Lucid Dreaming

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What is a Lucid Dream?
Any Dream where one is aware that one is dreaming.
Why does it matter?
Because it is fun
Because it is fun
About Sleep
But it doesn't matter
The Stages of Sleep
NREM
The Stages of Sleep

Non-Rapid Eye Movement
The Stages of Sleep

NREM 1
The Stages of Sleep

NREM 1

- Happens while falling asleep.
- Only lasts a few minutes.
- Hypnagogic
The Stages of Sleep

NREM 2
The Stages of Sleep

NREM 2

- Body shuts down.
- Brain waves become longer.
The Stages of Sleep

NREM 3
The Stages of Sleep

NREM 3

- Lasts 30-45 minutes.
- Brain produces delta brain waves.
The Stages of Sleep

NREM 4
The Stages of Sleep

NREM 4

- Little brain activity.
- Heart rate slows down.
- Sleep Walking.
The Stages of Sleep

REM
The Stages of Sleep

REM

- Dreaming.
- Rapid Eye Movement.
- Parallelized
The Stages of Sleep

1. NREM 1
2. NREM 2
3. NREM 3
4. NREM 4
5. NREM 3
6. NREM 2
7. REM
8. Brief waking
MYTH: I Don't Dream
FACT: You Do Dream
FACT: You Do Dream
You just don't remember doing it.
Dream Recall
Dream Recall

• Believe that you will.
Dream Recall

• Believe that you will.
• Write down your dreams.
Dream Recall

• Believe that you will.
• Write down your dreams.
• The more detail the better.
Dream Recall

• Believe that you will.
• Write down your dreams.
• The more detail the better.
• Use dream backtracking.
How to Lucid Dream
Reality Checks
Reality Checks

• Breathing
Reality Checks

• Breathing
• Jumping
Reality Checks

- Breathing
- Jumping
- Text
Reality Checks

- Breathing
- Jumping
- Text
- Time
Reality Checks

- Breathing
- Jumping
- Text
- Time
- Lights
Reality Checks

• Breathing
• Jumping
• Text
• Time
• Lights
• Mirrors
Reality Checks

• Breathing
• Jumping
• Text
• Time
• Lights
• Mirrors
• Continuity
Techniques
Techniques

WBTB
Lucid Dreaming Techniques

Wake
Bake
To
Bed
Lucid Dreaming Techniques

Auto-suggestion
Lucid Dreaming Techniques

Mnemonic Induction of Lucid Dreams
Lucid Dreaming Techniques

WILD
Lucid Dreaming Techniques

Wake-Initiation of Lucid Dreams
Lucid Dreaming Techniques

VILD
Lucid Dreaming Techniques

Visual Induction of Lucid Dreams
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Visual Induction of Lucid Dreams
Lucid Dreaming Techniques

CAT
Lucid Dreaming Techniques

Cycle Adjustment Technique
Staying in a lucid dream
Staying in a lucid dream

- Hand Rubbing.
Staying in a lucid dream

- Hand Rubbing.
- Spinning.
Staying in a lucid dream

- Hand Rubbing.
- Spinning.
- Stopping to experience the world.
False Awakenings
What to do in a Lucid Dream
• Fly.
• Fly.
• Explore the world.
EASY

- Fly.
- Explore the world.
- Walk through mirrors.
EASY

• Fly.
• Explore the world.
• Walk through mirrors.
• Interact with other people.
MEDIUM
• Teleport
• Teleport
• Create new dream characters
• Teleport
• Create new dream characters
• Fight
HARD
MEDIUM

• Create music/art.
• Create music/art.
• Sex.
• Create music/art.
• Sex.
• Creating new memories.
WARNING
Resources
Resources

• Wikibooks:
  http://en.wikibooks.org/wiki/Lucid_Dreaming
Resources

- Wikibooks: http://en.wikibooks.org/wiki/Lucid_Dreaming
- LD4All: http://ld4all.com/
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• Dream Views forum: http://www.dreamviews.com
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• Dream Views forum: http://www.dreamviews.com

• These slides:
  http://leifandersen.net/presentations/
Questions?
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