Sensory deprivation

Reduction or absence of usual external stimuli or perceptual experiences, commonly resulting in psychological distress and aberrant functioning if continued too long.
John C. Lilly
1950s
no light
soundproof
ear plugs
no clothes
body temperature
lots of salt

--> sensory deprivation
about 60 minutes / session

40 minutes

can experience itching (like in meditation)

20 minutes

transition from alpha/beta to theta brainwaves
  (same as before sleep/when waking up, but longer)
lowered blood pressure
lowered cortisol
maximum blood flow

+ creativity
+ performance
- stress
- pain
Bibliography:

