

Author	Title	Source	Year	Type	Country	Category
Adams, H. B.	Therapeutic Potentialities of Sensory Deprivation Procedures	International Mental Health Research Newspaper Vol. 6 Is. 4, pp. 7-9	1964	Research Article	USA	Chamber REST
Adams, H. B.	Effects of Reduced Stimulation on Institutionalized Adult Patients	Restricted Environmental Stimulation: Research and Clinical Applications, pp. 320-364	1980	Research Article	USA	Chamber REST
Adams, H. B.	Studies in REST III: REST, Arousal and the Nature of Alcohol and Substance Abuse	Journal of Substance Abuse Treatment, Vol. 5, pp. 77-81	1988	Research Article	USA	Chamber REST
Adams, H. B., Cooper, G. D., & Carrerra, R. N.	Individual Differences in Behavioral Reactions of Psychiatric Patients to Brief Partial Sensory Deprivation	Perceptual and Motor Skills, Vol. 34, pp. 199-217	1972	Research Article	USA	Chamber REST
Adams, H.B.	The Incredible History of REST Technology	Restricted Environmental Stimulation: Research and Commentary, pp. 11 -28	1990	Research Article	USA	Chamber REST
Åsenlöf, K., Olsson, S., Bood, S. Å., & Norlander, T.	Case Studies on Fibromyalgia and Burn-out Depression Using Psychotherapy in Combination with Flotation-REST: Personality Development and Increased Well-being	Imagination, Cognition and Personality, Vol. 26, Iss. 3, pp. 259-271	2007	Research Article	Sweden	Float REST
Atkinson, R.	Short-Term Exposure to REST: Enhancement Performance on a Signal-Detection Task	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 93-100	1993	Research Article	USA	Float REST
Baker, D.A.	The Effects of REST and Hemispheric Synchronization Compared to the Effects of REST and Guided Imagery on the Enhancement of Creativity in Problem-Solving	2nd International Conference on REST, pp.122-126	1985	Research Article	USA	Float REST
Baker, D.A.	The Use of REST in the Enhancement of Sports Performance-Tennis	Restricted Environmental Stimulation: Research and Commentary, pp. 181-187	1990	Research Article	USA	Float REST
Ballard, E.	REST in the Treatment of Persistent Psychophysiological Insomnia	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 187-203	1993	Research Article	USA	Float REST
Barabasz M., Barabasz A. F. & Dyer, R.	Chamber REST Reduces Alcohol Consumption: 3, 6, 12 and 24 Hour Sessions	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 163 - 173	1993	Research Article	USA	Chamber REST
Barabasz M., O'Neill M. & Scoggin, G.	The Physiological Panic Button: New Data	Restricted Environmental Stimulation: Research and Commentary, pp. 112-119	1990	Research Article	USA	Chamber REST
Barabasz, A. F.	Restricted Environmental Stimulation and the Enhancement of Hypnotizability: Pain, EEG Alpha, Skin Conductance and Temperature Responses	International Journal of Clinical and Experimental Hypnosis, Vol. 30, pp. 147-166	1982	Research Article	USA	Chamber REST
Barabasz, A. F., Barabasz M., Bauman J.	Restricted Environmental Stimulation Technique Improves Human Performance: Rifle Marksmanship	Perceptual and Motor Skills, Vol. 76, pp. 867-873	1993	Research Article	USA	Dry Float REST
Barabasz, A., Barabasz, M., Dyer, R. & Rather, N.	Effects of Chamber REST, Flotation REST and Relaxation on Transient Mood State	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 113-120	1993	Research Article	USA	Chamber REST
Barabasz, A.F. & Barabasz, M.	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives	Springer-Verlag, New York, New York	1993	Book	USA	Float REST, Chamber REST
Barabasz, A.F. & Barabasz, M.	Controlling Experimental and Situational Demand Variables in Restricted Environmental Stimulation Research	2nd International Conference on REST, pp. 110-121	1985	Research Article	USA	Chamber REST
Barabasz, A.F. & Barabasz, M.	REST: A Key Facilitator in the Treatment of Eating Disorders	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 121-125	1993	Research Article	USA	Chamber REST
