

Supplemental Material 2

Multiple regression results, for REM dream, N2 dream, and daydream conditions, for Exploration-Insight score (dependent variable) with predictors: Number of words in (day)dream report; length of discussion session; Dreamlike Fantasy rating; number of incorporations of Personally Significant Events (PSEs) from the previous 10 days into (day)dream report, and number of incorporations of Major Concerns (MCs) from the previous 10 days into (day)dream report.

REM dreams: Model $F(5,29) = 0.318$, $p=.897$, $R\text{ squared} = .062$, adjusted $R\text{ squared} = -.133$

Predictor	Beta	t	Significance	Lower CI	Upper CI
Report length	.224	.869	.394	-.005	.013
Discussion length	.000	.001	.999	-.081	.081
Dreamlike Fantasy	.001	.002	.998	-.582	.583
Incorporations of PSEs	.111	.456	.653	-.157	.246
Incorporations of MCs	.030	.121	.905	-.208	.234

N2 dreams: Model $F(5,24) = 0.609$, $p=.694$, $R\text{ squared} = .138$, adjusted $R\text{ squared} = -.089$

Predictor	Beta	t	Significance	Lower CI	Upper CI
Report length	-.029	-.097	.924	-.014	.012
Discussion length	.065	.261	.797	-.082	.106
Dreamlike Fantasy	-.330	-1.260	.223	-.922	.229
Incorporations of PSEs	.139	.560	.582	-.150	.259
Incorporations of MCs	-.013	-.051	.960	-.137	.130

Daydreams: Model $F(5,28)=2.600$, $p=.053$, $R\text{ squared} = .361$, adjusted $R\text{ squared} = .222$

Predictor	Beta	t	Significance	Lower CI	Upper CI
Report length	.124	.604	.552	-.007	.013
Discussion length	.262	1.258	.221	-.042	.174
Dreamlike Fantasy	-.460	-2.416	.024	-.524	-.041
Incorporations of PSEs	.489	2.272	.033	.014	.303
Incorporations of MCs	-.362	-1.559	.133	-.175	.025

Notes. Beta is standardized coefficient Beta; PSEs = Personally Significant Events recorded in logs kept for 10 days before sleeping in sleep laboratory; MCs = Major Concerns recorded in logs kept for 10 days before sleeping in sleep laboratory.