

DreamLight[®]

LUCID DREAMING INDUCTION DEVICE

OPERATION MANUAL



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Welcome to the world of lucid dreaming and the DreamLight! The DreamLight can help you achieve lucid dreams whether you have never had lucid dreams or whether you've experienced lucid dreaming, but want more. It is a key that will help you open the door to a world of unlimited possibilities and expanded experiences. Consider the DreamLight a tool for exploring the realm of imagination.

Where to Begin

Your current level of experience with lucid dreaming and the DreamLight will determine which chapters in this manual you need to read before beginning to use the DreamLight. Below are suggestions for starting places for different types of users. The recommended chapters contain what we consider the minimum instructions for your level. Read the recommended chapters listed below now, and then refer back to them later as you need. Ideally, all DreamLight owners should read the entire manual. The first step for everyone is to read *Chapter 1: Getting Started*.

What to read to get started using your DreamLight

If you have at this time:	Read these Chapters in the order specified and follow the directions they give for using your DreamLight:
<ul style="list-style-type: none">• no training in lucid dreaming• not read LaBerge's <i>Lucid Dreaming</i> or <i>Exploring the World of Lucid Dreaming</i>	Chapter 1 Appendix A & B Chapters 5–7, 2, & 3
<ul style="list-style-type: none">• a basic understanding of sleep and dreaming (see Appendix A to check)• not previously used a DreamLight, or need a review of how to operate the DreamLight	Chapters 1 Chapters 5–7 Chapters 2 & 3
<ul style="list-style-type: none">• confidence in your knowledge about lucid dreaming and your understanding of how to operate the DreamLight (This means you have attended a Lucidity Institute DreamLight workshop, or received instruction from an affiliate of the Lucidity Institute.)	Chapter 1 Chapters 2 & 3

Warning! Flashing lights can induce seizures in photo-sensitive epileptics, and although no seizures have been induced by the DreamLight, epileptics or those with a family history of epilepsy should not use the DreamLight. If you are now (or have been) in psychotherapy and want to experiment with lucid dreaming and the DreamLight, talk it over with your therapist. Not every therapist will be well informed about lucid dreaming and its implications for therapy, so make sure your therapist understands what you are talking about and is familiar with the current information. *Exploring the World of Lucid Dreaming* (LaBerge & Rheingold, 1990) offers ideas of how lucid dreaming may be instrumental in psychotherapy. If your therapist doesn't think that lucid dreaming would be a good idea for you at this time, follow his or her advice. If you disagree, you should either trust the judgment of your current therapist on this issue, or find another therapist—ideally one who knows how to help you to work with your lucid dreams therapeutically.

Chapter 1 Getting Started

Lucid Dreaming

Lucid dreaming is dreaming with full awareness that you are dreaming. Lucid dreams happen during sleep, just like ordinary dreams. But in lucid dreams you are free to do anything you want, to experience anything imaginable, to do the impossible. To attain this freedom, however, you must “awaken” within the dream; you must recognize that you are dreaming. This is where the DreamLight comes in.

The DreamLight

The DreamLight is a sophisticated computer that uses biofeedback to awaken you within your dreams without interrupting your sleep. It is the result of a decade of research by the world’s leading authorities on lucid dreaming. It works by monitoring your sleep, and giving you a gentle cue when you are dreaming to remind you to notice that you are in a dream.

You wear the DreamLight mask at night as you sleep. The computer in the control box receives information about the movements of your eyes from sensors in the mask, and uses this information to decide when you are in “Rapid Eye Movement” (REM) sleep, the time when dreaming occurs. When it decides that you are dreaming, it communicates with you by giving a *cue*: a sequence of light flashes and/or beeps. These flashes or beeps enter your dream and cue you that you are dreaming.

In the dream, you see flashing lights, and remark to yourself, “Aha! That’s the DreamLight, and I am dreaming!” Once you know you are in a dream, you are free to explore the marvelous world of lucid dreaming.

Working with the DreamLight

It is important before you begin to study how to use the DreamLight that you have a basic understanding of what happens in your body and brain when you are asleep and dreaming. You may already have this knowledge, but if not, please read *Appendix A: Basics of Sleep and Dreaming*.

The first part of this chapter is about setting up the DreamLight — identifying and properly connecting its parts. The second part is just as important, and it is about *setting up your mind* for connecting with the DreamLight.

The DreamLight is like a bicycle: it can make getting where you want to go easier and faster, but it won’t take you there without effort on your part. You must be ready to recognize when the DreamLight is giving you cues to become lucid. This can be challenging for two reasons: your mind is likely to integrate the DreamLight cues into the ongoing dream story and also you are likely to be somewhat less clear-headed and rational than while awake.

The Importance of Mental Preparation

Before the development of the DreamLight, people could only learn to have lucid dreams through diligent practice of mental exercises. Now, the DreamLight can shorten the time it takes you to have lucid dreams, or to have more lucid dreams, but your mind is still essential to the process! The better prepared you are mentally, the greater success you will have. In this manual, we will provide you with mental exercises to help you prepare for success. First, we recommend that you establish the ability to recall at least one dream a night. If you are not at this stage, see *Appendix B: Developing Dream Recall*.

We have developed two simple exercises for helping people to recognize DreamLight cues. They make up the second section of this chapter. They are presented early in your DreamLight training because the sooner you start exercising your mind for lucid dreaming, the sooner you will enjoy the pleasures of lucid dreams.

Become lucid dreaming literate

We also recommend that you read about lucid dreaming, form and participate in lucid dreaming study groups, and attend workshops on lucid dreaming. Group study is helpful because it provides social support for your efforts and provides a forum for discussing ways to achieve your goals in lucid dreaming with others who have similar aspirations. See *Chapter 8: Toward More Light!* for ideas on how to participate with others in the adventure of cultivating higher consciousness.

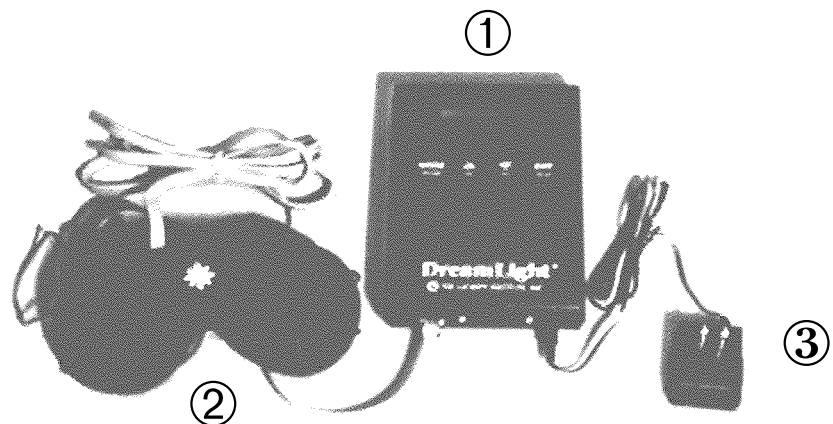
The DreamLight is like a bicycle: it can make getting where you want to go faster and easier, but it won't take you there without effort on your part. The bicycle doesn't ride itself, and neither does the DreamLight.

1. Setting up the DreamLight

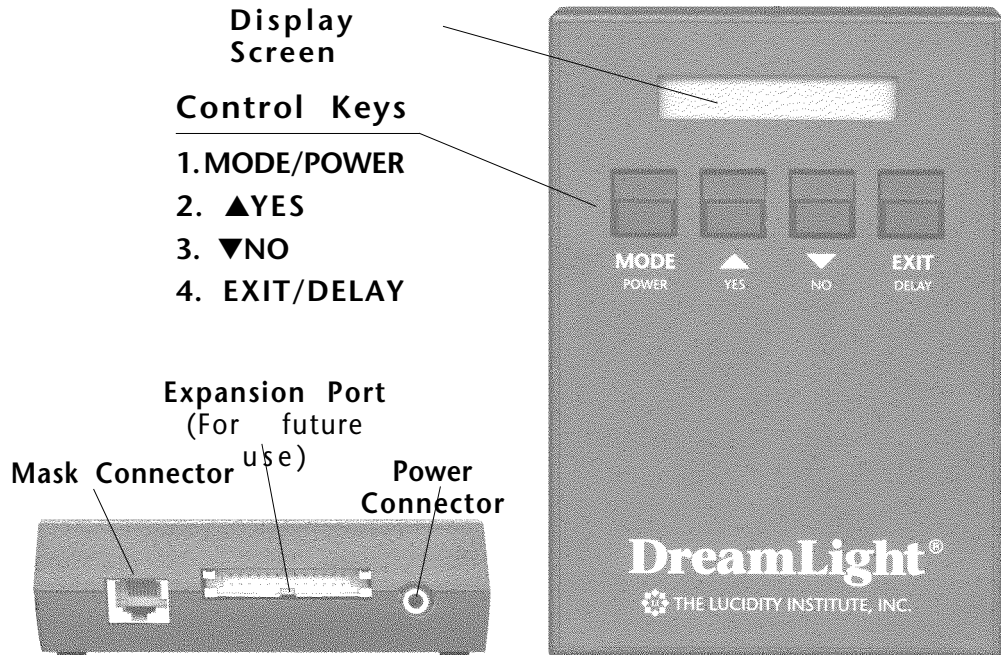
Parts and Assembly

The DreamLight has three main components shown in the figure below:

- ① A black CONTROL BOX,
 - ② A foam-cushioned sleep MASK with black satin cover, and
 - ③ A plug-in POWER SUPPLY (also called a transformer).
- The mask cord plugs into the telephone-style jack on the bottom end of the DreamLight control box.
 - One end of the power supply plugs into an ordinary 110V AC wall socket. The other plugs into the round hole on the bottom end of the DreamLight control box. To function, the DreamLight must be plugged into the wall with the power supply.



GETTING STARTED



The control box

What the control box does

A tiny sandman (also known as a “computer”) in the control box receives the information collected by the sensors in the mask. It decides, based on your eye movements and head movements, when you are likely to be in REM sleep. When it sees a 30 second period with a lot of eye movements, but not much head movement, it triggers the lights in the mask to flash for a few seconds. The length, brightness, frequency, and style of flashing are all adjustable. After the cue is given, it will not be given again for three minutes. After the three minutes are up, the lights will flash again if the control box sees another 30 second period with eye movement activity and no head movement.

Operating the control box

The DreamLight box has a display screen and four keys for setting and operation. There are two sets of labels under the keys, one printed in white (**MODE**, **▲**, **▼**, and **EXIT**) and another printed in yellow (**POWER**, **YES**, **NO**, **DELAY**). Generally, the white labels apply when you are setting the DreamLight and the yellow ones apply when you are using the DreamLight at night to induce lucid dreams. *Operate the keys with gentle finger taps. If you hold a key down, it will act as if you have pressed it multiple times.*

The Expansion Port The DreamLight control box is equipped with a 26-pin connector allowing external equipment to interface with the DreamLight. The Lucidity Institute is developing hardware and software to allow data collected by the DreamLight to be analyzed and displayed on a personal computer, and also to allow control of external devices such as tape recorders.



The Sleep Mask

What the mask does

The mask contains two sets of sensors and a pair of light bulbs that flash to cue you that you are dreaming. One set of sensors detects when your eyes are moving, as they do when you are in dreaming sleep. The other set determines when your head is moving. If you are moving your eyes and your head is still, the DreamLight computer concludes that you are dreaming. If both your eyes and head are moving, the DreamLight concludes that you are awake.

In the middle of the mask, under the star between the eyes and just above where the nose fits, is a button (you can see it if you remove the satin cover). You press the button by pushing on the spot where the star is on the front of the satin cover. When you push it, you will hear a small click.

Near the top of the mask, in the middle, is a small speaker, located in a recession in the foam. The DreamLight can use the speaker to deliver a sound cue in concordance with the light cue (a feature that will be useful to very deep sleepers), and can also use the speaker to awaken you either from dreams (the Dream Alarm™), or at the end of the night, like an alarm clock.

Adjusting the mask to fit

The mask should fit securely; that is, it should not readily slip around on your face. However, it should not be so tight that you feel uncomfortable pressure on your face, or that the button located between the eyes on the front side is continually depressed. You can adjust the snugness of the mask by sliding the buckle along the ribbon. The ribbon goes above your ears. The cable attached to the box should extend up over the top of your head, out of your arms' way.

Caring for your DreamLight

The box can be damaged if liquids are spilled on it, because the liquid will seep inside. Avoid eating or drinking near the box, don't place beverages on or beside it, keep it out of the bathroom and kitchen, and don't leave it outside. The box can also be harmed by shocks, so don't drop it, throw it, or put things on top of it. Treat it like you would a personal computer.

The components in the mask are delicate; do not wet, squash or bend the mask. Never wrap the cord around the mask. After a time, the foam face of the mask may become soiled. (You can clean it by rubbing it with a cloth or sponge lightly dampened with alcohol and air drying.) Do not get any of the electronic components wet. Do not use water to clean the mask. If the foam becomes excessively soiled or damaged, you can order a replacement foam piece from the Lucidity Institute.

2. Setting Your Mind for Lucid Dreaming

Reality Testing

Research has shown that people are much more likely to have lucid dreams with the DreamLight if they have prepared themselves mentally while awake. Preparing mentally means getting in the habit of thinking about the differences between dreaming and waking, becoming aware of lighting in your environment, and setting your intention to recognize the DreamLight's flashing light cue when you see it. Reality testing is an exercise that will help you achieve these goals. It is based on asking the question — *which reality are you in now, waking or dreaming?*

The answer to this question is not obvious! As substantial as the world may seem to you now, the dream world seems just as solid and impressively real when you are in it. To tell the difference between waking and dreaming, you need a reliable test.

CHAPTER 1



Inside this package is a small card, illustrated at left. This is your *Reality Tester*. Pick it up now and examine it. Read the words, then turn the card over. What did it say? Now, turn the card back over so you can see the words. What does it say? If it said the same thing both times, you're probably not dreaming.

The biggest difference between dreams and waking life is the stability of the world. Dreams change frequently, unpredictably, bizarrely. In waking life, you have a sense that things remain essentially constant. That is, people do not transmute in moments into other people, or animals. Words on a page remain when you turn the page, and the street you live on does not move. We make use of the changeability of dreams for our Reality Test. We suggest that you carry your card with you throughout the day. Whenever you wish to do a Reality Test, take it out, read it, and try to make the printing on the card change with mental effort. If you succeed, you're dreaming! Of course, you can also apply this test to any written material in your environment. Digital watches can be very useful — they almost never operate correctly in dreams.

Is it the DreamLight?

Now we will link Reality Testing to a specific practice to prepare you for success with the DreamLight. The DreamLight cues you to become lucid by flashing lights in the sleep mask. These lights enter (become incorporated into) your ongoing dream, in the same way as the telephone or alarm clock occasionally works its way into a dream instead of awakening you. Unlike these intrusive noises, however, the flashing light is a gentle cue that will frequently slip into your dreams. When it does, it may appear in any of a myriad of possible forms. The trick is to become as conscious as you can of lights around you so that you are ready to notice any lights that may be the DreamLight. Take a look now at *Chapter 6: A Catalog of Lights* and then continue with the exercise below.

Exercise: Looking for the Light

1. Begin a list of lights.

Take out a piece of paper and something to write with. Title your paper, "Lights in the Waking World." Now, look around you and notice each source of light in your immediate environment, room, or wherever. List them on your sheet of paper. Examples could be: the desk lamp, the computer screen, the reflection of a lamp in the mirror, the glint of sun in your eye. Don't neglect reflections, electronic devices, or even very bright colors — the DreamLight's cues have appeared as each of these things in someone's dream.

2. Collect many examples of lights.

Carry your list of lights with you during the day. When you see a source of light that is not yet on your list, add it. For example, you will see different kinds of lamps, traffic lights, fires, headlights, etc. If any kind of light strikes you as being unusual (a light bulb burns out, the light in a store seems too bright, someone drives past you on the road with their brights on, etc.) make note of it.

3. Use lights as cues to do Reality Tests.

Each time you notice a new source of light, do a Reality Test. Examine your Reality Tester card, making sure it says what it should, look away from it, then look back and try to make the words change. If they don't (and you're not dreaming), imagine that they do. Visualize yourself realizing that you are dreaming, becoming lucid, and doing something you can only do in a lucid dream (flying, for example).

4. Make a habit of noticing lights everywhere.

Continue to keep your written list of light sources until you have established a habit of observing the lighting in your environment and doing Reality Tests.

Chapter 2 Tutorial: Using the DreamLight

This chapter presents four tutorials introducing you to the DreamLight. The first tutorial will show you how to use the keys on the DreamLight to locate the various “modes” which you will use to set and operate the DreamLight. The second will give you practice adjusting the DreamLight to suit your needs. The third tutorial will teach you how to use the DreamLight for inducing lucid dreams. The fourth tutorial will introduce you to the sensitivity setting modes. After you have worked through these tutorials, you will be ready to use the DreamLight, following the procedure described in the next chapter, *Going to Bed with the DreamLight*.

Tutorial 1

Using the DreamLight Modes

In this tutorial you will practice using the four keys on the DreamLight to locate the various “modes” in which you set and operate the DreamLight. You get feedback about what you are doing on the DreamLight’s display screen. Each mode has its own screen display (also called “screen”).

Keys

MODE

POWER

①



YES

②



NO

③

EXIT

DELAY

④

① **MODE/POWER**

The MODE/POWER key turns on the DreamLight and moves the DreamLight through the sequence of operation modes.

② **▲/YES**

③ **▼/NO**

The uses of the ▲/YES and ▼/NO keys vary depending on which mode the DreamLight is in. These keys are used to increase or decrease the values of settings (such as CUE LENGTH) and to start operations (for example, YES to Sleep Now) and to turn off the delay (see p. 23).

④ **EXIT/DELAY**

The EXIT/DELAY key is used when setting the DreamLight to return you to *Starting Mode* (the WELCOME DREAMER! screen), and in *Lucid Dreaming Mode* (see p. 21) to turn on the delay. It is also used to turn off the DreamLight.

Screens

The following screens appear in sequence when you press the MODE key. The screen illustrations below are examples, the actual values displayed in your DreamLight's screen will vary depending on the DreamLight's settings and the information it has collected.

1. WELCOME DREAMER!

If you leave the DreamLight on this screen, it displays a sequence of messages: Press a Key: YES to Sleep Now, MODE to Adjust, EXIT to Quit...

2. CUE LENGTH 2SEC

3. BRIGHTNESS 3

4. FLASHES REGULAR

5. FLASH RATE 2/S

6. SOUND VOLUME 0

7. 0207M442*S08C019 [The Night Records Screen]

8. #CUES DESIRED 15

9. SENSITIVITY CHK?

10. SENSITIVITY 8

11. DREAM ALARM OFF

12. 08:30 WAKEUP OFF

13. SET? 10/19 21:44 [Date and Time Setting]

14. Press a Key: ... WELCOME DREAMER!

(Back to the first screen.)

Practice Using the MODE Key

Plug in the DreamLight now and press the MODE key. The speaker in the mask will beep and the display should say WELCOME DREAMER! (If it does not, you have pressed the MODE key too hard. That's OK. Continue with these instructions.) Don't press any other keys besides MODE. Press the MODE key again and the screen for the next mode will appear. Press the key again and again until you have seen all the MODE screens and are back at WELCOME DREAMER! Press the EXIT key to turn the DreamLight off.

Tutorial 2**Adjusting the DreamLight**

This tutorial will guide you through the steps involved in setting cues and alarms. When you have finished it, you will have set the DreamLight to the correct time, and the cue and alarms to the appropriate settings for Night 1 (see p. 28).

Note: While you are using the DreamLight's setting modes the DreamLight will turn itself off if you do not press any keys for 2 minutes. If this happens, just press the MODE key until the DreamLight is back in the mode you were working on when it turned off.

1. Starting Mode

Plug the mask into the DreamLight and the DreamLight into a wall outlet. Press the MODE key once. The speaker in the mask will beep and you should see the *Starting Mode* screen, which begins by showing, WELCOME DREAMER! If you do not see this screen, you probably pressed the MODE key too long. Simply press the EXIT key once and it will take you to the *Starting Mode* screen. From *Starting Mode* you can choose to set the DreamLight, enter *Lucid Dreaming Mode*, or turn the DreamLight off. We will now practice setting the DreamLight.

2. Cue Length Mode

Press the MODE key once. You should see the *Cue Length Mode* screen. You will use this mode to increase or decrease the length of the cue. Now press the ▲ key a few times and note that the number on the right (e.g., 2SEC) increases. It goes up by one each time you press the ▲ key. Now press the ▼ key a few times. The number of seconds shown will decrease. Press the ▲ or ▼ key now until the screen shows, CUE LENGTH 6SEC. Now place the mask so you can see the inside, where the bulbs show. Press the ▲ and ▼ keys at the same time, using your index and middle fingers. Observe that the lights flash for 6 seconds, as you have just set. (*If the lights do not flash, go straight to Step 4. Set the Flash Type to REGULAR and then return to Step 3.*) By pressing the ▲ and ▼ keys simultaneously, you are making the DreamLight show you the kind of cue you have programmed it to give you when you are dreaming. Press the ▼ key twice, so that the screen shows, CUE LENGTH 4SEC. Press the ▲ and ▼ keys at the same time and note that the lights flash for 4 seconds.

3. Brightness Mode

Press the MODE key again to enter *Brightness Mode*. This mode is for changing how brightly the lights flash when the cue is given. Press the ▲ key and observe the number on the right increasing. There are six possible settings, from 0 to 5. Note that the values “wrap around” when you pass 5, starting again at 0. Press the ▼ key now to descend through the settings and note that if you go “below” zero, it wraps around to 5. (This wrap-around feature is common to all of the setting modes.) Use the ▲ or ▼ key to set the brightness to 5. Press the ▲ and ▼ keys at the same time, and observe the brightness of the flashes. Press the ▼ key 3 times to set the brightness to 2. Press the ▲ and ▼ keys to see how bright level 2 is in comparison with brightness level 5.

4. Flash Type Mode

Press the MODE key to enter *Flash Type Mode*. There are five settings available in this mode, for four different kinds of flashes or no flashes at all. Press the ▲ key until the screen shows FLASHES REGULAR. Press the ▲ and ▼ keys at the same time and observe that you see evenly spaced flashes. Press the ▲ key to set FLASHES RANDOM. Test the flashes and note that they are now irregularly spaced. Press the ▲ key to set FLASHES RAMPUP. The flashes now start slow and speed up. Press the ▲ key to set FLASHES RAMPDOWN. Now the flashes will start fast and slow down. Note that for RAMPUP and RAMPDOWN, you still see the same number of flashes (8 assuming CUE LENGTH 4SEC and FLASH RATE 2/S) as with REGULAR and RANDOM flash modes, but the flashes take less time. Press the ▲ again to set FLASHES OFF. Press the ▲ and ▼ keys and note that the lights do not flash. This is the setting you will use for Night 1 (p. 27) — no flashes so you can get used to the DreamLight and find out how to set the sensitivity. For now, though, so that you can see how the flashes change in other modes, set the Flash Type to FLASHES REGULAR.

5. Flash Rate Mode

Press the MODE key to enter *Flash Rate Mode*. In this mode you can change the rate at which the light cue flickers. To see what this means, press the ▲ key until the screen shows, FLASH RATE 10/S. Press the ▲ and ▼ keys at the same time and observe the flashes. The lights flicker on and off rapidly — ten times per second. Now press the ▼ key several times to set the flash rate to 1/S, and test the flashes. The lights turn on and off slowly (once per second). Our studies have suggested that flash rates of 2 or 4 per second are best for cueing lucid dreams. Use the ▲ key now to set the flash rate to 2/S.

6. Sound Mode

Press the MODE key to enter *Sound Mode*. This mode allows you to turn on and adjust the volume of a sound that can accompany or replace the light flashes when the DreamLight gives a cue. To sample the sound set at a low level, press the ▲ key until the screen shows, SOUND VOLUME 2. Press the ▲ and ▼ keys and listen to the speaker (located above the nose, between the eyes). You will hear little clicks, in synchrony with the flashes. Note that flash type and flash rate also affect the pattern of the sound cue. Now press the ▲ key until the screen shows, SOUND VOLUME 25. Press the ▲ and ▼ keys. You will hear a strident tone. Press the ▼ key until the screen once again shows, SOUND VOLUME 0.

7. Dream Alarm Mode

We will skip the sensitivity setting modes (which will be dealt with in Tutorial 3), and move to the *Alarm Modes*. Press the MODE key until you reach the Dream Alarm Mode, where the screen shows, DREAM ALARM OFF.

The Dream Alarm is a dream recall aid. If you desire, it can awaken you from your dreams, so that they are easier for you to remember. It works by waiting three minutes after each cue, then beeping three times. You have a choice of two levels of beep — soft or loud, or you can leave the Dream Alarm off (see p. 80 for more information). To test what the Dream Alarm sounds like, press the ▲ key to set DREAM ALARM SOFT. Now press the three rightmost keys on the DreamLight (▲, ▼, and EXIT). You will hear three little clicks. Now try the loud setting. Press the ▲ key again to set DREAM ALARM LOUD. Press the three rightmost keys, and you will hear three strident tones. Press the ▲ key again to return the setting to DREAM ALARM OFF.

8. Wakeup Alarm Mode

Press the MODE key to enter *Wakeup Alarm Mode*. In this mode, you can set the DreamLight to awaken you at a certain time, just like an alarm clock. The time displayed is the time the alarm will go off. Press the ▲ key until the screen shows, WAKEUP ON. If left this way the alarm would go off at the time shown. If that time is not the time you want to awakened, you can set it. Press the ▲ key until the screen shows, WAKEUP SET. Now press the MODE key. The screen shows the currently set hour for the alarm to go off. Press the ▼ or ▲ keys to set the wakeup hour to 7. Press the MODE key again. The screen shows the currently set minute of the hour the alarm is set for. Press the ▼ or ▲ keys to set the minute to 00. Press the MODE key again to return to the screen showing the wakeup time. It will now show, 07:00 WAKEUP SET. The alarm

is set for 7:00 AM. To turn on the alarm, you would press the ▲ key twice, to WAKEUP ON. To turn it off, press the ▲ key once, to WAKEUP OFF. Turn the alarm off.

9. Date and Time Mode

Press the MODE key to enter *Date and Time Mode*. The screen will show something like, SET? 12/19 21:53, except probably with a different date and time. In this mode you set the DreamLight's internal clock so that its records include the right time, and it wakes you up at the right time when you are using the alarm. We will now set your DreamLight to the correct date and time. Press the YES key (same as ▲). The screen will show, SET MONTH 12 or something similar. Press the ▲ or ▼ key to set the number of the correct month. Press the MODE key. The screen will now show, SET DAY 19 or something similar. Press the ▲ or ▼ key to set the correct day. Press the MODE key. The screen will show, SET HOUR 21 or something similar. The DreamLight uses a 24 hour clock, so 21 is equivalent to 9 PM. Set the hour to the correct time. Press the MODE key. The currently set minutes will show. Set the correct minutes. Press the MODE key again and you return to the SET? . . . display. The correct time should now show in the screen.

10. Back to the Beginning

Press the MODE key and you will return to the *Starting Mode*. You have completed your first tour through setting the DreamLight. Before going on, however, you need to set the Flash Type to OFF. Go to Flash Type Mode by pressing the MODE key 3 times, until the screen reads, FLASHES REGULAR. Now press the ▼ key once, and it will show, FLASHES OFF. Move back to *Starting Mode* by pressing the EXIT key. Anytime the DreamLight is in a *Cue Setting*, *Sensitivity Setting*, or *Alarm Setting* mode and you want to return to *Starting Mode* to turn the DreamLight off or enter *Lucid Dreaming Mode*, you press the EXIT key. Now turn the DreamLight off by pressing the EXIT key. Congratulations! Your next step — *Lucid Dreaming Mode!*

Tutorial 3

Using Lucid Dreaming Mode

This is where the excitement begins! In Lucid Dreaming Mode, the DreamLight stays up all night, watching you sleep, cueing you whenever you are dreaming. When you recognize the flashing lights in your dream you will have arrived in a realm of unparalleled freedom and delight — a lucid dream.

In Lucid Dreaming Mode, the DreamLight looks for periods when your body is lying quietly, unmoving, while your eyes are darting about rapidly. This is what REM sleep looks like, and this is when you are very likely to be dreaming. When the DreamLight senses that you are in this state, it gives you the cue that you have chosen, either a flashing light, or little beeps, or both.

You can communicate with the DreamLight during the night, giving it instructions about when to allow you to get to sleep without interruption, and having it help you do Reality Tests. You can also use the the DreamLight's Dream Alarm feature as a dream recall aid, and it will awaken you from your dreams (see p. 80).

This tutorial introduces you to Lucid Dreaming Mode. Read it with your DreamLight in front of you (with mask attached, and plugged into a wall outlet).

1. Turn it on!

With your DreamLight plugged in, press the MODE/POWER key once. The mask will beep and the screen will show the *Starting Mode* screen: WELCOME DREAMER! Press a key . . . (Note: if your screen says anything else, you pressed the MODE key too long and moved into another mode. Press the EXIT key and you will be at the correct screen.)

2. The Lucid Dreaming Mode Display

We are now going to pretend that it is time to go to sleep. Press the YES key to “Sleep Now.” The display will now show the *Lucid Dreaming Mode* Screen, which will look something like this: 22:41 C00 D000 Z

- The current time is shown on the left (22:41, i.e., 10:41PM). (If the time is incorrect, set the time as just described on the facing page.)
- The two digits (00) after the C show how many times the DreamLight has given a cue since you put it in *Lucid Dreaming Mode*.
- The three digits (000) after the D show how much time is left in the “delay,” which is described below.
- The Z blinks, telling you that the DreamLight is working.

Note: *For the first two minutes after you enter Lucid Dreaming Mode, the display will be illuminated by a blue backlight. After two minutes, this light will turn off. You may turn it on again (to see the display in the dark) by pressing any key.*

3. Flashing the Lights

Now, let's see what it's like to get a cue. Adjust the mask strap to fit your head and put the mask on. Lightly rest two fingers on the two middle keys (YES and NO) of the control box. Close your eyes, and press the two keys simultaneously. The lights will flash (within 30 seconds). This is the cue the DreamLight will give you as you dream to tell you that you're dreaming. Of course, you may change the length and brightness (and other aspects) of the cue to suit you (see Tutorial 2 and Cue Setting Modes, pp. 75-77).

4. The Two Minute Cue

Two minutes after you put the DreamLight in *Lucid Dreaming Mode*, the DreamLight will give a cue. This is to help you to set your mind as you fall asleep. As you lie waiting for sleep, when you see and/or hear the cue tell yourself: *"This is the cue; when I see it in a dream, I'll realize that I'm dreaming."*

5. The Reality Tester

The DreamLight has a built-in Reality Testing aid. There is a button under the star on the front of the mask. With the mask on, close your eyes and press this button. You will see a single flash, accompanied by a chirp from the speaker. The simple procedure of pressing the mask button and checking that you see a flash and hear a beep helps you test whether you are awake or dreaming — because machines frequently fail in dreams. While wearing the DreamLight, you're likely to dream of wearing the DreamLight. Sometimes you will believe you're lying in bed awake, wearing the DreamLight, but you will be actually asleep and dreaming! If you press the mask button on the "DreamLight" in your dream, chances are it won't work quite right. Either nothing will happen, or it will only flash, or only beep, or something totally unexpected will happen. Thus, if you press the mask button every time you find yourself awake and wearing the DreamLight mask, you'll be able to tell, when the mask button doesn't work right, that you have had a "false awakening" and are really *dreaming*. (For more on false awakenings see *Chapter 5*).

6. The Delay

You can tell the DreamLight not to disturb you for a certain period of time as you fall asleep. This feature is called the "delay." When the delay is active, the DreamLight will not give you any cues even if it finds a period when you are still and your eyes are moving. The delay is useful because often when

people are falling asleep, their eyes move, or they blink, although they are otherwise still. If the DreamLight were to flash during this time, it would be likely to thwart your progress into sleep.

You activate the delay by pressing the DELAY key, or the button on the mask. This key and button double as the Reality Testing aid described above. Press the DELAY key now. The screen will now show a number other than 000 after the D (a 009 unless you held the key down). This indicates how many minutes the delay will be in effect. Press the DELAY key again. This adds 10 minutes to the delay, so the screen should now show a 19, or ten minutes more than before you pressed it the second time. Each time you press the DELAY key or the mask button, you add 10 minutes to the delay. Then, the DreamLight counts down the number of minutes you have set, and when the delay time runs out, it will give cues whenever it detects dreaming. Keep watching the screen, and you will see that each minute, the time in the delay decreases by 1. At any time, you can press the DELAY key or mask button again and add 10 minutes to what's left in the delay time. If you put more time in the delay than you want, you can start over by pressing the NO key, which will reset the delay to 0 minutes. Press the NO key now, and observe the numbers after the D changing to 000.

Generally, people want a relatively long delay at the beginning of the night, around 60 minutes. This length ensures that you are well asleep before the DreamLight gives any cues, and that the DreamLight will not miss giving you cues while you are dreaming. Remember that people usually enter their first REM periods of the night after 90 minutes of sleep have passed. (If this sounds new to you, please read *Appendix A: Basics of Sleep and Dreaming*.) Later in the night or in the morning, when falling asleep after a brief awakening, people generally want a shorter delay — 10 or 20 minutes — because they may enter REM within a half hour or less of falling back to sleep. Naps are an exception to these general rules, because you may enter REM at any time during a nap, so you will want to use shorter delays.

When you use the Reality Testing aid, remember that each time you press the mask button you add 10 minutes to the delay. If you do a lot of Reality Tests, you may need to use the NO key to reset the delay. The DreamLight will not give cues when the delay is active!

7. Turn it off!

Now let's pretend you are done sleeping. To leave *Lucid Dreaming Mode*, press the MODE/POWER and EXIT/DELAY keys simultaneously. This will take you to *Starting Mode*. Now, to turn off the DreamLight, press the EXIT key.

Tutorial 4 *Setting the Sensitivity of the DreamLight to Suit Your Individual Level of Rapid Eye Movements*

You will need to adjust the sensitivity of your DreamLight to give you the right number of cues while you sleep. This is necessary because each individual's eye movements look different to the DreamLight. Some people's eyes move a lot in REM sleep, some not so much. Eyes are in slightly different places on different faces, and this will affect how large your eye movements seem to the DreamLight's sensors.

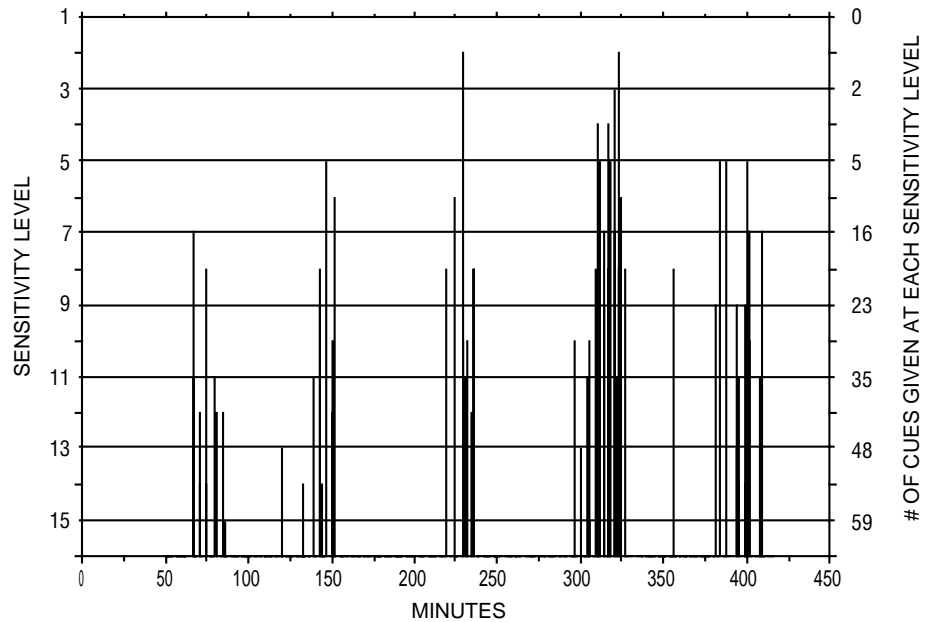
The DreamLight uses the size of your eye movements and their frequency to decide when you are dreaming. When you are dreaming, you will show a relatively large amount of eye movement activity. However, what is a lot of eye movement for you may be a little for someone else, so you need to "calibrate" the DreamLight, so that it can accurately determine when you are dreaming.