Barabasz, A.F. & Barabasz, M.	Treatment of Trichotillomania and Smoking with Hypnosis and REST	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 145-155	1993	Research Article	USA	Chamber REST

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Barabasz, A.F., Barabasz, M.	Effects of Restricted Environmental Stimulation: Enhancement of Hypnotizability for Experimental and Chronic Pain Control	International Journal of Clinical & Experimental Hypnosis: Vol. 37 Iss. 3, pp. 217-231	1989	Research Article	USA	Chamber REST
Barabasz, A.F., Barabasz, M.	Effects of Chamber REST on Hypnotizability and Chronic Pain	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 213-228	1990	Research Article	USA	Chamber REST
Barabasz, Arreed E.	Effects of Brief and Long Term REST on Conformity of Perception of Figure Inversion	1st International Conference on REST and Self Regulation, pp. 103-108	1983	Research Article	USA	Chamber REST
Barabasz, M., Barabasz, A. F., Darakjy-Jaeger, J., Justice, T., Anderson, K., Trevisan, M.	The Effects of Dry Flotation REST on Hypnotizability, EEG and Skin Conductance in Lighted and Unlighted Conditions	American Journal of Clinical Hypnosis, Vol. 58 Iss. 2, pp. 204-214	2015	Research Article	USA	Dry Float REST
Beissner, F. and Marzloff, I.	Investigation of Acupuncture Sensation Patterns under Sensory Deprivation Using a Geographic Information System	Evidence-Based Complementary and Alternative Medicine Volume 2012	2012	Research Article	Germany	Float REST
Best, J.A.	Satiation and Sensory Deprivation Combined in Smoking Therapy: Some Case Studies and Unexpected Side-Effects	International Journal of Addiction, Vol. 12, pp. 337-359	1977	Research Article	Canada	Chamber REST
Bood, S. Å.	Bending and Mending the Neurosignature. Frameworks of Influence by Flotation-REST (Restricted Environmental Stimulation Technique) Upon Wellbeing in Patients with Stress Related Ailments	Karlstad University, Karlstad, Sweden	2007	Dissertation	Sweden	Float REST
Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T.	Effects of Flotation-REST (Restricted Environmental Stimulation Technique) on Stress Related Muscle Pain: What Makes the Difference in Therapy, Attention-Placebo, or the Relaxation Response?	Pain Research and Mangement, Vol. 10, Iss. 4, pp. 201-209	2005	Research Article	Sweden	Float REST
Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T.	Effects of REST(Restricted Environmental Stimulation technique) on Stress Related Muscle Pain: Are 33 Flotation Sessions More Effective than 12 Sessions?	Personality and Behaviour, Vol. 35, pp. 143-156	2007	Research Article	Sweden	Float REST
Bood, S. Å., Sundequist, U., Norlander, T., Nordström, L., Nordenström, K., Kjellgren, A., et al.	Eliciting the Relaxation Response with Help of Flotation-REST (Restricted Environmental Stimulation Technique) in Patients with Stress Related Ailments	International Journal of Stress Management, Vol, 13, pp. 154-175	2006	Research Article	Sweden	Float REST
Bood, S.A.	Floating Effective for Stress and Pain, Research Suggests	Science Daily, Iss.. Nov. 6, 2007	2007	Research Article	Sweden	Float REST
Borrie R., Dana J., Perry S., & Friedman M.	Flotation REST, Physical Therapy and Psychological Intervention in the Treatment of Physical Disabilities	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 289-296	1993	Research Article	USA	Float REST
Borrie R.A., Suedfeld P.	Restricted Environmental Stimulation Therapy in a Weight Reduction Program	Journal of Behavioral Medicine, Vol, 3, Iss. 2, pp. 147-161	1980	Research Article	USA	Chamber REST
Borrie, R.A.	The Use of Restricted Environmental Stimulation Therapy in Treating Addictive Behaviors	International Journal on Addiction, Vol. 25, Iss. 7A-8A, pp. 995-1015	1990	Research Article	USA	Float REST
