S3 Table. Characteristics of the WLEs incorporated into dreams that happened 6 to 9 days before the dreams (n=36).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Characteristics | Mean Score ± SD | Low (%) | Neutral (%) | High (%) |
| Frequency *(Rare – Daily)* | 4.1 ± 2.9 | 49.3 ± 48 | 18.6 ± 37 | 32.1 ± 42 |
| Familiarity *(New – Familiar)* | 5.2 ± 3.0 | 38.1 ± 43 | 25.2 ± 42 | 36.7 ± 42 |
| Emotional valence *(Neg. – Pos.) 1* | 5.4 ± 2.1 | 24.6 ± 36 | 22.5 ± 39 | 52.9 ± 46 |
| Importance | 5.7 ± 3.0 | 21.9 ± 34 | 19.5 ± 31 | 58.6 ± 39 |
| Current concern | 5.1 ± 3.4 | 39.3 ± 40 | 8.6 ± 27 | 52.1 ± 40 |
| Emotional intensity *2* | 1.4 ± 1.3 | 56.1 ± 46 | 31.8 ± 41 | 12.1 ± 29 |

Except for emotional intensity, Neutral (%) refers to the percentage of WLEs with a score of 5.

1 For emotional valence, Low = negative and High = positive.

2 Emotional intensity is rated on a 1-to-4 scale (see Methods). Neutral = medium emotional intensity.