This adjustment is made by changing the DreamLight's sensitivity to eye movements. The DreamLight looks for a certain number of eye movements to happen in one 30 second period, and if this level is reached, it triggers the cue. Until this level is reached, it will not give a cue. You can alter the level of eye movement activity the DreamLight looks for before triggering the cue by changing the sensitivity.

When the DreamLight is set correctly, it will give you an optimal number of cues during the night. For most people, this optimal number will fall somewhere between 10 and 30 cues in an 8 hour night (remember that you spend a total of about 90 minutes in REM sleep in an 8 hour night, broken up into 5 "REM periods"). *Chapter 4: Optimizing the DreamLight Settings* will guide you through deciding how many cues you want in a night.

If the DreamLight's sensitivity is set incorrectly for you, you will either receive too many or too few cues. Too few cues means that you will have very few chances to see the light in your dreams and become lucid. Too many cues may awaken you or disturb your sleep.

There are 15 possible sensitivity settings. To see how the sensitivity settings affect the number of cues the DreamLight gives you, look at the following illustration.



This graph is an example of the information stored by a DreamLight from a night with a lucid dreamer. It shows the amount of eye movement activity in successive 30 second periods across an entire night. Each vertical line represents the amount of eye movement activity in one 30 second period. Where there are no vertical lines, there were no eye movements. Thus, a very tall line indicates that there was a lot of eye movement in that 30 seconds, and a short line indicates that there was a little bit of eye movement. The horizontal lines drawn across the graph show for each sensitivity setting (1-15, marked on the left side of the graph) the minimum levels of eye movement activity the DreamLight would have to have seen before triggering the cue. At the right hand side of the graph, by the end of each sensitivity line, is shown the number of cues the DreamLight would have given this sleeper if its sensitivity had been set to that level. As you can see, if this dreamer wanted to receive 15 cues during the night, the best sensitivity setting would be 7.

Work through the functions of the sensitivity setting modes following the instructions on the next page.

1. Night Records Mode

The *Night Records Mode* shows you the information the DreamLight has stored about your sleep and its settings from the last 10 times it was used. Each time you use the DreamLight in *Lucid Dreaming Mode* it stores a *record*. (Note: Records shorter than 10 minutes are erased by the next recording.)

Go to the *Night Records Mode* now. The screen should look like this: 0000M000 S00C00 (If numbers other than zeros are present, this means that your DreamLight has already collected a record.) After Night 1 (Chapter 3) you will see that the numbers have changed to show something like this (the numbers in your display will be different): 2334M442*S08C027 .

2. Cues Desired Mode

Now press the MODE key to enter *Cues Desired Mode*. The screen will show #CUES DESIRED 99 (or another number if the setting has been changed). This mode is for selecting the number of cues you would like to receive during a night. You change the setting with the ▲ and ▼ keys as in other modes. Note that changing this number only affects how the DreamLight works in *Sensitivity Selection Mode*, not in *Lucid Dreaming Mode*.

3. Sensitivity Selection Mode

Press the MODE key to enter *Sensitivity Selection Mode*. The screen will show, SENSITIVITY CHK? This mode is used to calculate what level of sensitivity setting you will need to use to get the number of cues you want (which you chose in *Cues Desired Mode*). To start a “sensitivity check” you press the ▲/ YES key. Do it now. If your Night Records screen showed all zeros, the mask will beep and the screen will show EMPTY RECORD! ? After Night 1 you can run a sensitivity check on a real Night Record.

4. Sensitivity Setting Mode

Press the MODE key to enter *Sensitivity Setting Mode*. You will use this mode to set the sensitivity selected in *Sensitivity Selection Mode*. This setting will determine how frequently the DreamLight gives cues during the night, as described on p. 25. You use the ▲ and ▼ keys to change the setting to the one chosen in *Sensitivity Selection Mode*.

You should now know how to have the DreamLight cue you when you are dreaming. Specific instructions for using the DreamLight for your first and subsequent nights are in the next chapter: *Going to Bed with the DreamLight*. Read the appropriate section before actually sleeping with the DreamLight.

Chapter 3 Going to Bed with the DreamLight: A Step By Step Plan

This chapter guides you step by step through your first three nights with the DreamLight. It is very important that you carefully follow the procedures given, because they are designed to help you establish the best DreamLight settings for you in the easiest way.

Your goal for the first few nights will be to get used to sleeping with the DreamLight, and to find out how to set it to suit your sleeping patterns. Don't worry about having lucid dreams on the first few nights — although you may! Relax and get to know the DreamLight. After three nights, you may wish to refer to the procedure for the third night anytime you want a quick review of the normal method of using the DreamLight.

Preparation

Before Night 1

1. Do Reality Tests frequently during the daytime. (See p. 12.)
2. Work through all four tutorials in Chapter 2.
3. Read *Appendix E: Keeping Records*.

Night 1

Goals:

- To get used to operating the DreamLight
- To get used to sleeping with the DreamLight
- To find the optimal sensitivity setting for your DreamLight

Note: One of the purposes of this first night with the DreamLight is to find out how to set your DreamLight's sensitivity. You will set the sensitivity for future nights based on this night. Therefore, this night should be a good example of your typical night of sleep, so, try to make this night as normal as possible. Thus, you will use the DreamLight set to FLASHES OFF in order to insure that the DreamLight cues don't disturb your sleep.

It is important that you turn the DreamLight on just before you go to sleep and turn it off immediately after you awaken, to avoid storing extra meaningless information from time when you weren't asleep.

Procedure

Before sleep

1. **Make sure you have done the Before Night 1 preparations above.**
2. **If you have just done *Tutorial 2: Adjusting the DreamLight*, your DreamLight is set correctly for tonight. If you have changed the settings, or are not sure they are correct, adjust as follows:**
 - Set the *Flash Type Mode* to FLASHES OFF. (p. 76)
 - Set the *Sound Mode* to SOUND VOLUME 0. (p. 77)
 - Set the *Dream Alarm Mode* to DREAM ALARM OFF. (p. 80)
 - Set the *Wakeup Alarm Mode* to WAKEUP OFF. (p. 81)
3. **Fill out your DreamLight Experience Log down to “START TIME” (p. 90)**
4. **Plug the DreamLight into an outlet near your bed and place the DreamLight within your reach when you are in bed. Also have at hand a DreamLight Experience Log, and a pen.**
5. **When you are ready to go to sleep (not before!)**
 - Start *Lucid Dreaming Mode* by pressing the MODE/POWER key once, then pressing the YES key. Write the time showing on the screen in the “Start Time” blank of your DreamLight Experience Log. *Note: The WELCOME DREAMER! screen should show after your first press of the MODE key — if you see another screen, press EXIT and it will take you to the Starting Mode screen.*
 - Put on the DreamLight mask, and be sure it fits snugly but comfortably. (The mask button should not be pressed by excess tightness of the mask strap. If it is, you will hear a series of chirps. If this happens, take off the mask, and loosen the strap. Press the NO key to set the delay back to 0.)
 - Press the mask button 5 times. This sets a delay of 50 minutes, which is part of emulating what a typical night with the DreamLight will be like.
 - Snuggle down and go to sleep.
 - Each time you find yourself awake during the night, press the mask button once. You will see and hear the Reality Tester flash and beep — unless you are dreaming! If you get up during the night, set a delay that will cover the amount of time you will be up. Remember the backlight will be off if you have not pressed a button for 2 minutes. To turn it on to see the display, press the MODE or YES key.