Borrie, R.A.	Development of the Guided Float: The Use of Ericksonian Hypnosis in Flotation REST	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 158-173	1990	Research Article	USA	Float REST
Bross, M.	A Cybernetic Model of Restricted Environmental Stimulation Effects	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 31-41	1990	Research Article	USA	Float REST, Chamber REST
Bross, M.	The Application of Sensory Restriction Techniques in the Study of Sensory Threshold Regulation	1st International Conference on REST and Self-Regulation, pp. 62-75	1983	Research Article	USA	Float REST, Chamber REST
Bross, M., Harsh, M., Reiss, J.	A Comparison of Temporal and Spatial Visual Acuity in Response to Monocular Occlusion	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 102-101	1990	Research Article	USA	Sensory Isolation

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Brownfield, C.	Slow REST or Fast Drugs: Meditation or Medication	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 101-111	1993	Research Article	USA	Float REST, Chamber REST
Bruner, J.	The Cognitive Consequences of Early Sensory Deprivation	Psychosomatic Medicine, Vol. 21, Iss. 2, pp. 89-95	1959	Research Article	USA	Sensory Deprivation
Bruno, J. J., Heilbronner, R., Fine, T. H. & Turner, J. W.	The Use of Subjective Reports From REST: Towards a Developmental Systems Framework	1st International Conference on REST and Self-regulation, pp. 123-135	1983	Research Article	USA	Float REST, Chamber REST
Budzynski T.H.	Hemisphere Asymmetry and REST	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 2-21	1990	Research Article	USA	Chamber REST
Budzynski, T.H.	A Brain Lateralization Model for REST	1st International Conference on REST and Self-Regulation	1983	Research Article	USA	Chamber REST
Cahn H.	Sensory Isolation used with Cognition Modification Training to Restore Medically Declared Unfit Persons to Duty and Reduce Absenteeism in City of Phoenix Maintenance Workers	1st International Conference on REST and Self-Regulation, pp.167-178	1983	Research Article	USA	Float REST
Cahn, H.	A Novel Application of Sensory Isolation: Tank Training to Reduce Sickness Absenteeism in City of Phoenix Employees	1st International Conference on REST and Self Regulation, pp. 167-178	1983	Research Article	USA	Float REST
Cooper, G.D., Adams, H.B., & Scott, J.C.	Studies in REST I: Reduced Environmental Stimulation Therapy and Reduced Alcohol Consumption	Journal of Substance Abuse Treatment, Vol. 5, Iss. 2, pp. 61-68	1988	Research Article	USA	Chamber REST
Coren, S., Suedfeld P.	Data vs Drama: Introductory Psychology Textbook's View of REST Research	Restricted Environmental Stimulation: Research and Commentary pp. 62-69	1990	Research Article	USA	Float REST, Chamber REST
Crawford, H.	Psychological Comparisons of REST and Hypnosis: Implications for Future Research	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 175-186	1993	Research Article	USA	Float REST
Deaton, J.E.	Effectiveness of Isolation in the Reduction of Cigarette Smoking	Military Medicine, Iss. 148, pp. 750-753	1983	Research Article	USA	Chamber REST
Delmonte, M.M.	Psychological Responses During Meditation and REST	Biofeedback and Self-Regulation, Vol. 9 Iss. 2, pp. 181-200	1984	Research Article	Ireland	Chamber REST
Dierendonck, D. & Nijenhuis, J.	Flotation Restricted Environmental Stimulation Therapy (REST) as a Stress-Management Tool: A meta-analysis	Psychology and Health, June, 2005, 20, pp. 405-412	2005	Research Article	The Netherlands	Float REST
DiRito, D.	Motivational Factors in Alcohol Consumption: Extending Hull's Model	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 157-162	1993	Research Article	USA	Float REST, Chamber REST
Driller, M., Argus, C.	Flotation Restricted Environmental Stimulation Therapy and Napping on Mood State and Muscle Soreness in Elite Athletes: A Novel Recovery Strategy?	Performance Enhancement Health, Vol. 5, Iss. 2, pp. 60-65	2016	Research Article	Australia	Float REST
Dyer, R., Barabasz, A. F. & Barabasz, M.	Twenty-Four Hours of Chamber REST Produces Specific Food Aversions in Obese Females	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 127-144	1993	Research Article	USA	Chamber REST
Edebol, H., Bood, A., Bood, S. Norlander, T.	Chronic Whiplash-Associated Disorders and Their Treatment Using Flotation-REST (Restricted Environmental Stimulation Technique)	Qualitative Health Research Vol. 18, Iss. 4, pp. 480-488	2008	Research Article	Sweden	Float REST
Edebol, H., Kjellgren, A., Bood, A., and Norlander, T.	Enhanced Independence and Quality of Life Through Treatment with Flotation-Restricted Environmental Stimulation Technique of a Patient with both Attention Deficit Hyperactivity Disorder and Aspergers Syndrome: A Case Report	Cases Journal, Vol. 7, Iss. 2, pp. 69-79	2009	Case Study	Sweden	Float REST
Eichhorn, D.	Auditory Signal Detection in Various Levels of Restricted Environmental Stimulation	University of British Columbia, Vancouver, British Columbia	2003	Dissertation	Canada	Chamber REST

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Ewy, G., Sershon, P., Freundlich, T.	The Presence or Absence of Light in the REST Experience: Effects on Plasma Cortisol, Blood Pressure and Mood	Restricted Environmental Stimulation: Research and Commentary, pp. 120-133	1990	Research Article	USA	Float REST
Fine T. & Turner J.W.	The Use of Restricted Environmental Stimulation Therapy (REST) in the Treatment of Essential Hypertension	1st International Conference on REST and Self-Regulation, pp.136-143	1983	Research Article	USA	Float REST
Fine T.& Turner J.W.	The Effect of Flotation REST on EMG Biofeedback and Plasma Cortisol	2nd International Conference on REST, pp.148-155	1985	Research Article	USA	Float REST
Fine, T., Mills, D. Turner, J.	Differential Effects of Wet and Dry Flotation REST on EEG Frequency and Amplitude	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 205-213	1993	Research Article	USA	Float REST, Dry Float REST
Fine, T.; Turner, J.	The Effects of Brief Restricted Environmental Stimulation Therapy in the Treatment of Hypertension	Behavioral Therapist, Iss. 250, pp. 567-570	1982	Research Article	USA	Float REST
Fine, T.; Turner, J.	Rest-assisted Relaxation and Chronic Pain	Health and Clinical Psychology	1985	Research Article	USA	Float REST
Fine, T.H. & Turner J.W.	First International Conference on REST and Self-Regulation	IRIS Publication, Medical College of Ohio, Toledo, Ohio	1983	Book	USA	Float REST, Chamber REST
Fine, T.H. & Turner J.W.	2nd International Conference on REST and Self-Regulation	IRIS Publication, Medical College of Ohio, Toledo, Ohio	1985	Book	USA	Float REST, Chamber REST
Fine, T.H. & Turner J.W.	Restricted Environmental Stimulation: Research and Commentary	IRIS Publication, Medical College of Ohio, Toledo, Ohio	1990	Book	USA	Float REST, Chamber REST
Fine, T.H.; McCormick, B.A.; Shefransky, D.O.; and Turner, J.W.	Effects of Restricted Environmental Stimulation Therapy on Cortisol, Pain, and Indices of Inflammation in Rheumatoid Arthritis	Medical College of Ohio, Department of Psychiatry and Department of Physiology.	1997	Dissertation	USA	Float REST
Forgays, D. Belinson, M.	Is Flotation Isolation a Relaxing Environment?	Journal of Environmental Psychology, Vol. 6, Iss. 1, pp. 19-34	1986	Research Article	USA	Float REST
Forgays, D.G and Forgays, D. K.	The Use of Flotation Isolation to Modify Important Type A Components in Young Adults	Journal of Environmental Psychology, Vol. 14, Iss. 1, pp. 47-55	1994	Research Article	USA	Float REST
Forgays, D.G.	Flotation REST as a Smoking Intervention	Addictive Behaviors, Vol. 12, 1987, pp. 85-90	1987	Research Article	USA	Float REST
