learning: A Nap Is as Good as a Night // 2003. № 6. P. 697–698.
8. A Deficit in the Ability to Form New Human Memories without Sleep / S. S. Yoo et al. // 2007. № 10. P. 385–392.
9. Plihal W., Born J. Effects of Early and Late Nocturnal Sleep on Declarative and Procedural Memory // *Journal of Cognitive Neuroscience*. 1997. № 9. P. 534–547; Plihal W., Born J. Effects of Early and Late Nocturnal Sleep on Priming and Spatial Memory // *Psychophysiology*. 1999. № 36. P. 571–582.
10. Batterink L. J., Westerberg C. E., Paller K. A. Vocabulary Learning Benefits from REM after Slow-Wave Sleep // *Neurobiology of Learning and Memory*. 2017. № 144.
11. Lemos N., Weissheimer J., Ribeiro S. Naps in School Can Enhance the Duration of Declarative Memories Learned by Adolescents // *Frontiers in Systems Neuroscience*. 2014. № 8. P. 103.
12. Post-Class Naps Boost Declarative Learning in a Naturalistic School Setting / T. Cabral et al. // *npj Science of Learning*. 2018. № 3. P. 14.
13. Beck C. Students Allowed to Nap at School With Sleep Pods // *NBC News*. 2017. Mar. 6. URL: <https://www.nbcnews.com/health/kids-health/students-allowed-nap-school-sleep-pods-n729881>; Danzy S. High Schools Are Allowing Sleep-deprived Students to Take Midday Naps // *People*. 2017. Feb. 22. URL: <https://people>.

- howstuffworks.com/high-schools-are-allowing-sleepdeprived-students-take-midday-naps.htm; Willis D. N. M. Schools Roll Out High-Tech Sleep Pods for Students // USA Today. 2017. Mar. 1. URL: <https://www.usatoday.com/story/tech/nation-now/2017/03/01/nm-schools-roll-out-high-tech-sleep-pods-students/98619548/>; Borges N. Tempo integral: a experiência das escolas de Santa Cruz // GAZ. 2018. Jun. 15. URL: [http://www.gaz.com.br/conteudos/educacao/2018/06/15/122501-tempo\\_integral\\_a\\_experiencia\\_das\\_escolas\\_de\\_santa\\_cruz.html.php](http://www.gaz.com.br/conteudos/educacao/2018/06/15/122501-tempo_integral_a_experiencia_das_escolas_de_santa_cruz.html.php); Pin G. Quitar la Siesta al Niño cuando Llega al Colegio, ¡Un Grave Error! // Serpadres. 2018. URL: <https://www.serpadres.es/3-6-anos/educacion-desarrollo/articulo/quitar-la-siesta-al-nino-cuando-llega-al-colegio-un-grave-error>.
14. Hummer D. L., Lee T. M. Daily Timing of the Adolescent Sleep Phase: Insights from a Cross-Species Comparison // *Neuroscience & Biobehavioral Reviews*. 2016. № 70. P. 171–181.
  15. Sleepmore in Seattle: Later School Start Times Are Associated with More Sleep and Better Performance in High School Students / G. P. Dunster et al. // *Science Advances*. 2018. № 4.

## **Глава 10. Реверберация памяти**

1. Penfield W. Some Mechanisms of Consciousness Discovered during Electrical Stimulation of the Brain // *Proceedings of the National Academy of Sciences USA*. 1958. № 44. P. 51–66.
2. Hebb D. *The Organization of Behavior*. Hoboken : Wiley, 1949.
3. Pavlides C., Winson J. Influences of Hippocampal Place Cell Firing in the Awake State on the Activity of These Cells during Subsequent Sleep Episodes // *Journal of Neuroscience*. 1989. № 9. P. 2907–2918.
4. Long-Lasting Novelty-Induced Neuronal Reverberation during Slow-Wave Sleep in Multiple Forebrain Areas/ S. Ribeiro et al. //



- PLOS Biology. 2004. № 2. E24; O'Neill J., Senior T., Csicsvari J. Place-Selective Firing of CA1 Pyramidal Cells during Sharp Wave/Ripple Network Patterns in Exploratory Behavior // *Neuron*. № 49. 2006. P. 143–155.
5. Niemtschek F. *Leben des K. K. Kapellmeisters Wolfgang Gottlieb Mozart, nach Originalquellen beschrieben*. Praga : Herrlichen Buchhandlung, 1798.
  6. Lomo T. Potentiation of Monosynaptic EPSPs in Cortical Cells by Single and Repetitive Afferent Volleys // *Journal of Physiology*. 1968. № 194. P. 84–85; Bliss T. V., Lomo T. Long-Lasting Potentiation of Synaptic Transmission in the Dentate Area of the Anaesthetized Rabbit Following Stimulation of the Perforant Path // 1973. № 232. P. 331–356.
  7. Learning Induces Long-Term Potentiation in the Hippocampus / J. R. Whitlock, A. J. Heynen, M. G. Shuler, M. F. Bear // *Science*. 2006. № 313. P. 1093–1097.
  8. Long-Term Potentiation in the Dentate Gyrus Is Induced Preferentially on the Positive Phase of Theta-Rhythm / C. Pavlides, Y. J. Greenstein, M. Grudman, J. Winson // *Brain Research*. 1988. № 439. P. 383–387.
  9. Holscher C., Anwyl R., Rowan M. J. Stimulation on the Positive Phase of Hippocampal Theta Rhythm Induces Long-Term Potentiation That Can Be Depotentiated by Stimulation on the Negative Phase in Area CA1 in Vivo // *Journal of Neuroscience*. 1997. № 17. P. 6470–6477; Stimulation in Hippocampal Region CA1 in Behaving Rats Yields Long-Term Potentiation when Delivered to the Peak of Theta and Long-Term Depression when Delivered to the Trough / J. Hyman et al. // 2003. № 23. P. 11725–11731; Huerta P. T., Lisman J. E. Bidirectional Synaptic Plasticity Induced by a Single Burst During Cholinergic Theta Oscillation in CA1 in Vitro // *Neuron*. 1995. № 15. P. 1053–1063.

10. Lisman J. E., Jensen O. The Theta-Gamma Neural Code // *Neuron*. 2013. № 77. P. 1002–1016; Parsing Hippocampal Theta Oscillations by Nested Spectral Components during Spatial Exploration and Memory-Guided Behavior / V. Lopes-Dos-Santos et al. // 2018. № 100. P. 950–952.
11. Heller H. C., Glotzbach S. F. Thermoregulation during Sleep and Hibernation // *International Review of Physiology*. 1977. № 15. P. 147–188.
12. Experience-Dependent Phase-Reversal of Hippocampal Neuron Firing during REM Sleep / G. R. Poe, D. A. Nitz, B. L. McNaughton, C. A. Barnes // *Brain Research*. 2000. № 855. P. 176–180.
13. Experience-Dependent Changes in Cerebral Activation during Human REM Sleep / P. Maquet et al. // *Nature Neuroscience*. 2000. № 3. P. 831–836; Learned Material Content and Acquisition Level Modulate Cerebral Reactivation during Posttraining Rapid-Eye-Movements Sleep / P. Peigneux et al. // *Neuroimage*. 2003. № 20. P. 125–134.
14. Local Sleep and Learning / R. Huber, M. F. Ghilardi, M. Massimini, G. Tononi // *Nature*. 2004. № 430. P. 78–81.
15. Causal Evidence for the Role of REM Sleep Theta Rhythm in Contextual Memory Consolidation / R. Boyce, S. D. Glasgow, S. Williams, A. Adamantidis // *Science*. 2016. № 352. P. 812–816.
16. Boosting Slow Oscillations during Sleep Potentiates Memory / L. Marshall, H. Helgadottir, M. Molle, J. Born // *Nature*. 2006. 444. P. 610–613.
17. Auditory Closed-Loop Stimulation of the Sleep Slow Oscillation Enhances Memory / H. V. Ngo, T. Martinetz, J. Born, M. Molle // *Neuron*. № 78. 2013. P. 545–553.

18. Cortical Dendritic Activity Correlates with Spindle-Rich Oscillations during Sleep in Rodents / J. Seibt et al. // *Nature Communications*. 2017. № 8. P. 684.
19. Odor Cues During Slow-Wave Sleep Prompt Declarative Memory Consolidation / B. Rasch, C. Buchel, S. Gais, J. Born // *Science*. 2007. № 315. P. 1426–1429.
20. A Chronic Low Dose of Delta9-tetrahydrocannabinol (THC) Restores Cognitive Function in Old Mice / A. Bilkei-Gorzo et al. // *Nature Medicine*. 2017. № 23. P. 782–787.
21. Guerreiro A. Ancestrais e suas sombras: uma etnografia da chefia kalapao e seu ritual mortuário. Campinas : Unicamp, 2015.

### **Глава 11. Гены и мемы**

1. Borges J.L. Funes the Memorious // *Labyrinths: Selected Stories and Other Writings*. London : Penguin Books, 1970.
2. Pompeiano M., Cirelli C., Tononi G. Effects of Sleep Deprivation on Fos-Like Immunoreactivity in the Rat Brain // *Archives Italiennes de Biologie*. 1992. № 130. P. 325–335; Cirelli C., Pompeiano M., Tononi G. Fos-Like Immunoreactivity in the Rat Brain in Spontaneous Wakefulness and Sleep // 1993. № 131. P. 327–330; Pompeiano M., Cirelli C., Tononi G. Immediate-Early Genes in Spontaneous Wakefulness and Sleep: Expression of C-Fos and NGFI-A mRNA and Protein // *Journal of Sleep Research*. 1994. № 3. P. 80–96.
3. Pearlman C.A. Effect of Rapid Eye Movement (Dreaming) Sleep Deprivation on Retention of Avoidance Learning in Rats // *Reports of the US Navy Submarine Medical Center*. 1969. № 563. P. 1–4; Leconte P., Bloch V. Effect of Paradoxical Sleep Deprivation on the Acquisition and Retention of Conditioning in Rats // *Journal de Physiologie*. 1970. № 62. P. 290; Stern W.C. Acquisition

- Impairments Following Rapid Eye Movement Sleep Deprivation in Rats // *Physiology & Behavior*. 1971. №7. P. 345–352.
4. The Sequential Hypothesis of the Function of Sleep / A. Giuditta et al. // *Behavioural Brain Research*. 1995. № 69. P. 157–166.
  5. Tononi G., Cirelli C. Modulation of Brain Gene Expression during Sleep and Wakefulness: A Review of Recent Findings // *Neuropsychopharmacology*. 2001. № 25. S28–S35.
  6. Cortical Firing and Sleep Homeostasis / V.V. Vyazovskiy et al. // *Neuron*. 2009. № 63. P. 865–878; Direct Evidence for Wake-Related Increases and Sleep-Related Decreases in Synaptic Strength in Rodent Cortex / Z.W. Liu et al. // *Journal of Neuroscience*. 2010. № 30. P. 8671–8675.
  7. Bushey D., Tononi G., Cirelli C. Sleep and Synaptic Homeostasis: Structural Evidence in *Drosophila* // *Science*. 2011. № 332. P. 1576–1581.
  8. Activity-Dependent Scaling of Quantal Amplitude in Neocortical Neurons / G. G. Turrigiano et al. // *Nature*. 1998. № 391. P. 892–896.
  9. Tononi G., Cirelli C. Sleep and Synaptic Homeostasis: A Hypothesis // *Brain Research Bulletin*. 2003. № 62. P. 143–150.
  10. Ribeiro S., Nicolelis M. A. Reverberation, Storage, and Postsynaptic Propagation of Memories during Sleep // *Learning and Memory*. 2004. № 11. P. 686–696; Downscale or Emboss Synapses during Sleep? / S. Ribeiro et al. // *Frontiers in Neuroscience*. 2009. № 3; Ribeiro S. Sleep and Plasticity // *Pflugers Archiv*. 2012. № 463. P. 111–120.
  11. Frank M. G., Issa N. P., Stryker M. P. Sleep Enhances Plasticity in the Developing Visual Cortex // *Neuron*. 2001. № 30. P. 275–287; Ulloor J., Datta S. Spatio-temporal Activation of Cyclic AMP Response Element-Binding Protein, Activity-Regulated Cytoskeletal-Associated Protein and Brain-Derived Nerve Growth Factor:

A Mechanism for Pontine-Wave Generator Activation-Dependent Two-Way Active-Avoidance Memory Processing in the Rat // *Journal of Neurochemistry*. 2005. № 95. P. 418–428; Ganguly-Fitzgerald I., Donlea J., Shaw P.J. Waking Experience Affects Sleep Need in *Drosophila* // *Science*. 2006. № 313. P. 1775–1781; Inducing Sleep by Remote Control Facilitates Memory Consolidation in *Drosophila* / J.M. Donlea et al. // 2011. № 332. P. 1571–1576; Experience-Dependent Upregulation of Multiple Plasticity Factors in the Hippocampus during early REM Sleep / J.B. Calais et al. // *Neurobiology of Learning and Memory*. 2015. 122; Sleep Deprivation Impairs cAMP Signalling in the Hippocampus / C.G. Vecsey et al. // *Nature*. 2009. № 461. P. 1122–1125; REM Sleep-Dependent Bidirectional Regulation of Hippocampal-Based Emotional Memory and LTP / P. Ravassard et al. // *Cerebral Cortex*. № 26. 2016. P. 1488–1500.

12. Tononi G., Cirelli C. Sleep and the Price of Plasticity: From Synaptic and Cellular Homeostasis to Memory Consolidation and Integration // *Neuron*. 2014. № 81. P. 12–34.
13. Sleep Promotes Branch-Specific Formation of Dendritic Spines after Learning / G. Yang et al. // *Science*. 344. 2014. P. 1173–1178.
14. REM Sleep Selectively Prunes and Maintains New Synapses in Development and Learning / W. Li, L. Ma, G. Yang, W.B. Gan // *Nature Neuroscience*. 2017. № 20. P. 427–437.

## **Глава 12. Сон для творчества**

1. Draper T.W.-M. *The Bemis History and Genealogy: Being an Account, in Greater Part of the Descendants of Joseph Bemis, of Watertown, Mass.* San Francisco : Stanley-Taylor Co. Print., 1900. 160 p.

2. Essinger J. *Jacquard's Web: How a Hand-Loom Led to the Birth of the Information Age*. Oxford : Oxford University Press, 2007; Tedre M. *The Science of Computing: Shaping a Discipline*. Boca Raton : CRC Press, 2014.
3. Lalande J. J. L. F. *Voyage en Italie, contenant l'histoire & les anecdotes les plus singulieres de l'Italie, & sa description; les usages, le gouvernement, le commerce, la littérature, les arts, l'histoire naturelle, & les antiquités*. Paris : Veuve Desaint, 1786. P. 293–294.
4. Turner S. *A Hard Day's Write: The Stories behind Every Beatles Song*. New York : HarperPerennial, 1999. 83 p.
5. Dürer A. *Speis der maier knaben (Nourishment for Young Painters) // Dürer's Dream of 1525*.
6. Macrobius A. A. T. *Commentary on the Dream of Scipio / trans. W. H. Stahl*. New York : Columbia University Press, 1990.
7. Peden A. M. *Macrobius and Mediaeval Dream Literature // Medium Ævum*. 1985. № 54. P. 59–73.
8. Kabir A. J. *Paradise, Death and Doomsday in Anglo-Saxon Literature*. Cambridge : Cambridge University Press, 2001.
9. de Cervantes M. *Don Quixote / trans. E. Grossman*. London : Vintage, 2005. 21 p.
10. Pessoa F. *The Book of Disquiet: The Complete Edition / trans. M. J. Costa*. London : Serpent's Tail, 2018. 230 p.
11. Pessoa F. *Poesia completa de Álvaro de Campos*. São Paulo: Companhia das Letras, 2007. 287 p.
12. Ж. Агуалуза в беседе с С. Рибейру. *Limiar: Uma década entre o cérebro e a mente*. São Paulo : Vieira Lent, 2015. P. 29–31.
13. Trotsky L. *Trotsky's Diary in Exile, 1935*. Cambridge : Harvard University Press, 1976. P. 145–146.

14. Orwell G. My Country Right or Left // The Collected Essays, Journalism and Letters. Vol. 1. London : Penguin Books, 1970. P. 590–591.
15. Kekulé A. Sur la constitution des substances aromatiques // Bulletin de la Société Chimique de Paris. 1865. №3. P. 98–110.
16. Hornung E. The Ancient Egyptian Books of the Afterlife. Ithaca, NY : Cornell University Press, 1999.
17. Rudofsky S.F., Wotiz J.H. Psychologists and the Dream Accounts of August Kekulé // *Ambix*. 1988. № 35. P. 31–38.
18. Ramsay O.B., Rocke A.J. Kekulé's Dreams: Separating the Fiction from the Fact // *Chemistry in Britain*. 1984. № 20. P. 1093–1094.
19. Loewi O. From the Workshop of Discoveries // *Perspectives in Biology and Medicine*. 1960. № 4. P. 1–25.
20. Wallace A.R. My Life: A Record of Events and Opinions. Vol. 1. London : Chapman and Hall, 1905. 361 p.
21. Benton J. Descartes' *Olympica* // *Philosophy and Literature*. 1980. № 2. P. 163–166.
22. Leibniz G. *Philosophical Papers and Letters* / ed. and trans. L. E. Loemker. Dordrecht : Kluwer Academic Publishers, 1989. 114 p.
23. Poincaré H. *Mathematical Creation // The Foundations of Science: Science and Hypothesis, the Value of Science, Science and Method*. Amazon Digital Services, 2018. 389 p.
24. Hadamard J. *The Psychology of Invention in the Mathematical Field*. Mineola : Dover, 1954.
25. Dehaene S., Cohen L. The Unique Role of the Visual Word Form Area in Reading // *Trends in Cognitive Science* 2011. №15. P. 254–262.

26. Tholey P. Consciousness and Abilities of Dream Characters Observed during Lucid Dreaming // *Perceptual and Motor Skills*. 1989. № 68. P. 567–578; Stumbrys T., Daniels M. An Exploratory Study of Creative Problem Solving in Lucid Dreams: Preliminary Findings and Methodological Considerations // *International Journal of Dream Research*. 2010. № 3. P. 121–129; Stumbrys T., Erlacher D., Schmidt S. Lucid Dream Mathematics: An Explorative Online Study of Arithmetic Abilities of Dream Characters // 2011. № 4. P. 35–40.
27. Hardy G.H. Ramanujan: Twelve Lectures on Subjects Suggested by His Life and Work. Cambridge : AMS: Chelsea Publishing Co., 1940. 9 p.
28. Hardy G.H. Obituary, S. Ramanujan // *Nature*. 1920. № 105. P. 494–495.
29. Ramanujan S. Ramanujan: Letters and Reminiscences, vol. 1, Memorial Number. Muthialpet High School, 1968; Krishnayya B. Ramanujan: The Man and the Mathematician. New York : Thomas Nelson and Sons Ltd, 1967. 87 p.
30. Russell B. Human Knowledge: Its Scope and Limits. New York : Simon & Schuster, 1948. 172 p.
31. Antunes A. Como é que chama o nome disso: Antologia. São Paulo : Publifolha, 2006.
32. Sleep Inspires Insight / U. Wagner et al. // *Nature*. 2204. № 427. P. 352–355.
33. Cognitive Flexibility Across the Sleep-Wake Cycle: REM-sleep Enhancement of Anagram Problem Solving / M. P. Walker, C. Liston, J. A. Hobson, R. Stickgold // *Cognitive Brain Research*. 2002. № 14. P. 317–324.
34. REM, not Incubation, Improves Creativity by Priming Associative Networks / D.J. Cai et al. // *Proceedings of the National Academy of Sciences of the USA*. 2009. № 106. P. 10130–10134.



35. How Sleep Affects the Developmental Learning of Bird Song / S. Deregnacourt et al. // *Nature*. 2005. № 433. P. 710–716.
36. Unstable Neurons Underlie a Stable Learned Behavior / W.A. Liberti III et al. // *Nature Neuroscience*. 2016. № 19. P. 1665–1671.
37. Cognitive Replay of Visuomotor Learning at Sleep Onset: Temporal Dynamics and Relationship to Task Performance / E. J. Wamsley et al. // *Sleep*. 2010. № 33. P. 59–68.
38. Singer D. W. Giordano Bruno: His Life and Thought. With Annotated Translation of His Work On the Infinite Universe and Worlds. New York : Schuman, 1950.
39. Druyan A., Soter S. // *Cosmos: A Spacetime Odyssey* / ed. B. Braga. Santa Fe : Netflix, 2014. К сожалению, я не смог найти первоисточник этой цитаты, что позволяет мне воспользоваться сжатой фразой, также приписываемой Джордано Бруно: «Если это и неправда, то хорошо придумано».
40. Singer. Giordano Bruno // G. Bruno. On the Infinite, the Universe and the Worlds: Five Cosmological Dialogues. Vol. 2. Scotts Valley, CA : Create Space Independent Publishing Platform, 2014.
41. Ahmad I. A. The Impact of the Qur'anic Conception of Astronomical Phenomena on Islamic Civilization // *Vistas in Astronomy*. 1995. № 39. P. 395–403.
42. Kepler J. Letter from Johannes Kepler to Galileo Galilei, 1610 // *Johannes Kepler Gesammelte Werke*. Vol. 4. Bonn : Deutsche Forschungsgemeinschaft, 2009. P. 287–310.
43. Hebb D. O. The Effects of Early and Late Brain Injury upon Test Scores, and the Nature of Normal Adult Intelligence // *Proceedings of the American Philosophical Society*. 1942. № 85. P. 275–292.

44. Scoville W.B., Milner B. Loss of Recent Memory after Bilateral Hippocampal Lesions // *Journal of Neurology, Neurosurgery and Psychiatry*. 1957. № 20. P. 11–21.
45. Induction of Hippocampal Long-Term Potentiation during Waking Leads to Increased Extrahippocampal Zif-268 Expression during Ensuing Rapid-Eye-Movement Sleep / S. Ribeiro et al. // *Journal of Neuroscience*. 2002. № 22. P. 10914–10923.
46. Novel Experience Induces Persistent Sleep-Dependent Plasticity in the Cortex but Not in the Hippocampus / S. Ribeiro et al. // *Frontiers in Neuroscience*. 2007. № 1. P. 43–55.