The Reality Tester

When you press the mask button, the lights will flash once, and the speaker will chirp. You use this feature to help you tell a real awakening from a false awakening. Every time you think you have awakened and are wearing the DreamLight, press the mask button once. If you are actually dreaming, chances are the mask button will not work properly — there will be no flash or beep, or only a flash or only a beep, or nothing, or something completely different. Remember that each time you press the mask button you add 10 minutes to the delay (so only press it once per awakening unless you want more than 10 minutes of delay).

6. Next morning (when you are done sleeping)

- Turn off the DreamLight by pressing the MODE/POWER and EXIT/DELAY keys simultaneously, then pressing the EXIT key.
- Fill out your DreamLight Experience Log down to the part called, “Sensitivity Setting.”
- If last night was not a good example of a typical night of sleep for you, repeat the Night 1 procedure until you have had a night that you would consider a good example. If last night was a good example of a typical night of sleep for you, then before your next night with the DreamLight, follow the procedure below for setting the DreamLight’s sensitivity.

7. Setting the Sensitivity

A. With your DreamLight Experience Log at hand, go to the *Night Records Mode*. The record showing in the screen will have a star in the middle, indicating that it is the record most recently recorded by the DreamLight. Check to make sure that the time shown on the left is the time you wrote down in the “START TIME” blank on your DreamLight Experience Log. If it is not the correct time, press the ▲ key until the correct time shows. (If the record with a star was not the one you recorded last night, this means that the DreamLight has been put into *Lucid Dreaming Mode* since you used it in the night, and therefore has recorded another record.) Copy the numbers displayed into the appropriate boxes on your Log.

B. Press the MODE key to go to the *Cues Desired Mode*. Set the number of cues desired to 10. Write a 10 in the blank on the DreamLight Experience Log for “#CUES DESIRED.”

GOING TO BED WITH THE DREAMLIGHT

C. Press the MODE key to go to *Sensitivity Selection Mode*. Press YES to begin a sensitivity check. The screen will briefly say, CALCULATING . . . then count-up through the sensitivity levels until it reaches the one that gives you 10 cues (or few more). Then it will say, IF S=[01-15], CUES=10 [or close to ten]. Note the sensitivity level suggested — the number after the S= and the number of cues for that level — the number after the C=. Write them in the blank on your DreamLight Experience Log for, “IF S=?, #CUES=?”.

D. Press the NO key. The screen will show #CUES DELAYED= followed by a number. This tells you how many cues the DreamLight would have given during the periods the delay was active during the night. Enter it in the blank provided for “#CUES DELAYED=” on the DreamLight Experience Log. After 2 seconds, the display will return to IF S=??, CUES=??

E. Press the MODE key to go to the *Sensitivity Setting Mode*. The screen will show SENSITIVITY followed by a number. Press the ▲ or ▼ key to set the sensitivity to the number selected in the last step. For example, if in the last step, the screen showed: IF S=5, CUES=10, you would set SENSITIVITY 5.

F. On the next opportune night, follow the procedure for Night 2.

Night 2

Goals:

- To try out the DreamLight in full operation, and continue to get accustomed to sleeping with it
- To assess your personal preference for the length and brightness of the light cues
- To look for the DreamLight's light cues in dreams and use them to help you become lucid

Procedure

Before sleep and during the night

1. Do Reality Tests frequently during the daytime!
2. Read *A Catalog of Lights* (Ch. 6) to get an idea of the ways that the DreamLight cues may appear in your dreams.
3. Use the cue setting modes to adjust the DreamLight as follows.
 - Set the *Cue Length Mode* to CUE LENGTH 2SEC. (See p 75.)
 - Set the *Brightness Mode* to BRIGHTNESS 2. (See p. 75.)
 - Set the *Flash Type Mode* to FLASHES REGULAR. (See p. 76.)
 - Set the *Flash Rate Mode* to FLASH RATE 2/S. (See p. 76.)
 - Set the *Sound Mode* to SOUND VOLUME 0. (See p. 77.)
 - Make sure the *Dream Alarm Mode* is set to DREAM ALARM OFF. (See p. 80.)
 - If you wish set the *Wakeup Alarm Mode* to awaken you in the morning. (See p. 81.)
 - Record all of the settings of the DreamLight from cue length to Dream Alarm on your DreamLight Experience Log.
4. Plug the DreamLight into an outlet near your bed and place the DreamLight within your reach when you are in bed. Also have at hand a DreamLight Experience Log, a pen, and, unless you can see in the dark, a light you can use in the middle of the night.
5. When you are ready to go to sleep:
 - Start the DreamLight in Lucid Dreaming Mode by pressing the POWER key to turn it on, then the YES key to enter *Lucid Dreaming Mode*. Write the time showing on the screen in the "Start Time" blank of your DreamLight Experience Log.

- With the mask on, lie quietly for a few minutes concentrating on your intention to notice the DreamLight cues in your dreams and recognize that you are dreaming. When the Two Minute Cue (p. 22) flashes as you are thinking about seeing the light and becoming lucid, do a Reality Test by pressing the mask button and observing if the Reality Tester flashes and beeps as expected.
- Press the mask button 4 more times, to set a total delay of 50 minutes. This means the DreamLight will not give cues for 50 minutes as you are falling asleep. (See p. 22 for more about the delay.)
- Snuggle down and go to sleep.
- During the night, focus on remembering as much of your dreams as you can. Be aware of when you are awake. Each time you find yourself awake during the night, press the mask button once to do a Reality Test. This is especially important if you think the DreamLight has awakened you, because “false awakenings” induced by the DreamLight are a common way of beginning lucid dreams. (See p. 51 for more on false awakenings.)
- After an awakening in the night, you can use the delay to prevent the DreamLight from giving cues while you get back to sleep. Remember that you may enter REM within a half hour of an awakening in the later parts of a night’s sleep, so only make the delay as long as you need it. (See p. 23 for more about the delay.)
- Anytime in the night or morning that you recall a lucid dream or a dream in which you think you may have seen the light cue, take brief notes on it on the back of your DreamLight Experience Log. You can write a complete dream report the next day if you have taken notes in the night to ensure that you don’t forget the dream. (See p. 71 for more on keeping dream reports.)

6. Next morning (When you are done sleeping)

- Turn off the DreamLight by pressing the MODE/POWER and EXIT/DELAY keys simultaneously, then pressing the EXIT key.
- Fill out your DreamLight Experience Log.

Before your next night with the DreamLight, follow the procedure in *Chapter 4: Optimizing the DreamLight Settings* for choosing your DreamLight Cue Settings based on your experiences from last night. Then, on the next opportune night, follow the procedure for Night 3.

Night 3 (and Normal Night Use)

Goals:

- To recognize the DreamLight's cues and have lucid dreams.
- To learn how your mind works when you are dreaming.
- To find and update your optimal DreamLight settings.