Forgays, D.G., Forgays, D.K., Pudvah, M., and Wright, D.	A Direct Comparison of the "Wet" and "Dry" Flotation Environments	Journal of Environmental Psychology, Vol. 11, Iss. 12, pp. 179-187	1991	Research Article	USA	Float REST, Dry Float REST
Forgays, Donald G.; Forgays, Deborah K.	Creativity Enhancement Through Flotation Isolation	Journal of Environmental Psychology, Vol. 12, Iss. 4, pp. 329-335	1992	Research Article	USA	Float REST
Francis W.D. & Stanley J.M.	The Effects of Restricted Environmental Stimulation on Physiological and Cognitive Indices	1st International Conference on REST and Self-Regulation, pp.40-49	1983	Research Article	USA	Float REST, Chamber REST
Freedman, S., Grunebaum, H., and Greenblatt, M.	Perceptual and Cognitive Changes in Sensory Deprivation	Brandeiss University	1959	Dissertation	USA	Sensory Deprivation
Fuerst, K. and Zubek, J. P.	Effects of Sensory and Perceptual Deprivation on a Battery of Open-Ended Cognitive Tasks	Canadian Journal of Psychology, Vol. 22, pp. 122-130	1968	Research Article	Canada	Chamber REST
Goldstein, D.D. & Jessen, W.E.	Flotation Effect on Premenstrual Syndrome	Restricted Environmental Stimulation: Research and Commentary, pp. 260-266	1990	Research Article	USA	Float REST
Grant, M.	Sensory Deprivation and Schizophrenia	Journal of Mental Science, Vol. 105, pp. 235-237	1959	Research Article	USA	Chamber REST
Grunberg,, N.E.	Potential Applications of Restricted Environmental Stimulus Therapy in Behavioral Health	Restricted Environmental Stimulation: Research and Commentary, pp. 36-50	1990	Research Article	USA	Float REST, Chamber REST
Hanna, I.D., Burns, N.M., Tiller, P.R.	Behavioral and Physiological Response to Varying Periods of Sensory Deprivation	Air Crew Equipment Laboratory, U.S. Naval Air Material Center, Philadelphia, Bureau of Medicine, MR005, 13-066.6	1963	Scientific Report	USA	Chamber REST
Harrison, J. & Barabasz, A.	REST as a Treatment for Children with Autism	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 269-280	1993	Research Article	USA	Chamber REST

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Helmreich, R.L.	The Critical Role of Personality and Organizational Factors as Determinants of Reactions to Restricted and Stressful Environments	Restricted Environmental Stimulation: Research and Commentary pp. 51-61	1990	Research Article	USA	Long term isolation
Heron, W., W. H. Bexton, and D.O. Hebb	Cognitive Effects of a Decreased Variation to the Sensory Environment	Canadian Journal of Psychology, Vol. 8, Iss. 2, pp. 70-76	1954	Research Article	Canada	Chamber REST
Hill, S., Eckett, M.J.H., Peterson, C., Harkness, E.F.	A Pilot Study to Evaluate the Effects of Floatation Spa Treatment on Patients with Osteoarthritis	Complementary Therapies in Medicine, Vol. 7, Iss. 4, pp. 235-238	1999	Research Article	USA	Float REST
Hood, R.W. Jr., Morris, R.J.	Sensory Isolation and the Differential Elicitation of Religious Imagery in Intrinsic and Extrinsic Persons	Journal for the Scientific Study of Religion, Vol. 20, Iss. 3, pp. 261 - 273	1981	Research Article	USA	Chamber REST
Hu, P. Wang, R.R., Shang, Z. H.	Flotation Therapy in Treatment of Patients with Primary Hypertension	Clinical Psychology Journal (China) Vol. 2000, Iss. 14, pp. 414-416	2000	Research Article	China	Float REST
Hu, P., SU, Y.	The Origin and Status Quo of Flotation Therapy	Clinical Psychology Journal (China) Vol. 1999, Iss. 7, pp. 248-252	1999	Research Article	China	Float REST
Hu, P., SU, Y.	Effects of Flotation Therapy on Relaxation and Mental State	Chinese Medical Journal, Vol. 117, Iss. 10, pp. 1579-1581	2004	Research Article	China	Float REST
Hunt, T.	Naming an Unknown World: The Changes in Perceived Meaning in Voluntary Subjects after Repeated Use of the "Isolation Tank" Flotation Environment	1st International Conference on REST and Self-Regulation, pp. 109-122	1983	Research Article	USA	Float REST
Hunt, T.	Body-Centered Therapies: A Holographic Paradigm for Understanding REST	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 56-70	1990	Research Article	USA	Chamber REST
Hunt, T. & Poznak, J.	REST in a Comprehensive Holistic Health Center Facility	1st International Conference on REST and Self-Regulation, pp. 201-205	1983	Research Article	USA	Float REST, Chamber REST
Iwata, K., Yamamoto, M., Nakao, M., and Kimura, M.	A Study on Polysomnographic Observations and Subjective Experiences under Sensory Deprivation	Psychiatry and Clinical Neurosciences, Vol. 53, Iss. 2, pp. 129-131	1999	Research Article	Japan	Float REST
Iwata, K., Yamamoto, M., Nakao, M., and Kimura, M.	Quantitative Characteristics of Alpha and Theta EEG Activities During Sensory Deprivation	Psychiatry and Clinical Neurosciences, Vol. 55, Iss. 3, pp. 191-192	2001	Research Article	Japan	Float REST
Jacobs G.D., Kemp J.C., Keane K.M. & Belden A.D.	A Preliminary Clinical Outcome Study on a Hospital Based Stress Management Program Utilizing Flotation REST Biofeedback	1st International Conference on REST and Self-Regulation, pp.179-185	1983	Research Article	USA	Float REST
Jacobs, G., Stanley, J.M., Heilbronner, R.	The Effects of Short-Term Flotation REST on Relaxation: A Controlled Study	Health Psychology, Vol. 3, Iss. 2, pp. 99-112	1984	Research Article	USA	Float REST
Jacobs, G.D., Heilbronner, R. L., Stanley, J.M.	The Effects of Short Term Flotation REST on Relaxation: A Controlled Study	Health Psychol. Vol. 3, Iss. 2, pp. 99-112	1984	Research Article	USA	Float REST
Jacobs, T.	The effect of the floatation version of restricted environmental stimulation technique (REST) on Jazz Improvisation	Music and Medicine, Vol. 3, Iss. 4, pp. 234-238	2011	Research Article	Canada	Float REST
Jessen W.	The Effects of Consecutive Floats and Their Timing on Premenstrual Syndrome	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 281-288	1993	Research Article	USA	Float REST
Jessen, W. E.	In-tank Floatation Therapy	Restricted Environmental Stimulation: Research and Commentary, pp. 152-157	1990	Research Article	USA	Float REST
Jessen, W. E.	Specific Odors and Flotation	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 134-135	1990	Research Article	USA	Float REST
Jessen, W. E.	The Effects of Consecutive Floats and their Timing on Premenstrual Syndrome	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 221-228	1993	Research Article	USA	Float REST
Jonsson, K. and Kjellgren, A.	Curing the Sick and Creating Supermen – How Relaxation in Flotation Tanks is Advertised on the Internet	European Journal of Integrative Medicine, Vol. 6, Iss. 5, pp. 601-605	2014	Research Article	Sweden	Float REST

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Jonsson, K. and Kjellgren, A.	Promising Effects of Treatment with Flotation-REST (Restricted Environmental Stimulation Technique) as an Intervention for Generalized Anxiety Disorder (GAD): a Randomized Controlled Pilot Trial	BMC Complimentary and Alternative Medicine, Vol. 16, pp. 108	2016	Research Article	Sweden	Float REST
Kaplan, G. and Barabasz, A.	Enhancing Hypnotizability: Differential Effects of Flotation REST and Progressive Muscle Relaxation	Restricted Environmental Stimulation: Research and Commentary, pp. 229-244	1990	Research Article	USA	Float REST
Kjellgren, A.	The Experience of Flotation-REST (Restricted Environmental Stimulation Technique): Consciousness, Creativity, Subjective Stress and Pain	Göteborgs University, Göteborg, Sweden	2003	Dissertation	Sweden	Float REST
Kjellgren, A.	Relaxation in a Flotation Tank Brings Peace and Quiet, Increased Well-being and Reduced Pain	The Swedish Research Council 05.11.2003	2003	Research Article	Sweden	Float REST
Kjellgren, A. and Westman, J.	Beneficial Effects of Treatment with Sensory Isolation in Flotation-tank as a Preventive Health-care Intervention – a Randomized Controlled Pilot Trial	BMC Complementary and Alternative Medicine 2014, Vol. 14, pp.417	2014	Research Article	Sweden	Float REST
Kjellgren, A., Buhrkall, H. and Norlander, T.	Psychotherapeutic Treatment in Combination with Relaxation in a Flotation Tank: Effects on “Burn-Out Syndrome”	The Qualitative Report, Vol. 15, Iss. 5, pp. 1243-1269	2010	Research Article	Sweden	Float REST
Kjellgren, A., Buhrkall, H. and Norlander, T.	Preventing Sick-leave for Sufferers of High Stress-load and Burnout Syndrome: A Pilot Study Combining Psychotherapy and the Flotation tank	International Journal of Psychology and Psychological Therapy, Vol. 11, Iss. 2, pp. 297-306	2011	Research Article	Sweden	Float REST
Kjellgren, A., Edebol, H., Norden, T., Norlander, T.	Quality of Life with Flotation Therapy for a Person Diagnosed with Attention Deficit Disorder, Atypical Autism, PTSD, Anxiety and Depression	Open Journal of Medical Psychology, Vol. 2013, Iss. 2, pp. 134-138	2013	Research Article	Sweden	Float REST
Kjellgren, A., Lyden, F. Norlander, T.	Sensory Isolation in Flotation Tanks: Altered States of Consciousness and Effects on Well-being	The Qualitative Report, Vol. 13, Iss. 4, pp. 636-656	2008	Research Article	Sweden	Float REST
Kjellgren, A., Sundequist, U., Norlander, T., Archer, T.	Effects of Flotation-REST on Muscle Tension Pain	Pain Research and Management, Vol. 6, Iss. 4, pp. 181-189	2001	Research Article	Sweden	Float REST
Koula, G., Kemp, J., Keane, K., and Belden, A.	Replication of a Clinical Outcome Study on a Hospital-Based Stress Management and Behavioral Medicine Program Utilizing Flotation REST and Biofeedback	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 202-209	1990	Research Article	USA	Float REST
Koula, G., Kemp, J., Keane, K., and Belden, A.	Replication of a Clinical Outcome Study on a Hospital-Based Stress Management and Behavioral Medicine Program Utilizing Flotation REST and Biofeedback	Recent Research in Psychology: Restricted Environmental Stimulation, pp. 202-209	1993	Research Article	USA	Float REST
Kristeller, J., Schwartz, G., Black, H.	The Use of Restricted Environmental Stimulation Therapy (REST) in the Treatment of Essential Hypertension: Two Case Studies	Behavior Research and Therapy, Vol. 20, Iss. 6, pp. 561-566	1982	Research Article	USA	Chamber REST
Landon, P. B. & Suedfeld, P.	Complex Cognitive Performance and Sensory Deprivation: Completing the U-curve	Perceptual and Motor Skills, Vol. 34, Iss. 2, pp. 601-602	1972	Research Article	Canada	Chamber REST
Landström, A., Bood, S.Å., Kjellgren, A., & Norlander, T.	Treating stress related pain in a clinical sample with flotation-REST: A further report on improvement on pain assessed by the Pain Area Inventory (PAI).	Social Behaviour and Personality, Vol. 35, Iss. 9, pp. 1279-1280	2007	Research Article	Sweden	Float REST
Lann, M.A., and Martin, A.	An Unusual Death Involving a Sensory Deprivation Tank	Journal of Forensic Sciences, Vol. 55, Iss. 6. pp.1638-1640	2010	Research Article	USA	Float REST
Lee, A. B. & Hewitt, J.	Using Visual Imagery in a Flotation Tank to Improve Gymnastic Performance and Reduce Physical Symptoms	International Journal of Sport Psychology, Iss. 18, pp. 223-230	1987	Research Article		Float REST
Levin, J and Brody, N.	Information-deprivation and Creativity	Psychological Reports, Vol. 35, Iss. 1, pp. 231-237	1974	Research Article	USA	Chamber REST
Lilly, J.	Mental Effects of Reduction of Ordinary Levels of Physical Stimuli on Intact, Healthy Persons	Scientific Research Reports, American Psychiatric Association, Iss. 5, pp. 1-9	1956	Scientific Report	USA	Float REST
Lilly, J. and Shurley, J.	Experiments in Solitude, in Maximum Achievable Physical Isolation with Water Suspension, of Intact Healthy Persons	Psychophysical Aspects of Space Flight, pp. 238-247	1960	Scientific Report	USA	Float REST
Lloyd, A. and Shurley, J.	The Effects of Sensory Perceptual Isolation on Single Motor Unit Conditioning	Psychophysiology, Vol. 13, Iss. 4, pp. 340-344	1976	Research Article	USA	Float REST
Mahoney M.J.	Applications of Flotation REST in Personal Development	Restricted Environmental Stimulation: Research and Commentary, pp. 174-180	1990	Research Article		Float REST

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Maier, W.J.	Sensory Deprivation Therapy of an Autistic Boy	American Journal of Psychotherapy, Vol. 24, Iss. 2, pp. 228-245	1970	Research Article	USA	Chamber REST
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Wickramasekera, I.	A Model of the Common "Active Ingredient" in Stress Reduction Techniques	Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives, pp. 59-73	1993	Research Article	USA	Float REST, Chamber REST
Wickramseker, I.	The Common Therapeutic Elements and Procedural Components in Self-Hypnosis and other Stress Reduction Techniques	Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST, pp. 42-55	1990	Research Article	USA	Chamber REST
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It delineates sensory enhancement and sensory deprivation effects at both physiological and anatomical levels and describes the use of enriched environment as a tool to rewire loss of brain areas to enhance other active senses. Finally, strategies to apply restorative features in human-deprived senses are studied, discussing the beneficial and detrimental effects of cross-modal plasticity in prostheses and sensory substitution devices implantation. Sensory deprivation studies in all three major modalities (visual, auditory, and somatosensory) demonstrate the importance of sensory experience for normal brain development. The activity-dependent reorganization of the brain (and in particular the cerebral cortex) follows rules postulated by Hebb for associative learning. Both rules together also incorporate the important concept of synaptic competition, mentioned variously throughout this review, in which connections are strengthened (and maps expand) at the expense of others. Cross-modal compensation by the nondeprived senses is also a natural consequence of deprivation in one sensory modality, which is governed by the same rules for synaptic modification. View chapter Purchase book. Read full chapter. Some researchers even considered sensory deprivation an experimental model of psychosis. However, despite popular belief, sensory deprivation is not inherently unpleasant. According to Dr. Peter Suedfeld, a pioneering psychologist in the field, these stories are rubbish. "The prisoners were bombarded with overstimulation" loud group harangues, beatings and other physical tortures," he explained. Similarly, the original studies at McGill University used constant noise and white light "that is, sensory overload" rather than deprivation. In fact, an analysis in 1997 of well over 1,000 descr Sensory Deprivation - Volume 107 Issue 451. 1962. Effects of Sensory Deprivation. Proceedings of the Royal Society of Medicine, Vol. 55, Issue. 12, p. 1003. 9 Gibby, R. G., Adams, H. B., and Carrera, R. N., "Therapeutic changes in psychiatric patients following partial sensory deprivation", A.M.A. Arch. Gen. Psychiat., 1960, 3, 33-42. 10 Harris, A., "Sensory deprivation and schizophrenia", J. ment. Sci., 1959, 105, 235-237. 11 Hebb, D. O., Discussion of papers in "Sensory deprivation: facts in search of a theory", J. nerv. ment. Dis., 1961, 132, 40-43. 12 Held, R., "Exposure history as a factor in maintaining stability of perception and co-ordination", ibid., 1961, 132, 26-32.