### **Глава 13. Быстрый сон — это не сновидение**

1. Solms M. *The Neuropsychology of Dreams: A Clinico-Anatomical Study*. New Jersey : Lawrence Erlbaum Associates, 1997; Solms M. Dreaming and REM Sleep Are Controlled by Different Brain Mechanisms // *Behavioral and Brain Sciences*. 2000. № 23. P. 843–850.
2. Adey W.R., Bors E., Porter R.W. EEG Sleep Patterns after High Cervical Lesions in Man // *Archives of Neurology*. 1968. № 19. P. 377–383; Chase T.N., Moretti L., Prenskey A.L. Clinical and Electroencephalographic Manifestations of Vascular Lesions of the Pons // *Neurology*. 1968. № 18. P. 357–368; Cummings J.L., Greenberg R. Sleep Patterns in the «Locked-In» Syndrome // *Electroencephalography and Clinical Neurophysiology*. 1977. № 43. P. 270–271; Localized Pontine Lesion: Nearly Total Absence of REM Sleep / P. Lavie et al. // *Neurology*. 1984. № 34. P. 118–120.
3. Solms M. *The Neuropsychology of Dreams: A Clinico-Anatomical Study*. New Jersey : Lawrence Erlbaum Associates, 1997. 186 p.

4. Charcot J.-M. Un Cas de suppression brusque et isolée de la vision mentale des signes et des objets (formes et couleurs) // *Le Progrès Médical*. 1883. № 11.
5. Bischof M., Bassetti C. L. Total Dream Loss: A Distinct Neuropsychological Dysfunction after Bilateral PCA Stroke // *Annals of Neurology*. 2004. № 56. P. 583–586.
6. Mapping of Functional Organization in Human Visual Cortex: Electrical Cortical Stimulation / H. W. Lee et al. // *Neurology*. 2000. № 54. 849–854; fMRI Evidence for Sensorimotor Transformations in Human Cortex during Smooth Pursuit Eye Movements / H. Kimmig et al. // *Neuropsychologia*. 2008. № 46. P. 2203–2213; Fattori P., Pitzalis S., Galletti C. The Cortical Visual Area V6 in Macaque and Human Brains // *Journal of Physiology*. 2009. № 103. P. 88–97; How Concepts Are Encoded in the Human Brain: A Modality Independent, Category- Based Cortical Organization of Semantic Knowledge / G. Handjaras et al. // *Neuroimage*. 2016. № 135. P. 232–242.
7. Phasic Firing in Dopaminergic Neurons Is Sufficient for Behavioral Conditioning / H. C. Tsai et al. // *Science*. 2009. № 324. P. 1080–1084; Linking Context with Reward: A Functional Circuit from Hippocampal CA3 to Ventral Tegmental Area / A. H. Luo et al. // *Science*. 2011. № 333. P. 353–357; Neuron-Type-Specific Signals for Reward and Punishment in the Ventral Tegmental Area / J. Y. Cohen et al. // *Nature*. № 482. 2012. P. 85–88.
8. Fujisawa S., Buzsáki G. A 4 Hz Oscillation Adaptively Synchronizes Prefrontal, VTA, and Hippocampal Activities // *Neuron*. 2011. № 72. P. 153–165; Gomperts S. N., Kloosterman F., Wilson M. A. VTA Neurons Coordinate with the Hippocampal Reactivation of Spatial Experience // *eLife*. 2015. № 4. e05360.
9. Valdés J. L., McNaughton B. L., Fellous J. M. Offline Reactivation of Experience-Dependent Neuronal Firing Patterns in the Rat

- Ventral Tegmental Area // *Journal of Neurophysiology*. 2015. № 114. P. 1183–1195.
10. Dopamine D<sub>2</sub>-Like Receptor Activation Wipes Out Preferential Consolidation of High Over Low Reward Memories during Human Sleep / G. B. Feld et al. // *Journal of Cognitive Neuroscience*. № 26. 2014. P. 2310–2320.
  11. fMRI Evidence for Multisensory Recruitment Associated with Rapid Eye Movements during Sleep / C. C. Hong et al. // *Human Brain Mapping*. 2009. № 30. P. 1705–1722.
  12. Variations in Connectivity in the Sensorimotor and Default-Mode Networks during the First Nocturnal Sleep Cycle / C. W. Wu et al. // *Brain Connect.* 2012. № 2. P. 177–190; Rhythmic Alternating Patterns of Brain Activity Distinguish Rapid Eye Movement Sleep from Other States of Consciousness / H. M. Chow et al. // *Proceedings of the National Academy of Sciences of the USA*. 2012. № 110. P. 10300–10305; Dreaming as Mind Wandering: Evidence from Functional Neuroimaging and First-Person Content Reports / K. C. Fox et al. // *Frontiers in Human Neuroscience*. 2013. № 30.
  13. Solms M. *The Neuropsychology of Dreams: A Clinico-Anatomical Study*. New Jersey : Lawrence Erlbaum Associates, 1997.
  14. A Default Mode of Brain Function / M. E. Raichle et al. // *Proceedings of the National Academy of Sciences of the USA*. 2001. № 98. P. 676–682.
  15. Variations in Connectivity in the Sensorimotor and Default-Mode Networks / C. W. Wu et al.; Resting Brain Activity Varies with Dream Recall Frequency between Subjects / J. B. Eichenlaub et al. // *Neuropsychopharmacology*. 2014. № 39. P. 1594–1602.
  16. Connectivity Pattern Changes in Default-Mode Network with Deep Non-REM and REM Sleep / T. Koike, S. Kan, M. Misaki, S. Miyauchi // *Neuroscience Research*. 2011. № 69. P. 322–330.

17. Dreaming as Mind Wandering: Evidence from Functional Neuroimaging and First-Person Content Reports / K. C. Fox et al. // *Frontiers in Human Neuroscience*. 2013. № 7.
18. *The Bhagavad Gita* / trans. W. J. Johnson. Oxford : Oxford University Press, 2004. P. 12.
19. The Psychedelic State Induced by Ayahuasca Modulates the Activity and Connectivity of the Default Mode Network / F. Palhano-Fontes et al. // *PLOS One*. 2015. № 10. e0118143.
20. Neural Correlates of the Psychedelic State as Determined by fMRI Studies with Psilocybin / R. L. Carhart-Harris et al. // *Proceedings of the National Academy of Sciences of the USA*. 2012. № 109. P. 2138–2143.
21. Neural Correlates of the LSD Experience Revealed by Multimodal Neuroimaging / R. L. Carhart-Harris et al. // 2016. № 113. P. 4853–4858.
22. Decreased Mental Time Travel to the Past Correlates with Default-Mode Network Disintegration under Lysergic Acid Diethylamide / J. Speth et al. // *Journal of Psychopharmacology*. 2016. № 30. P. 344–353.
23. Neural Correlates of Attentional Expertise in Long-Term Meditation Practitioners / J. A. Brefczynski-Lewis et al. // *Proceedings of the National Academy of Sciences of the USA*. 2007. № 104. P. 11483–11488; Meditation Experience Is Associated with Differences in Default Mode Network Activity and Connectivity / J. A. Brewer et al. // № 108. 2011. P. 20254–20259; Sood A., Jones D. T. On Mind Wandering, Attention, Brain Networks, and Meditation // *Explore (ny)*. 2013. № 9. P. 136–141.
24. James W. *The Varieties of Religious Experience: A Study in Human Nature*. Scotts Valley, CA : CreateSpace Independent Publishing Platform, 2009; Watts A. *Psychedelics and Religious Experience* //

- California Law Review. 1968. № 56. P. 74–85; Increased Frontal and Paralimbic Activation Following Ayahuasca, the Pan-Amazonian Inebriant / J. Riba et al. // *Psychopharmacology*. 2006. № 186. P. 93–98.
25. Vyner H. M. *The Healthy Mind Interviews: The Dalai Lama, Lopon Tenzin Namdak, Lopon Thekchoke*. Vol. 4. Kathmandu, Nepal : Vajra Publications, 66.
  26. Meditation Experience Is Associated with Differences in Default Mode Network Activity and Connectivity / J. A. Brewer et al.
  27. Carhart-Harris. Neural Correlates of the Psychedelic State.
  28. Mind Wandering and Attention during Focused Meditation: A Fine-Grained Temporal Analysis of Fluctuating Cognitive States / W. Hasenkamp, C. D. Wilson-Mendenhall, E. Duncan, L. W. Barsalou // *Neuroimage*. 2012. № 59. P. 750–760.
  29. Colace C. Drug Dreams in Cocaine Addiction // *Drug and Alcohol Review*. 2006. № 25. P. 177; Colace C. Are the Wish-Fulfillment Dreams of Children the Royal Road for Looking at the Functions of Dreams? // *Neuropsychanalysis*. 2013. № 15. P. 161–175.
  30. Tulving E. Memory and Consciousness // *Canadian Psychology / Psychologie canadienne*. 1985. № 26. P. 1–12.
  31. Na Janela : online festival. May 24, 2020. URL: <https://www.youtube.com/watch?v=95tOtpk4Bnw>.
  32. Dreaming of a Learning Task Is Associated with Enhanced Sleep-Dependent Memory Consolidation / E. J. Wamsley et al. // *Current Biology*. 2010. № 20. P. 850–855.
  33. Pritzker B. M. A. *Native American Encyclopedia: History, Culture, and Peoples*. Oxford : Oxford University Press, 2000.
  34. Neihardt J. G. *Black Elk Speaks*. Lincoln : University of Nebraska Press, 2014. 53 p.; Neihardt J. G. *The Sixth Grandfather: Black Elk's*

Teachings Given to John G. Neihardt. Lincoln : University of Nebraska Press, 1985. 53 p.

35. Plutarch. Lives from Plutarch / trans. J. W. McFarland. New York : Random House, 1967.

#### **Глава 14. Желания, эмоции и кошмары**

1. One-Year Follow-Up Study of Posttraumatic Stress Disorder among Survivors of Cambodian Concentration Camps / J. K. Boehnlein, J. D. Kinzie, R. Ben, J. Fleck // American Journal of Psychiatry. 1985. № 142. P. 956–959; Aron A. The Collective Nightmare of Central American Refugees // Trauma and Dreams / ed. D. Barrett. Cambridge : Harvard University Press, 1996. P. 140–147; Menke E. M., Wagner J. D. The Experience of Homeless Female-Headed Families // Issues in Mental Health Nursing. 1997. № 18. P. 315–330; Sleep Disturbances in the Vietnam Generation: Findings from a Nationally Representative Sample of Male Vietnam Veterans / T. C. Neylan et al. // American Journal of Psychiatry. 1998. № 155. P. 929–933; Evaluation of Dream Content in Combat-Related PTSD / K. Esposito, A. Benitez, L. Barza, T. Mellman // Journal of Traumatic Stress. 1999. № 12. P. 681–687; Wittmann L., Schredl M., Kramer M. Dreaming in Posttraumatic Stress Disorder: A Critical Review of Phenomenology, Psychophysiology and Treatment // Psychotherapy and Psychosomatics. 2007. № 76. P. 25–39; Davis-Berman J. Older Women in the Homeless Shelter: Personal Perspectives and Practice Ideas // Journal of Women & Aging. 2011. № 23. P. 360–374; Sleep and Dreaming in Posttraumatic Stress Disorder / K. E. Miller, J. A. Brownlow, S. Woodward, P. R. Gehrman // Current Psychiatry Reports. 2017. № 19. P. 71.