Procedure

Before sleep and during the night

1. Do Reality Tests frequently during the daytime!
2. Use the DreamLight setting modes to set the DreamLight in the way you have chosen by following the procedure in *Chapter 4: Optimizing the DreamLight Settings for You*. Record the settings on your DreamLight Experience Log.
3. If you desire, you can set the Wakeup Alarm to awaken you in the morning. (See p. 81.)
4. Plug the DreamLight into an outlet near your bed and place the DreamLight within your reach when you are in bed. Also have at hand a DreamLight Experience Log, a pen, and a light you can use in the middle of the night.
5. When you are ready to go to sleep:
 - Start the DreamLight in *Lucid Dreaming Mode* by pressing the POWER key to turn it on, then the YES key to enter *Lucid Dreaming Mode*. Write the time showing on the screen in the "Start Time" blank of your DreamLight Experience Log.
 - With the mask on, lie quietly for a few minutes concentrating on your intention to notice the DreamLight cues in your dreams and recognize that you are dreaming. When the Two Minute Cue (see p. 22) flashes as you are thinking about seeing the light and becoming lucid, do a Reality Test by pressing the mask button and observing if the Reality Tester flashes and beeps as expected.
 - Press the mask button 4 more times, to set a total delay of 50 minutes. This means the DreamLight will not give cues for 50 minutes as you are falling asleep. (See p. 22 for more about the delay.)
 - Snuggle down and go to sleep.

- During the night, focus on remembering as much of your dreams as you can. Be aware of when you are awake. Each time you find yourself awake during the night, press the mask button once to do a Reality Test. This is especially important if you think the DreamLight has awakened you, because “false awakenings” induced by the DreamLight are a common way of beginning lucid dreams. (See p. 51 for more on false awakenings.)
- Anytime in the night or morning that you recall a lucid dream or a dream in which you think you may have seen the light cue, take brief notes on it on the back of your DreamLight Experience Log. You can write a complete dream report the next day if you have taken notes in the night to ensure that you don’t forget the dream. (See p. 71 for more on keeping dream reports.)
- After an awakening in the night, you can use the delay to prevent the DreamLight from giving cues while you get back to sleep. Remember that you may enter REM within a half hour of an awakening in the later parts of a night’s sleep, so only make the delay as long as you need it.

6. Next morning (When you are done sleeping)

- Turn off the DreamLight by pressing the MODE/POWER and EXIT/DELAY keys simultaneously, then pressing the EXIT key.
- Fill out your DreamLight Experience Log.

Finding the best kind of cues for you may take some time. Use *Chapter 4: Optimizing the DreamLight Settings* to help you get closer to your optimal settings. As time passes, and your life changes, or you get more accustomed to the DreamLight, you may find that you need to try different kinds of cue settings. Try new cue settings until you find what you like best.

Special Instructions for Naps

Naps are excellent times for lucid dreaming. Research indicates that when people take morning naps after getting up an hour or two early they have greatly increased chances of having lucid dreams. You can use the DreamLight to further increase your likelihood of having lucid dreams in naps. The DreamLight settings you will want for naps will probably be somewhat different from those you use during full nights of sleep. The following procedure is recommended for naps. Before trying this, complete Nights 1 and 2 as described above.

Procedure

Night before nap

1. The night before you plan to take a nap, arrange to be awakened an hour and a half or two hours earlier than usual. Go to bed at your usual time.
2. During the night, take special care to remember your dreams.
3. Get up when you are awakened an hour or two early.

In the morning

1. Stay awake for one to two hours, and no more. Try to remain relaxed during this time. Don't drink any caffeine, or engage in stressful activities. You want to be sleepy at naptime!
2. Set your DreamLight as follows:
 - Set the sensitivity (in *Sensitivity Setting Mode*) to the value that is 2 greater than the setting you have been using during the night. (For example, if you usually use a sensitivity setting of 5, use 7 for the nap.)
 - Reduce the cue length and brightness settings to less than what you use for a night's sleep. People seem to be more easily awakened during naps. However, if your bedroom isn't completely dark, you may be less sensitive to the DreamLight flashes.

At naptime

1. Get your bedroom as dark and quiet as you can. You may need a cloth to cover your face to block out the daylight so that you can see the DreamLight's light cues well.
2. When you are ready to go to sleep, follow the procedure you normally use in a night with the DreamLight (see p. 33). However, when you start the nap, use a delay of 30 minutes maximum, because you may go into REM sleep after that amount of time.

After the nap

1. Record your experiences on a DreamLight Experience Log. For your benefit in future naps, follow the procedure for selecting and setting the sensitivity (see p. 29) to find a good sensitivity setting to use in naps, based on the number of cues you would like to receive during a nap (perhaps 3 to 6).

Chapter 4 Optimizing the DreamLight Settings

This section will help you set the DreamLight so that it works well for *you*. Each individual will require settings that are somewhat different. Not adjusting the DreamLight to suit you would be like not setting a clock to show the right time — it would do something, but not what you want.

This chapter describes the basic principles you need to understand for finding your optimal DreamLight settings. Then it presents a guide to help you decide, based on your experiences, how to adjust your DreamLight to achieve maximal effectiveness at inducing lucid dreams.

Maximizing the effectiveness of the DreamLight

If the DreamLight is operating properly, the lights in the mask will flash many times during a night. Most of these flashes will occur during REM periods, when you are dreaming, although some are likely to occur while you are lying awake in bed. Sometimes the flashes will enter your dream to cue you to become lucid. However, it's unlikely that you will see all of the flashes (unless each one awakens you, in which case you need to readjust the DreamLight).

While we are asleep and dreaming, we are for the most part out of sensory contact with the world around us. Occasionally, however, something will slip into the dream from the outside world. This is what happens when you hear the alarm clock in your dream as a buzzsaw, for example. Light can readily enter dreams without causing awakening. Your goal in adjusting the DreamLight is to find cue settings that produce the largest number of incorporations of the light into your dreams while minimizing the number of times it awakens you. Increasing the brightness and duration of the flashing enhances your chances of seeing the light in your dreams. However, if the flashing is too bright or too long it is likely to awaken you.

What makes a cue work well

A DreamLight cue can:

- Awaken you
- Enter your dream
- Not be perceived at all

It is also possible for a cue to:

- Enter your dream, then awaken you, if it is too long
- Not be perceived for a few seconds, and then enter your dream

There are two sides to the story of what makes a cue work well: your sleeping style and the DreamLight's cue settings. You cannot easily alter the way you sleep, but you have many options for setting the type of cue the DreamLight gives you to suit your sleeping style.

Sleeping styles: Deep versus light

Deep sleepers are those who are difficult to awaken. If it takes a loud noise or a big disturbance to wake you up, you are a deep sleeper. Deep sleepers generally use brighter, longer, and louder cues than light sleepers. Deep sleepers may use a brightness level of 5 (maximum), cue lengths of 10 seconds or more, and the sound cue.

Light sleepers are those who are easy to awaken. If you are frequently awakened by small noises and low-key activities in your environment, you are probably a light sleeper. Light sleepers may use a brightness level of 1, a cue length of 1, and not use the sound cue at all.

Your depth of sleep may vary depending on your lifestyle — for instance, the amount of sleep you are getting, your level of stress and anxiety, or how much you are exercising. It does not matter if you don't know what kind of sleeper are; you will soon find out as you experiment with different kinds of DreamLight cues. The suggested starting levels are on the low side, to avoid being disturbing to light sleepers using the DreamLight for the first time.

The role of cue settings

The following factors affect how a cue reaches you in a dream:

- 1. