

Neuroscientist and Longevity Triple Doctor Makes a Breakthrough in Consciousness Detection

A Scientist Makes Groundbreaking Discovery in Detecting Consciousness Through Lucid Dreaming. Paving the Way for the Future of Brain-Computer Interfaces.

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EINPresswire.com/ -- In a breakthrough that could redefine the way we understand the human mind, neuroscientist [Dr. Berenika Maciejewicz](#) — a rare triple doctorate holder — has unveiled pioneering research on detecting consciousness through the study of lucid dreaming. Her work, first published in the International Clinical Neuroscience Journal, titled "[Investigating Consciousness in Sleep Studies](#)", offers unprecedented insight into one of the most mysterious frontiers of neuroscience: the moment awareness emerges during lucid RED sleep.



Dr Berenika Maciejewicz Triple Doctor Neuroscience Longevity

Dr. Maciejewicz leads a biotechnology unicorn startup in the human longevity space called [600and1](#). It bioengineers ways to extend human lifespan and health-span. She holds two PhDs — one in Biomedical Engineering from the Einstein Medical Institute and another in Neuroscience from London Metropolitan University — alongside a medical degree. It was during her doctoral research in neuroscience that she made critical advances in understanding how lucid dreaming can be measured and potentially harnessed to detect the location and the moment when consciousness emerges in the brain.

Lucid dreaming, a rare but measurable through fMRI and EEG techniques scientific

phenomenon, occurs when a sleeper becomes aware they are dreaming — most often during the REM phase of sleep. According to Dr. Maciejewicz research, more than half the global population has experienced at least one lucid dream in their life, while around one in four report monthly occurrences. This conscious dreaming state opens a unique window for scientists to study neural signatures of how self-awareness manifests in the brain.

Her published analysis categorizes existing lucidity induction techniques into three main groups: external stimulation (light or sound cues during sleep), cognitive and mnemonic methods (memory exercises and reality checks) and miscellaneous techniques, including pharmacological approaches. The study also highlights the urgent need for methodological standardization in sleep research, noting that many existing protocols are based on anecdotal accounts, leading to inconclusive or biased data.

This forward-thinking neuroscience research carries exciting implications beyond just sleep studies. Experts suggest it could play a pivotal role in advancing brain-computer interface systems, such as those being developed by Neuralink, the company founded by Elon Musk. By integrating lucid dreaming data into AI technology or neuroprosthetic devices, future innovations may bridge the gap between subconscious experiences and conscious control in real-time. “If we can identify the neural signatures of consciousness in lucid sleep, it’s not a stretch to imagine applying this knowledge to improve communication with patients in vegetative or coma states, enhance AI learning models, and expand human potential through brain-computer interface systems,” said a neuroscience commentator reviewing the study.

The implications extend to AI technology, cognitive rehabilitation, and even next-generation mental wellness tools. For the public, this means a potential future where dream control, memory enhancement, and conscious thought during sleep could move from science fiction into everyday reality. Dr. Maciejewicz’s work is more than an academic milestone — it’s a step toward unlocking more potential of the human mind. As neuroscience continues to merge with AI and neural engineering, this research could be the blueprint for a new era of human consciousness exploration.

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