2. Temporal Niche Expansion in Mammals from a Nocturnal Ancestor after Dinosaur Extinction / R. Maor, T. Dayan, H. Ferguson-Gow, K. E. Jones // *Nature Ecology and Evolution*. 2017. № 1. P. 1889–1895.
3. Revonsuo A. The Reinterpretation of Dreams: An Evolutionary Hypothesis of the Function of Dreaming // *Behavioral and Brain Sciences*. 2000. № 23. P. 877–901; The Threat Simulation Theory of the Evolutionary Function of Dreaming: Evidence from Dreams of Traumatized Children / K. Valli et al. // *Consciousness and Cognition*. 2005. № 14. P. 188–218.
4. Course of Posttraumatic Stress Disorder 40 Years After the Vietnam War: Findings from the National Vietnam Veterans Longitudinal Study / C. R. Marmar et al. // *JAMA Psychiatry*. 2015. № 72. P. 875–881.
5. Rapid Eye Movement Sleep Disturbance in Posttraumatic Stress Disorder / R. J. Ross et al. // *Biological Psychiatry*. 1994. № 35. P. 195–202; Rapid Eye Movement Sleep Changes during the Adaptation Night in Combat Veterans with Posttraumatic Stress Disorder / R. J. Ross et al. // *Biological Psychiatry*. 1999. № 45. P. 938–941.
6. Control of Sleep and Wakefulness / R. E. Brown et al. // *Physiological Reviews*. 92. 2012. P. 1087–1187.
7. Froissart J. *Chronicles* / trans. G. Brereton. London : Penguin Classics, 1978. 275 p.
8. Sleep Disturbances in the Vietnam Generation... / T. C. Neylan et al.; Evaluation of Dream Content... / K. Esposito et al.; Daily Reports of Posttraumatic Nightmares and Anxiety Dreams in Dutch War Victims / B. J. Schreuder, M. van Egmond, W. C. Kleijn, A. T. Visser // *Journal of Anxiety Disorders*. 1998. № 12. P. 511–524.
9. Meerloo J. A. Persecution Trauma and the Reconditioning of Emotional Life: A Brief Survey // *American Journal of Psychiatry*. 1969. № 125. P. 1187–1191; Mollica R. F., Wyshak G., Lavelle J. The



- Psychosocial Impact of War Trauma and Torture on Southeast Asian Refugees // *American Journal of Psychiatry*. 1987. № 144. P. 1567–1572; Peters U.H. Psychological Sequelae of Persecution: The Survivor Syndrome // *Fortschritte der Neurologie-Psychiatrie*. 1989. № 57. P. 169–191; Peters U.H. The Stasi Persecution Syndrome // *Fortschritte der Neurologie-Psychiatrie*. 1991. № 59. P. 251–265; Roesler T. A., Savin D., Grosz C. Family Therapy of Extrafamilial Sexual Abuse // *Journal of the American Academy of Child and Adolescent Psychiatry*. 1993. № 32. P. 967–970; Cumulative Childhood Maltreatment and Its Dose-Response Relation with Adult Symptomatology: Findings in a Sample of Adult Survivors of Sexual Abuse / I.M. Steine et al. // *Child Abuse & Neglect*. 2017. № 65. P. 99–111.
10. Anon. *The Dream of Dumuzid // The Electronic Text Corpus of Sumerian Literature*. Vol. 1.4.3. Oxford : Oxford University Press.
  11. Kopenawa D., Albert B. *The Falling Sky: Words of a Yanomami Shaman* / trans. N. Elliott, A. Dundy. Cambridge : Belknap, Harvard University Press, 2013. 37 p.
  12. *Cognitive and Emotional Processes during Dreaming: A Neuroimaging View* / M. Desseilles, T. T. Dang-Vu, V. Sterpenich, S. Schwartz // *Consciousness and Cognition*. 2011. № 20. P. 998–1008.
  13. Brown D. *Bury My Heart at Wounded Knee: An Indian History of the American West*. New York : Fall River Press, 2014.
  14. Drury B., Clavin T. *The Heart of Everything That Is: The Untold Story of Red Cloud, An American Legend*. New York : Simon & Schuster, 2013.
  15. Brown D. *The Fetterman Massacre: Formerly Fort Phil Kearny, an American Saga*. Lincoln : University of Nebraska Press, 1984.
  16. Smith S.D. *Give Me Eighty Men: Women and the Myth of the Fetterman Fight*. Lincoln : University of Nebraska Press, 2010.

17. Carrington F. C. My Army Life and the Fort Phil. Kearney Massacre: With an Account of the Celebration of «Wyoming Opened». Books for Libraries, 1971. 86 p.
18. Drury B., Clavin T. The Heart of Everything That Is...
19. Hyde G. E. Life of George Bent: Written from His Letters. Norman : University of Oklahoma Press, 1968; Kenny M. Roman Nose, Cheyenne: A Brief Biography // *Wíčazo Ša Review*. 1989. № 5. P. 9–30.
20. Folha de São Paulo. June, 22. 2009. URL: <https://www1.folha.uol.com.br/fsp/brasil/fc2206200911.htm>.
21. Vermeij G. J. Unsuccessful Predation and Evolution // *The American Naturalist*. 1982. № 120. P. 701–720; Schaller G. B. The Deer and the Tiger: A Study of Wildlife in India. Chicago : The University of Chicago Press, 1984; Prey Preferences of the Leopard (*Panthera pardus*) / W. Hayward et al. // *Journal of Zoology*. 2006. № 270. P. 298–313.
22. Aron A. The Collective Nightmare of Central American Refugees.
23. Pinker S. The Better Angels of Our Nature: A History of Violence and Inhumanity. London : Allen Lane, Penguin Books, 2011.
24. Flanagan O. Deconstructing Dreams: The Spandrels of Sleep // *Journal of Philosophy*. 1995. № 92. P. 5–27.
25. Gay P. Freud: A Life for Our Time. London : J. M. Dent & Sons, 1988.

## **Глава 15. Вероятностный оракул**

1. Brown D. Bury My Heart at Wounded Knee: An Indian History of the American West. New York : Fall River, 2014. 289 p.

2. DeMallie R. J. «These Have No Ears»: Narrative and the Ethnohistorical Method // *Ethnohistory*. 1993. Vol. 40., № 4. P. 515–538.
3. Brown D. Bury My Heart at Wounded Knee... P. 289.
4. Utley R. M. The Last Days of the Sioux Nation, The Lamar Series in Western History. New Haven : Yale University Press, 2004.
5. Morehead W. K. The Death of Sitting Bull, and a Tragedy at Wounded Knee // *The American Indian in the United States Period: 1850–1914*. New York : Andover, 1914. P. 123–132.
6. Polybius. The Histories / trans. W. R. Paton ; Loeb Classical Library 4. Cambridge : Harvard University Press, 105. URL: [http://penelope.uchicago.edu/Thayer/E/Roman/Texts/Polybius/10\\*.html](http://penelope.uchicago.edu/Thayer/E/Roman/Texts/Polybius/10*.html).
7. Plutarch. Lives from Plutarch / trans. J. W. McFarland. New York : Random House, 1967.
8. Suetonius. The Twelve Caesars / eds. R. Graves, M. Grant. London : Penguin, 2003.
9. Rattenborg N. C., Lima S. L., Amlaner C. J. Facultative Control of Avian Unihemispheric Sleep under the Risk of Predation // *Behavioral and Brain Research*. 1999. № 105. P. 163–172; Они же. Half-Awake to the Risk of Predation // *Nature*. 1999. № 397. P. 397–398.
10. Prefrontal Cortex in Humans and Apes: A Comparative Study of Area 10 / K. Semendeferi et al. // *American Journal of Physical Anthropology*. 2001. № 114. P. 224–241.
11. Koechlin E., Hyafil A. Anterior Prefrontal Function and the Limits of Human Decision-Making // *Science*. 2007. № 318. P. 594–598.
12. Swanson L. W., Hahn J. D., Sporns O. Organizing Principles for the Cerebral Cortex Network of Commissural and Association Connections // *Proceedings of the National Academy of Sciences of the USA*. 2017. № 114. E9692–E9701.

13. Edelman G. Neural Darwinism: The Theory of Neuronal Group Selection. New York : Basic Books, 1987.
14. Edelman G. Bright Air, Brilliant Fire: On the Matter of the Mind. New York : Basic Books, 1992.
15. Cerebral Mechanisms of Word Masking and Unconscious Repetition Priming / S. Dehaene et al. // Nature Neuroscience. 2001. № 4. P. 752–758; Sergent C., Baillet S., Dehaene S. Timing of the Brain Events Underlying Access to Consciousness during the Attentional Blink // 2005. № 8. P. 1391–1400.
16. Del Cul A., Dehaene S., Leboyer M. Preserved Subliminal Processing and Impaired Conscious Access in Schizophrenia // Archives of General Psychiatry. 2006. № 63. P. 1313–1323.
17. Baars B. J. How Does a Serial, Integrated and Very Limited Stream of Consciousness Emerge from a Nervous System That Is Mostly Unconscious, Distributed, Parallel and of Enormous Capacity? // Ciba Foundation Symposium. № 174. 1993. P. 282–290.
18. Dehaene S., Sergent C., Changeux J. P. A Neuronal Network Model Linking Subjective Reports and Objective Physiological Data during Conscious Perception // Proceedings of the National Academy of Sciences of the USA. 2003. № 100. P. 8520–8525.
19. Dehaene S., Kerszberg M., Changeux J. P. A Neuronal Model of a Global Workspace in Effortful Cognitive Tasks // Proceedings of the National Academy of Sciences of the USA. 1998. № 95. P. 14529–14534; Dehaene S., Changeux J. P. Ongoing Spontaneous Activity Controls Access to Consciousness: A Neuronal Model for Inattentional Blindness // PLOS Biology. 2005. № 3. e141; Conscious, Preconscious, and Subliminal Processing: A Testable Taxonomy / S. Dehaene et al. // Trends in Cognitive Sciences. 2006. № 10. P. 204–211.

