

Literature review

The book chapter discusses the dream argument problem in the episode "Shadow Play" from The Twilight Zone. The text includes a passage from René Descartes's book "Meditations on First Philosophy" (1641). In that passage, he discusses: When you sleep, you often dream about things that are quite normal to you and that you often do in waking life. For example, Descartes was convinced that he was sitting by the fire with his clothes on, while he lay undressed in his bed. While asleep, not everything is always as clear and distinct as when you are awake. But even while asleep, he was deceived by similar illusions. There are no definite clues that allow us to clearly distinguish waking from sleep. After Descartes's passage, the text discusses the episode "Shadow Play," in which Adem Grant dreams about being accused of murder and sentenced to death. He tries to convince the others in his dream that it's just a dream and that they are just characters in his dream. The people in the dream don't believe Adem. Adem behaves very much as he would in waking life. But many dreams are just like our waking lives. It could be a dream that doesn't involve any unusual experiences. Even though Adem knows it's a dream, he doesn't fly or anything to make people believe it's a dream. The author says that's because many of our dreams are just like waking experiences. Why would Adem know that he's dreaming but doesn't do anything with it? In my experience, you don't realize you're dreaming. You only notice this when you're awake and can't make a clear story out of it. Some people do realize they're dreaming. In that case, you have lucid dreams. In some cases, the dreamer can influence the dreams. It's possible that Adem does have lucid dreams but can't influence it and therefore only does things he knows. But that doesn't mean dreams are looking so normal. Are dreams always like waking life? Usually, something unusual occurs in my dreams. People you've never met or haven't seen in a long time are there or unusual behavior from others or yourself. Is that changing the view of other or yourself? Sometimes, because so much happens in your dreams, you can't always make a story out of them or distinguish things from memories. So the dreams can have influence on how you see yourself or others. Because the interaction felt like a memory and not a dream. Sometimes, it can get so close to reality with the people you know and situations that could or still have to happen that you store that as a memory. And find out later it was not real and didn't happen. So, in conclusion: dreams are very similar to waking life and therefore not always distinguishable from waking life. I think that's often not the case. Dreams can use pieces of your waking life, which can cause confusion about what really happened and what didn't. But many of my dreams are so vague and strange that when I wake up, I immediately realize it was a dream. But then it can still change my view of myself, as if I were a completely different person in my dream, and not a good person.

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<http://www.jstor.org/stable/10.3998/mpub.14374928.67>.