



Sensory deprivation

Reduction or absence of usual external stimuli or perceptual experiences, commonly resulting in psychological distress and aberrant functioning if continued too long.



John C. Lilly

1950s







- _ no light
- _ soundproof
- _ ear plugs
- _ no clothes
- _ body temperature
- _ lots of salt

– > **sensory deprivation**

about 60 minutes / session

40 minutes

can experience itching (like in meditation)

20 minutes

transition from alpha/beta to theta brainwaves
(same as before sleep/when waking up, but longer)

lowered blood pressure

lowered cortisol

maximum blood flow

+ creativity

+ performance

- stress

- pain

Bibliography:

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