20. fMRI Evidence for Multisensory Recruitment Associated with Rapid Eye Movements during Sleep / C.C. Hong et al. // *Human Brain Mapping*. 2009. № 30. P. 1705–1722.
21. Freud S. *The Interpretation of Dreams* // *The Standard Edition of the Complete Psychological Works of Sigmund Freud* / ed. J. Strachey et al. London : Hogarth Press, 1953. Vol. 4; Он же. *Formulations on Two Principles of Mental Functioning* // Там же. Vol. 5; Он же. *On the History of the Psychoanalytic Movement*// Там же. Vol. 12; Он же. *Mourning and Melancholia* // Там же. Vol. 14; Он же. *The Ego and the Id* // Vol. 19.
22. Darwin C. *The Origin of Species*. Oxford : Oxford University Press, 1996.
23. Darwin C. *The Expression of the Emotions in Man and Animals*. London : Penguin Classics, 2009.
24. Hobaiter C., Byrne R. W., Zuberbühler K. Wild Chimpanzees' Use of Single and Combined Vocal and Gestural Signals // *Behavioral Ecology and Sociobiology*. 2017. № 71.
25. Spontaneous Symbol Acquisition and Communicative Use by Pygmy Chimpanzees (*Pan paniscus*) / S. Savage-Rumbaugh et al. // *Journal of Experimental Psychology: General*. 1986. № 115. P. 211–235; Gestural and Symbolic Development among Apes and Humans: Support for a Multimodal Theory of Language Evolution / K. Gillespie-Lynch, P. M. Greenfield, H. Lyn, S. Savage-Rumbaugh // *Frontiers in Psychology*. 2014. № 5.
26. Seidenberg M. S., Petitto L. A. Communication, Symbolic Communication, and Language in Child and Chimpanzee: Comment on Savage-Rumbaugh, McDonald, Sevcik, Hopkins, and Rupert (1986) // *Journal of Experimental Psychology: General*. 1987. № 116. P. 279–287.

27. Peirce C. S. *The Essential Peirce: Selected Philosophical Writings* : 2 vols. Bloomington : Indiana University Press, 1992&1998.
28. Seyfarth R. M., Cheney D. L., Marler P. *Monkey Responses to Three Different Alarm Calls: Evidence of Predator Classification and Semantic Communication* // *Science*. № 210. 1980. P. 801–803.
29. Zuberbühler K. *Local Variation in Semantic Knowledge in Wild Diana Monkey Groups* // *Animal Behavior*. 2000. № 59. P. 917–927; Он же. *Predator-Specific Alarm Calls in Campbell's Monkeys, Cercopithecus campbelli* // *Behavioral Ecology and Sociobiology*. 2001. № 50. P. 414–422; *Chimpanzee Alarm Call Production Meets Key Criteria for Intentionality* / A. M. Schel et al. // *PLOS One*. 2013. № 8. e76674; Beynon P., Rasa O. A. E. *Do Dwarf Mongooses Have a Language? Warning Vocalisations Transmit Complex Information* // *Suid-Afrikaanse Tydskrif vir Wet.* 1989. № 85. P. 447–450; *Semantic Information Distinguishing Individual Predators in the Alarm Calls of Gunnison's Prairie Dogs* / C. N. Slobodchikoff, J. Kiriazis, C. Fischer, E. Creef // *Animal Behavior*. № 42. 1991. P. 713–719; Greene E., Meagher T. *Red Squirrels, Tamiasciurus hudsonicus, Produce Predator-Class Specific Alarm Calls* // 1998. № 55. P. 511–518; Evans C., Evans L. *Chicken Food Calls Are Functionally Referential* // 1999. № 58. P. 307–319; Manser M. B. *The Acoustic Structure of Suricates' Alarm Calls Varies with Predator Type and the Level of Response Urgency* // *Proceedings of the Royal Society B: Biological Sciences*. 2001. № 268. P. 2315–2324; *The Bottlenosed Dolphin's (Tursiops truncatus) Understanding of Gestures as Symbolic Representations of Body Parts* / L. M. Herman et al. // *Animal Learning & Behavior*. 2001. № 29. P. 250–264.
30. Queiroz J., Ribeiro S. *The Biological Substrate of Icons, Indexes and Symbols in Animal Communication* // *The Peirce Seminar Papers*. New York : Berghahn Books, 2002. P. 69–78; *Symbols Are Not Uniquely Human* / S. Ribeiro et al. // *Biosystems*. 2007. № 90. P. 263–272.

31. Peirce C. S. The Essential Peirce...
32. Engesser S., Ridley A. R., Townsend S. W. Meaningful Call Combinations and Compositional Processing in the Southern Pied Babbler // *Proceedings of the National Academy of Sciences of the USA*. 2016. № 113. P. 5976–5981; Arnold K., Zuberbühler K. Language Evolution: Semantic Combinations in Primate Calls // *Nature*. 2006. № 441. P. 303; Suffixation Influences Receivers' Behaviour in Non-Human Primates / C. Coye, K. Ouattara, K. Zuberbühler, A. Lemasson // *Proceedings of the Royal Society B: Biological Sciences*. 2015. № 282. 20150265; Ouattara K., Lemasson A., Zuberbühler K. Campbell's Monkeys Concatenate Vocalizations into Context-Specific Call Sequences // *Proceedings of the National Academy of Sciences of the USA*. 2009. № 106. P. 22026–22031; Они же. Campbell's Monkeys Use Affixation to Alter Call Meaning // *PLOS One*. 2009. № 4. e7808; Fedurek P., Zuberbühler K., Dahl C. D. Sequential Information in a Great Ape Utterance // *Scientific Reports*. 2016. № 6. P. 38226.
33. Povinelli D. J., Preuss T. M. Theory of Mind: Evolutionary History of a Cognitive Specialization // *Trends in Neuroscience*. 1995. № 18. P. 418–424; Koster-Hale J., Saxe R. Theory of Mind: A Neural Prediction Problem // *Neuron*. 2013. № 79. P. 836–848; Meunier H. Do Monkeys Have a Theory of Mind? How to Answer the Question? // *Neuroscience & Biobehavioral Review*. 2017. № 82. P. 110–123.
34. Waller S. J. Sound and Rock Art // *Nature*. 1993. № 363. P. 501; Waller S. J. The Divine Echo Twin Depicted at Echoing Rock Art Sites: Acoustic Testing to Substantiate Interpretations // *American Indian Rock Art* / eds. A. Quinlan, A. McConnell. 2006. Vol. 32. P. 63–74.
35. Invariant Visual Representation by Single Neurons in the Human Brain / R. Q. Quiroga et al. // *Nature*. 2005. № 435. P. 1102–1107.

36. R. Q. Quiroga, Concept Cells: The Building Blocks of Declarative Memory Functions // *Nature Reviews Neuroscience*. 2012. № 13. P. 587–597.
37. Ariès P. *Western Attitudes Toward Death from the Middle Ages to the Present*. Baltimore : Johns Hopkins University Press, 1974; Metcalf P., Huntington R. *Celebrations of Death: The Anthropology of Mortuary Ritual*. Cambridge : Cambridge University Press, 1991; Pearson M. P. *The Archaeology of Death and Burial*. College Station : Texas A&M University Press, 2000; Conklin B. A. *Consuming Grief: Compassionate Cannibalism in an Amazonian Society*. Austin : University of Texas Press, 2001; Robben A. C. G. M. *Death, Mourning, and Burial: A Cross-Cultural Reader*. London : Wiley-Blackwell, 2005; Brown V. *The Reaper's Garden: Death and Power in the World of Atlantic Slavery*. Cambridge : Harvard University Press, 2010.
38. King B. J. *How Animals Grieve*. Chicago : The University of Chicago Press, 2013.
39. Anderson J. R., Gillies A., Lock L. C. Pan Thanatology // *Current Biology*. 2010. № 20. R349–R351.
40. Death among Geladas (*Theropithecus gelada*): A Broader Perspective on Mummified Infants and Primate Thanatology / P. J. Fashing et al. // *American Journal of Primatology*. 2011. № 73. P. 405–409.
41. Viveiros de Castro E. A floresta de cristal: notas sobre a ontologia dos espíritos amazônicos // *Cadernos de Campo*. 2006. № 14/15. P. 319–338.
42. Durkheim E. *The Elementary Forms of Religious Life* / trans. C. Cosman. Oxford : Oxford University Press, 2001; Costa L., Fausto C. // *The International Encyclopedia of Anthropology* / ed. H. Callan. New York : John Wiley & Sons, 2018.
43. Rival L. M. *Trekking Through History: The Huaorani of Amazonian Ecuador*. New York : Columbia University Press, 2002.)



44. Descola P., Lloyd J. *Beyond Nature and Culture*. Chicago : The University of Chicago Press, 2013; Costa L., Fausto C. *The Return of the Animists: Recent Studies of Amazonian Ontologies // Religion and Society: Advances in Research*. 2010. № 1. P. 89–109.
45. Tylor E. B. *Primitive Culture*. London : John Murray, 1871.
46. Viveiros de Castro E. B. *Cosmological Deixis and Amerindian Perspectivism // Journal of the Royal Anthropological Institute*. 1998. № 4. P. 469–488.
47. Lévi-Strauss C. *The Savage Mind*. Oxford : Oxford University Press, 1994.
48. Viveiros de Castro E. B. *Perspectivism and Multinaturalism in Indigenous America // The Land Within: Indigenous Territory and the Perception of Environment / eds. A. Surrallés, P. García Hierro*. Copenhagen : IWGIA, 2005.
49. Viveiros de Castro E. B. *Cosmological Deixis and Amerindian Perspectivism*. P. 469–488.
50. Kopenawa D., Albert B. *The Falling Sky: Words of a Yanomami Shaman / trans. N. Elliott, A. Dundy*. Cambridge : Belknap, Harvard University Press, 2013. P. 140–141.
51. Lima T. S. *Two and Its Many: Reflections on Perspectivism in a Tupi Cosmology // Ethnos*. 1999. № 64. P. 107–131.
52. Lima T. S. *Um peixe olhou para mim. O povo Yudjá e a perspectiva*. São Paulo : Unesp, 2005.
53. Boas F. *Contributions to the Ethnology of the Kwakiutl*. Vol. 3. New York : Columbia University Contributions to Anthropology, 1925; Feest C. F. *Dream of One of Twins: On Kwakiutl Dream Culture // Studien zur Kulturkunde*. 2001. № 119. S. 138–153.
54. Gonçalves M. A. *O mundo inacabado: Ação e criação em uma cosmologia amazônica*. Rio de Janeiro : UFRJ, 2001. 277 p.

## Глава 16. Тоска по мертвым и внутренний мир культуры

1. McNamara P. *The Neuroscience of Religious Experience*. Cambridge : Cambridge University Press, 2009.
2. *Evolution, Cognition, and the History of Religion: A New Synthesis, Supplements to Method & Theory in the Study of Religion* / A. K. Petersen et al. Vol. 13. Leiden : Brill, 2018.
3. Mapping the Origins and Expansion of the Indo-European Language Family / R. Bouckaert et al. // *Science*. 2012. № 337. P. 957–960.
4. Mota I. Jogo do bicho é ilegal, mas mobiliza a paixão do povo // *O Liberal*. Belém. 2017. August 6.
5. Jung C. G. *The Red Book* / trans. S. Shamdasani. New York : W. W. Norton & Co., 2009.
6. Jung C. G. // *Psychology Audiobooks*. Kino, 1990.
7. *The World Within: C. G. Jung in His Own Words, directed by Suzanne Wagner*. Bosustow Video Productions, 1990.
8. Riches C. Man Strangled His Wife After Nightmare // *Express*. 2010. July 30.
9. Morewedge C. K., Norton M. I. When Dreaming Is Believing: The (Motivated) Interpretation of Dreams // *Journal of Personality and Social Psychology*. 2009. № 96. P. 249–264.
10. Антонио Гереиро, из личной беседы с автором, 27 сентября 2018 года.
11. *Antropologia y experiencias del sueño* / ed. M. Perrin. Quito : MLAL/ Abya-Yala, 1990.
12. Hartmann E. Making Connections in a Safe Place: Is Dreaming Psychotherapy? // *Dreaming*. 1995. № 5. P. 213–228.

