

# Review of: "What is it like to be Out-of-Body? Phenomenal accounts of experiencers"

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Potential competing interests: No potential competing interests to declare.

Interesting article, I think it is reasonable and helpful for OBE research. I hope, the authors of this study will continue researching perception on OBE and provide the future studies in this direction.

1. The aim of the study, its practical use should be described in the Abstract more clear.
2. In the Introduction it would be good to compare the out-of-body experience with lucid dreaming as many of researchers consider them as the same processes (according to their physiological features). Also, it can be added that if we say about both: lucid dreaming and OBE, the statistics is another (Michael Raduga, Oleg Kuyava, NataliaSevcenko, <https://doi.org/10.1016/j.mehy.2020.110169>). Further in the text you provide an explanation why OBE was chosen, not LD - that's good.
3. It's needed to be mentioned that LD experience is often induced while awakening and falling asleep, so that types of LD are considered as out-of-body-experience (Michael Raduga, Oleg Kuyava, NataliaSevcenko, <https://doi.org/10.1016/j.mehy.2020.110169>). Also, if needed you can underline the difference between LD phenomenon and OBE from reports you have chosen for this study. For example, further in the text you describe the OBE induction method as hypnotic suggestions (6 reports), because, even though LD is often taken into account together with OBEs, hypnotic suggestions differs from usual LD induction methods.
4. Methods: ok.
5. Results: What if to introduce the gradation of the perception in common in OBEs by percentage, additionally to the existing categories. For example: >100% (perception vividness more than in physical reality), 100% (perception vividness is close or qual to reality level), and <100% (perception vividness is lower than in physical reality)?
6. Conclusions: «it is necessary to devise experiments where OBErs are requested to perform tasks that can be verified in our ordinary reality by third-person witnesses» - I think it would also be good to verify such phenomena with the help of technologies or registering objects being under OBErs' actions, not just person witnessing.