13. Cognitivebehavioral Therapy / B. O. Rothbaum, E. A. Meadows, P. Resick, D. W. Foy // *Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies* / eds. T.M. Keane, E.B. Foa, M.J. Friedman. New York : Guilford, 2000. P. 320–325.
14. Comprehensive Versus Usual Community Care for First-Episode Psychosis: 2-Year Outcomes from the NIHM RAISE Early Treatment Program / J.M. Kane et al. // *American Journal of Psychiatry*. 2016. № 173. P. 362–372.
15. Enhanced Therapeutic Alliance Modulates Pain Intensity and Muscle Pain Sensitivity in Patients with Chronic Low Back Pain: An Experimental Controlled Study / J. Fuentes et al. // *Physical Therapy*. 2014. № 94. P. 477–489.
16. Nader K., Schafe G. E., Le Doux J. E. Fear Memories Require Protein Synthesis in the Amygdala for Reconsolidation after Retrieval // *Nature*. 2000. № 406. P. 722–726.
17. Sara S.J. Retrieval and Reconsolidation: Toward a Neurobiology of Remembering // *Learning & Memory*. 2000. № 7. P. 73– 84; Epigenetic Priming of Memory Updating during Reconsolidation to Attenuate Remote Fear Memories / J. Graff et al. // *Cell*. 2014. № 156. P. 261–276.
18. Solms M. Reconsolidation: Turning Consciousness into Memory // *Behavioral and Brain Sciences*. 2015. № 38. e24.

## **Глава 17. Есть ли у снов будущее**

1. Maury A. Le Sommeil et les rêves. Paris : Didier, 1865.
2. Malcolm N. Dreaming and Skepticism // *The Philosophical Review*. 1956. № 65. P. 14–37.

3. Dennett D. C. Are Dreams Experiences? // 1976. № 85. P. 151–171.
4. Predicting Human Brain Activity Associated with the Meanings of Nouns / T. M. Mitchell et al. // *Science*. 2008. № 320. P. 1191–1195; Identifying Natural Images from Human Brain Activity / K. N. Kay, T. Naselaris, R. J. Prenger, J. L. Gallant // *Nature*. 2008. № 452. P. 352–355; Bayesian Reconstruction of Natural Images from Human Brain Activity / T. Naselaris et al. // *Neuron*. 2009. № 63. P. 902–915; Natural Speech Reveals the Semantic Maps that Tile Human Cerebral Cortex / A. G. Huth et al. // *Nature*. 2016. № 532. P. 453–458.
5. Attention during Natural Vision Warps Semantic Representation across the Human Brain / T. Çukur, S. Nishimoto, A. G. Huth, J. L. Gallant // *Nature Neuroscience*. 2016. № 16. P. 763–770.
6. Neural Decoding of Visual Imagery during Sleep / T. Horikawa, M. Tamaki, Y. Miyawaki, Y. Kamitani // *Science*. 2013. № 340.
7. The Neural Correlates of Dreaming / F. Siclari et al. // *Nature Neuroscience*. 2017. № 20. P. 872–878.
8. Increased Global Functional Connectivity Correlates with LSD-Induced Ego Dissolution / E. Tagliazucchi et al. // *Current Biology*. 2016. № 26. P. 1043–1050; Kraehenmann R. Dreams and Psychedelics: Neurophenomenological Comparison and Therapeutic Implications // *Current Neuropharmacology*. 2017. № 15. P. 1032–1042; Dreamlike Effects of LSD on Waking Imagery in Humans Depend on Serotonin 2A Receptor Activation / R. Kraehenmann et al. // *Psychopharmacology*. 2017. № 234. P. 2031–2046; The Experience Elicited by Hallucinogens Presents the Highest Similarity to Dreaming within a Large Database of Psychoactive Substance Reports / C. Sanz et al. // *Frontiers in Neuroscience*. 2018. № 12. P. 7.
9. LSD Increases Primary Process Thinking via Serotonin 2A Receptor Activation / R. Kraehenmann et al. // *Frontiers in Pharmacology*. 2017. № 8. P. 814; Changes in Global and Thalamic Brain Connectivity

- in LSD-Induced Altered States of Consciousness Are Attributable to the 5-HT<sub>2A</sub> Receptor / K.H. Preller et al. // *Elife*. 2018. №7.
10. Comparative Efficacy and Acceptability of 21 Antidepressant Drugs for the Acute Treatment of Adults with Major Depressive Disorder: A Systematic Review and Network Meta-Analysis / A. Cipriani et al. // *The Lancet*. 2018. № 391. P. 1357–1366.
  11. El-Mallakh R. S., Gao Y., Jeannie Roberts R. Tardive Dysphoria: The Role of Long Term Antidepressant Use in Inducing Chronic Depression // *Medical Hypotheses*. 2011. №76. P. 769–773; Antidepressant-Induced Tardive Dysphoria / R. S. El-Mallakh, Y. Gao, B. T. Briscoe, R. J. Roberts // *Psychotherapy and Psychosomatics*. 2011. №80. P. 57–59.
  12. Kirsch I. *The Emperor's New Drugs: Exploding the Antidepressant Myth*. New York : Basic Books, 2010.
  13. Psilocybin Produces Substantial and Sustained Decreases in Depression and Anxiety in Patients with Life-Threatening Cancer: A Randomized Double-Blind Trial / R.R. Griffiths et al. // *Journal of Psychopharmacology*. 2016. №30. P. 1181–1197; Psilocybin with Psychological Support for Treatment-Resistant Depression: An Open-Label Feasibility Study / R.L. Carhart-Harris et al. // *The Lancet Psychiatry*. 2016. №3. P. 619–627; Rapid and Sustained Symptom Reduction Following Psilocybin Treatment for Anxiety and Depression in Patients with Life-Threatening Cancer: A Randomized Controlled Trial / S. Ross et al. // *Journal of Psychopharmacology*. 2016. №30. P. 1165–1180; Psilocybin with Psychological Support for Treatment-Resistant Depression: Six-Month Follow-Up / R. L. Carhart-Harris et al. // *Psychopharmacology*. 2018. № 235. P. 399–408.
  14. Lyons T., Carhart-Harris R. L. Increased Nature Relatedness and Decreased Authoritarian Political Views after Psilocybin for

- Treatment-Resistant Depression // Journal of Psychopharmacology. 2018. № 32. P. 811–819.
15. Increased Amygdala Responses to Emotional Faces after Psilocybin for Treatment-Resistant Depression / L. Roseman et al. // Neuropharmacology. 2017. № 142. P. 263–269; Psilocybin with Psychological Support Improves Emotional Face Recognition in Treatment-Resistant Depression / J. B. Stroud et al. // Psychopharmacology. 2018. № 235. P. 459–466.
  16. Roseman L., Nutt D.J., Carhart-Harris R.L. Quality of Acute Psychedelic Experience Predicts Therapeutic Efficacy of Psilocybin for Treatment-Resistant Depression // Frontiers in Pharmacology. 2017. № 8. P. 974.
  17. MDMA-Assisted Psychotherapy Using Low Doses in a Small Sample of Women with Chronic Posttraumatic Stress Disorder / J. C. Bouso et al. // Journal of Psychoactive Drugs. 2008. № 40. P. 225–236; Mithoefer M. C., Grob C. S., Brewerton T. D. Novel Psychopharmacological Therapies for Psychiatric Disorders: Psilocybin and MDMA // The Lancet Psychiatry. 2016. № 3. P. 481–488; Therapeutic Effect of Increased Openness: Investigating Mechanism of Action in MDMA-Assisted Psychotherapy / M. T. Wagner et al. // Journal of Psychopharmacology. 2017. № 31. P. 967–974; 3,4-Methylenedioxymethamphetamine (MDMA)-Assisted Psychotherapy for Post-Traumatic Stress Disorder in Military Veterans, Firefighters, and Police Officers: A Randomised, Double-Blind, Dose-Response, Phase 2 Clinical Trial / M. C. Mithoefer et al. // The Lancet Psychiatry. 2018. № 5. P. 486–497.
  18. Nutt D.J., King L. A., Phillips L. D. On behalf of the Independent Scientific Committee on Drugs. Drug Harms in the UK: A Multicriteria Decision Analysis // The Lancet. 2010. № 376. P. 1558–1565.

19. 3,4-Methylenedioxymethamphetamine (MDMA)-Assisted Psychotherapy... / M. C. Mithoefer et al.
20. Antidepressant Effects of a Single Dose of Ayahuasca in Patients with Recurrent Depression: A Preliminary Report / L. Osório et al. // *Revista Brasileira de Psiquiatria*. 2015. Nº 37. P. 13–20; Antidepressant Effects of a Single Dose of Ayahuasca in Patients With Recurrent Depression: A SPECT Study / R. F. Sanches et al. // *Journal of Clinical Psychopharmacology*. 2016. Nº 36. P. 77–81.
21. Rapid Antidepressant Effects of the Psychedelic Ayahuasca in Treatment-Resistant Depression: A Randomized Placebo-Controlled Trial / F. Palhano-Fontes et al. // *Psychological Medicine*. 2018. P. 1–9.
22. Palhano-Fontes F. Os efeitos antidepressivos da ayahuasca, suas bases neurais e relação com a experiência psicodélica : doctoral thesis. Universidade Federal do Rio Grande do Norte, 2017.
23. Harmine Stimulates Proliferation of Human Neural Progenitors / V. Dakic et al. // *PeerJ*. 2016. Nº 4. e2727; Short Term Changes in the Proteome of Human Cerebral Organoids Induced by 5-Methoxy-N,N-Dimethyltryptamine / V. Dakic et al. // *BioRxiv*. 2017.
24. A Single Dose of 5-MeO-DMT Stimulates Cell Proliferation, Neuronal Survivability, Morphological and Functional Changes in Adult Mice Ventral Dentate Gyrus / R. V. Lima da Cruz, T. C. Moulin, L. L. Petiz, R. N. Leao // *Frontiers in Molecular Neuroscience*. 2018. Nº 11. 312 p.
25. Psychedelics Promote Structural and Functional Neural Plasticity / C. Ly et al. // *Cell Reports*. 2018. Nº 23. P. 3170–3182.
26. Labigalini Jr. E., Rodrigues L. R., Da Silveira D. X. Therapeutic Use of Cannabis by Crack Addicts in Brazil // *Journal of Psychoactive Drugs*. 1999. Nº 31. P. 451–455; Ayahuasca-Assisted Therapy for Addiction: Results from a Preliminary Observational Study

- in Canada / G. Thomas et al. // *Current Drug Abuse Reviews*. 2013. №6. P. 30–42; *The Therapeutic Use of Ayahuasca* / eds. B. C. Labate, C. Cavnar. New York : Springer, 2014.
27. Insel T. R., Summergrad P. Plenary Panel: Future of Psychedelic Psychiatry. URL: [https://www.youtube.com/embed/\\_oZ\\_v3QFQDE?list=PL4FovNNTozFSw5gRe\\_zVTAvNIwjYD\\_AIU?ecver=2](https://www.youtube.com/embed/_oZ_v3QFQDE?list=PL4FovNNTozFSw5gRe_zVTAvNIwjYD_AIU?ecver=2).
28. Goldman-Rakic P. S. The Prefrontal Landscape: Implications of Functional Architecture for Understanding Human Mentation and the Central Executive // *Philosophical Transactions of the Royal Society of London: Series B, Biological Sciences*. 1995. №351. P. 1445–1453; Panksepp J. *Affective Neuroscience: The Foundations of Human and Animal Emotions*. Oxford : Oxford University Press, 1998; Barcelo F., Suwazono S., Knight R. T. Prefrontal Modulation of Visual Processing in Humans // *Nature Neuroscience*. 2000. №3. P. 399–403; The Functional Neuroanatomy of Episodic and Semantic Autobiographical Remembering: A Prospective Functional MRI Study / B. Levine et al. // *Journal of Cognitive Neuroscience*. 2004. №16. P. 1633–1646; Quiroga R. Q. Concept Cells: The Building Blocks of Declarative Memory Functions // *Nature Review of Neuroscience*. 2012. №13. P. 587–597; Martinelli P., Sperduti M., Piolino P. Neural Substrates of the Self-Memory System: New Insights from a Meta-Analysis // *Human Brain Mapping*. 2013. №34. P. 1515–1529; Andermann M. L., Lowell B. B. Toward a Wiring Diagram Understanding of Appetite Control // *Neuron*. 2017. №95. P. 757–778; A Neural Circuit for Gut- Induced Reward / W. Han et al. // *Cell*. 2018. №175. P. 887–888.
29. Minsky M. Why Freud Was the First Good AI Theorist // *The Transhumanist Reader: Classical and Contemporary Essays on the Science, Technology, and Philosophy of the Human Future* / eds. M. More, N. Vita-More. Chichester : John Wiley-Blackwell, 2013. P. 167–176.



30. Short-Term Psychodynamic Psychotherapies for Common Mental Disorders / A. A. Abbass, J. T. Hancock, J. Henderson, S. Kisely // Cochrane Database of Systematic Reviews. 2006. № 4. CD0046; Affective Neuroscience Strategies for Understanding and Treating Depression: From Preclinical Models to Three Novel Therapeutics / J. Panksepp et al. // Clinical Psychological Science. 2014. № 2. P. 472–494.
31. Replaying the Game: Hypnagogic Images in Normals and Amnesics / R. Stickgold et al. // Science. 2000. № 290. P. 350–353; Cognitive Replay of Visuomotor Learning at Sleep Onset: Temporal Dynamics and Relationship to Task Performance / E. J. Wamsley et al. // Sleep. 2010. № 33. P. 59–68; Dreaming of a Learning Task Is Associated with Enhanced Sleep-Dependent Memory Consolidation / E. J. Wamsley et al. // Current Biology. 2010. № 20. P. 850–855.
32. Neural Systems Underlying the Suppression of Unwanted Memories / M. C. Anderson et al. // Science. 2004. № 303. P. 232–235; Depue B. E., Curran T., Banich M. T. Prefrontal Regions Orchestrate Suppression of Emotional Memories Via a Two-Phase Process // 2007. № 317. P. 215–219.
33. Solms M. Dreaming and REM Sleep Are Controlled by Different Brain Mechanisms // Behavioral and Brain Science. 2000. № 23. P. 843–850. Discussion. P. 904–1121; Perogamvros L., Schwartz S. The Roles of the Reward System in Sleep and Dreaming // Neuroscience Biobehavioral Review. 2012. № 36. P. 1934–1951.
34. Speech Graphs Provide a Quantitative Measure of Thought Disorder in Psychosis / N. B. Mota et al. // PLOS One. 2012. № 7. e34928; Graph Analysis of Dream Reports Is Especially Informative about Psychosis / N. B. Mota et al. // Science Reports. 2014. № 4. P. 3691; Mota N. B., Copelli M., Ribeiro S. Thought Disorder Measured as Random Speech Structure Classifies Negative Symptoms and

- Schizophrenia Diagnosis 6 Months in Advance // *npj Schizophrenia*. 2017. №3. P. 1–10.
35. Reinisch J. The Kinsey Institute New Report on Sex: What You Must Know to Be Sexually Literate. New York : St. Martin's, 1991; Ryan G. Childhood Sexuality: A Decade of Study. Part I: Research and Curriculum Development // *Child Abuse & Neglect*. №24. 2000. P. 33–48; Child Sexual Behavior Inventory: Normative, Psychiatric, and Sexual Abuse Comparisons / W.N. Friedrich et al. // *Child Maltreatment*. 2001. № 6. P. 37–49.
  36. Epigenetic Regulation of the Glucocorticoid Receptor in Human Brain Associates with Childhood Abuse / P.O. McGowan et al. // *Nature Neuroscience*. 2009. №12. P. 342–348; Epigenetic Mechanisms for the Early Environmental Regulation of Hippocampal Glucocorticoid Receptor Gene Expression in Rodents and Humans / T. Zhang et al. // *Neuropsychopharmacology*. 2013. № 38. P. 111–123; Early Life Stress Confers Lifelong Stress Susceptibility in Mice Via Ventral Tegmental Area OTX2 / C.J. Pena et al. // *Science*. 2017. №356. P. 1185–1188.
  37. Huxley A. *The Doors of Perception and Heaven and Hell*. London : Vintage Classics, 2004. P. 53–54.
  38. Jung C. G., Jaffé A. *Memories, Dreams, Reflections*. London : William Collins, 1967. 183 p.
  39. Drury B., Clavin T. *The Heart of Everything That Is: The Untold Story of Red Cloud, An American Legend*. New York : Simon & Schuster, 2013.

## **Глава 18. Сон и судьба**

1. Borges J.L. *The Dream* // *Poems of the Night* / trans. A. Reid. New York : Penguin Books, 2010. P. 109.

2. Jung C. G. General Aspects of Dream Psychology // Collected Works of C. G. Jung: The Structure and Dynamics of the Psyche. Princeton : Princeton University Press, 1916. P. 493.
3. Pessoa F. The Book of Disquiet: The Complete Edition / trans. M. J. Costa. London : Serpent's Tail, 2018. P. 78.
4. Staden H. Primeiros registros escritos e ilustrados sobre o Brasil e seus habitantes. São Paulo : Terceiro Nome, 1999.
5. Wallace A. F. C., D'Agostino A. Dreams and the Wishes of the Soul: A Type of Psychoanalytic Theory among the Seventeenth Century Iroquois // American Anthropologist. 1958. № 60. P. 234–248.
6. Descola P. In the Society of Nature: A Native Ecology in Amazonia. Cambridge : Cambridge University Press, 1994; Descola P. As lanças do crepúsculo: Relações jívaro na Alta Amazônia. São Paulo : Cosac Naify, 2006.
7. Brown M. Ropes of Sand: Order and Imagery in Aguaruna Dreams // Dreaming: Anthropological and Psychological Interpretations / ed. B. Tedlock. Santa Fé : School of American Research Press, 1992. P. 154–170.
8. Gonçalves M. A. O mundo inacabado: Ação e criação em uma cosmologia amazônica. Rio de Janeiro : UFRJ, 2001.
9. Barcelos Neto A. A arte dos sonhos: Uma iconografia ameríndia. Lisboa : Assírio & Alvim, 2002; Barcelos Neto A. Apapaatai: Rituais de máscaras do Alto Xingu. São Paulo : Edusp/Fapesp, 2008.
10. Kracke W. He Who Dreams. The Nocturnal Source of Transforming Power in Kagwahiv Shamanism // Portals of Power: Shamanism in South America / eds. E. J. Mattison Langdon, G. Baer. Albuquerque : University of New Mexico Press, 1992. P. 127–148.
11. Basso E. B. The Kalapalo Indians of Central Brazil. New York : Holt, 1973; Basso E. B. A Musical View of the Universe: Kalapalo Myth

- and Ritual Performances. Philadelphia : University of Pennsylvania Press, 1985; Basso E. *The Implications of a Progressive Theory of Dreaming // Dreaming: Anthropological and Psychological Interpretation* / ed. B. Tedlock. Cambridge : Cambridge University Press, 1987. P. 86–104.
12. Gregor T. «Far, Far Away My Shadow Wandered...»: The Dream Symbolism and Dream Theories of the Mehinaku Indians of Brazil // *American Ethnologist*. 1981. № 8. P. 709–720; Gregor T. *O Branco dos meus Sonhos*, Anuário Antropológico. Vol. 82. Rio de Janeiro : Tempo Brasileiro, 1984.
  13. Siasi/Sesai. *Quadro geral dos povos indígenas no Brasil*. 2014. URL: [https://pib.socioambiental.org/pt/Quadro\\_Geral\\_dos\\_Povos](https://pib.socioambiental.org/pt/Quadro_Geral_dos_Povos).
  14. Xavante J. N, Giaccaria B., Heide A. *Jerônimo Xavante sonha: Contos e sonhos*. Campo Grande : Casa da Cultura, 1975; *Etenhiririapá: Cantos da tradição Xavante*. CD. Warner Music Brasil : Quilombo Music, Rio de Janeiro, 1994; Eid A. S. F. *A'uwê anda pelo sonho: A espiritualidade indígena e os perigos da modernidade*. São Paulo : Instituto de Estudos Superiores do Dharma, 1998; Graham L. R. *Performing Dreams: Discourses of Immortality among the Xavante of Central Brazil*. Tucson : Fenestra Books, 2003.
  15. Eid A. S. F. *A'uwê anda pelo sonho...* P. 13.
  16. Giaccaria B., Heide A. *Xavante: Auwê Uptabi: Povo autêntico*. São Paulo : Dom Bosco, 1972. 271 p.
  17. Jecupé K. W. *A terra dos mil povos: História indígena brasileira contada por um índio*. São Paulo : Peirópolis, 1998. 68 p.
  18. *Studies on the Xavante Indians of the Brazilian Mato Grosso* / J. V. Neel et al. // *American Journal of Human Genetics*. 1964. № 16. P. 52–140; Silva A. L. *Dois séculos e meio de história Xavante // História dos Índios no Brasil* / ed. M. Carneiro da Cunha. São Paulo : Companhia das Letras, 1992. P. 357–378; Monteiro J. M. *Tupis, tapuias*

- e historiadores: Estudos de história indígena e do indigenismo, Tese de livre docência. Campinas : Unicamp, 2001.
19. Na primeira margem do rio: território e ecologia do povo xavante de Wedezé / J. R. Welch, R. V. Santos, N. M. Flowers, C. E. A. Coimbra Jr. Brasília : FUNAI, 2013.
  20. Tserewahou D. Wai'á rini: O poder do sonho, in *Indigenous Video Makers (Video nas Aldeias, 2001)*, 48 mins. URL: <https://www.youtube.com/watch?v=t44ZPqoYyCU>.
  21. Aldunate C. Mapuche: Gente de la Tierra // *Culturas de Chile etnografía: Sociedades indígenas contemporáneas y su ideología* / eds. V. Schiappacasse et al. Santiago : Andrés Bello, 1996. P. 111-134.
  22. Montecino S. Palabra dicha: estudios sobre género, identidades, mestizaje. Santiago : Universidad de Chile, Facultad de Ciencias Sociales, 1997.
  23. Bengoa J. Historia del pueblo mapuche (siglos XIX y XX). Neuquén : Sur, 1987; Foerster R., Montecino S. Organizaciones, líderes y tiendas mapuches: 1900-1970. Santiago : Centro de Estudios de la Mujer, 1988.
  24. Foerster R. Martín Painemal Huenchual: Vida de un dirigente mapuche. Santiago : Academia de Humanismo Cristiano, 1983.
  25. Shiratori K. G. O acontecimento onírico ameríndio: O tempo desarticulado e as veredas dos possíveis : master's dissertation / Museu Nacional, Universidade Federal do Rio de Janeiro. Rio de Janeiro, 2013.
  26. Villas-Bôas O., Villas-Bôas C. Xingu: Indians and Their Myths. New York : Farrar, Straus and Giroux, 1973.
  27. Assunção A. 500 anos de desencontros // *IstoÉ*. 1999. Nº 1555. P. 7-11.
  28. Brody H. Maps and Dreams. Madeira Park : Douglas & McIntyre, 1981. 267 p.

29. Dean C. The Australian Aboriginal «Dreamtime»: Its History, Cosmogogenesis, Cosmology and Ontology. Victoria : Gamahucher, 1996.
30. Elkin A. P. Elements of Australian Aboriginal Philosophy // Oceania. 1969. № 9. P. 85–98; Stanner W. E. H. Religion, Totemism and Symbolism // Religion in Aboriginal Australia / ed. M. Charlesworth. Queensland : University of Queensland Press, 1989.
31. Rinpoche T. T. Ancient Tibetan Dream Wisdom // Tarab Institute International. 2013. URL: <http://www.tarab-institute.org/articles/ancient-tibetan-dream-wisdom>.
32. Lee B. Bruce Lee Striking Thoughts: Bruce Lee's Wisdom for Daily Living. Clarendon : Tuttle, 2015. 177 p.
33. Body Temperature Changes during the Practice of G Tum-Mo Yoga / H. Benson et al. // Nature. 1982. № 295. P. 234–236; Follow Your Breath: Respiratory Interoceptive Accuracy in Experienced Meditators / J. Daubenmier et al. // Psychophysiology. 2013. № 50. P. 777–789; Bornemann B., Singer T. Taking Time to Feel Our Body: Steady Increases in Heartbeat Perception Accuracy and Decreases in Alexithymia over 9 Months of Contemplative Mental Training // 2017. № 54. P. 469–482.
34. Sparrow G. S. Lucid Dreaming: Dawning of the Clear Light. Virginia Beach : A. R. E. Press, 1982; Garfield P. Pathway to Ecstasy: The Way of the Dream Mandala. New Jersey : Prentice Hall, 1990.
35. D'Hervey de Saint-Denys L. Dreams and How to Guide Them. London : Duckworth, 1982.
36. Van Eeden F. A Study of Dreams // Proceedings of the Society for Psychical Research. № 26. 1913. P. 431–461.
37. Hearne K. M. T. Lucid Dreams: An Electro-Physiological and Psychological Study : doctoral thesis / University of Liverpool. Liverpool, 1978.

38. LaBerge S. Lucid Dreaming: An Exploratory Study of Consciousness during Sleep : doctoral thesis / Stanford University. Stanford, 1980.
39. Lucid Dreaming Verified by Volitional Communication during REM Sleep / S. P. LaBerge, L. E. Nagel, W. C. Dement, V. P. J. Zarcone // *Perceptual and Motor Skills*. 1981. № 52. P. 727–732; This Is Dream: Induction of Lucid Dreams by Verbal Suggestion during REM Sleep / S. LaBerge, J. Owens, L. Nagel, W. C. Dement // *Journal of Sleep Research*. 1981. 10; LaBerge S. Lucid Dreaming as a Learnable Skill: A Case Study // *Perceptual and Motor Skills*. 1980. № 51. P. 1039–1042; Induction of Lucid Dreaming by Light Stimulation during REM Sleep / S. LaBerge, L. Levitan, R. Rich, W. C. Dement // *Journal of Sleep Research*. 1988. № 17. P. 104; LaBerge S., Dement W. C. Voluntary Control of Respiration during REM Sleep // *Journal of Sleep Research*. 1982. P. 11; LaBerge S., Levitan L., Dement W. C. Lucid Dreaming: Physiological Correlates of Consciousness during REM Sleep // *Journal of Mind and Behavior*. 1986. № 7. P. 251–258; Brylowski A., Levitan L., LaBerge S. H-Reflex Suppression and Autonomic Activation during Lucid REM Sleep: A Case Study // *Sleep*. 1998. № 12. P. 374–378.
40. Austrian Dream Behavior: Results of a Representative Population Survey / R. Stepansky et al. // *Dreaming*. 1998. № 8. P. 23–30; Schredl M., Erlacher D. Lucid Dreaming Frequency and Personality // *Personality and Individual Differences*. 2004. № 37; Yu C. K. C. Dream Intensity Inventory and Chinese People's Dream Experience Frequencies // *Dreaming*. 2008. № 18. P. 94–111; Schredl M., Erlacher D. Frequency of Lucid Dreaming in a Representative German Sample // *Perceptual and Motor Skills*. 2011. № 112. P. 104–108; S. Dream Characteristics in a Brazilian Sample: An Online Survey Focusing on Lucid Dreaming / A. Mota-Rolim et al. // *Frontiers in Human Neuroscience*. 2013. № 7. P. 836.
41. LaBerge S., LaMarca K., Baird B. Pre-Sleep Treatment with Galantamine Stimulates Lucid Dreaming: A Double-Blind,

- Placebo-Controlled, Crossover Study // PLOS One. 2018. № 13. e0201246; Volitional Components of Consciousness Vary across Wakefulness, Dreaming and Lucid Dreaming / M. Dresler et al. // Frontiers in Psychology. 2014. № 4. P. 987.
42. Lucid Dreaming: A State of Consciousness with Features of Both Waking and Non-Lucid Dreaming / U. Voss, R. Holzmann, I. Tuin, J. A. Hobson // Sleep. 2009. 32. P. 1191–1200.
  43. Neural Correlates of Dream Lucidity Obtained from Contrasting Lucid versus Non-Lucid REM Sleep: A Combined EEG/fMRI Case Study / M. Dresler et al. // 2012. 35. P. 1017–1020.
  44. Dreamed Movement Elicits Activation in the Sensorimotor Cortex / M. Dresler et al. // Current Biology. 2011. № 21. P. 1833–1837.
  45. Stumbrys T., Erlacher D., Schredl M. Testing the Involvement of the Prefrontal Cortex in Lucid Dreaming: A TDCS Study // Consciousness and Cognition. 2013. № 22. P. 1214–1222.
  46. Induction of Self Awareness in Dreams through Frontal Low Current Stimulation of Gamma Activity / U. Voss et al. // Nature Neuroscience. 2014. № 17. P. 810–812.
  47. Brown D. Bury My Heart at Wounded Knee: An Indian History of the American West. New York : Fall River Press, 2014.
  48. Erlacher E., Stumbrys T., Schredl M. Frequency of Lucid Dreams and Lucid Dream Practice in German Athletes // Imagination, Cognition and Personality. 2012. № 31. P. 237–246; Erlacher D., Schredl M. Practicing a Motor Task in a Lucid Dream Enhances Subsequent Performance: A Pilot Study // The Sport Psychologist. 2010. № 24. P. 157–167; Schädlich M., Erlacher D., Schredl M. Improvement of Darts Performance Following Lucid Dream Practice Depends on the Number of Distractions while Rehearsing within the Dream: A Sleep Laboratory Pilot Study // Journal of Sports Sciences. 2017. № 35. P. 2365–2372.



49. Time for Actions in Lucid Dreams: Effects of Task Modality, Length, and Complexity / D. Erlacher, M. Schädlich, T. Stumbrys, M. Schredl // *Frontiers in Psychology*. 2013. № 4. P. 1013; LaBerge S., Baird B., Zimbardo P.G. Smooth Tracking of Visual Targets Distinguishes Lucid REM Sleep Dreaming and Waking Perception from Imagination // *Nature Communications*. 2018. № 9. P. 3298.
50. Tholey P. Consciousness and Abilities of Dream Characters Observed during Lucid Dreaming // *Perceptual and Motor Skills*. 2018. № 68. P. 567–578; Stumbrys T., Daniels M. An Exploratory Study of Creative Problem Solving in Lucid Dreams: Preliminary Findings and Methodological Considerations // *International Journal of Dream Research*. 2010. № 3. P. 121–129; Stumbrys T., Erlacher D., Schmidt S. Lucid Dream Mathematics: An Explorative Online Study of Arithmetic Abilities of Dream Characters // 2011. № 4. P. 35–40.
51. LaBerge S. Lucid Dreaming and the Yoga of the Dream State: A Psychophysiological Perspective // *Buddhism and Science: Breaking New Ground* / ed. B. A. Wallace. New York : Columbia University Press, 2003. P. 233–258.
52. Zadra A. L., Pihl R. O. Lucid Dreaming as a Treatment for Recurrent Nightmares // *Psychotherapy and Psychosomatics*. 1997. № 66. P. 50–55; Zappaterra M., Jim L., Pangarkar S. Chronic Pain Resolution after a Lucid Dream: A Case for Neural Plasticity? // *Medical Hypotheses*. 2014. № 82. P. 286–290; Psychosis and the Control of Lucid Dreaming / N. B. Mota et al. // *Frontiers in Psychology*. 2016. № 7. P. 294.
53. Sigman M. *The Secret Life of the Mind: How Your Brain Thinks, Feels, and Decides*. Boston : Little, Brown and Company, 2017. 288 p.
54. Global Warming of 1,5 °C // IPCC Report. 2018. URL: <https://www.ipcc.ch/sr15/>; Climate-Change-Driven Accelerated Sea-Level Rise Detected in the Altimeter Era / R. S. Nerem et al. // *Proceedings*

of the National Academy of Sciences of the USA. 2018. № 115. P. 2022–2025.

55. Kopenawa D., Albert B. *The Falling Sky: Words of a Yanomami Shaman* / trans. N. Elliott, A. Dundy. Cambridge : Belknap, Harvard University Press, 2013. P. 406–407.
56. Nighttime Temperature and Human Sleep Loss in a Changing Climate / N. Obradovich, R. Migliorini, S. C. Mednick, J. H. Fowler // *Science Advances*. 2017. № 3. e1601555.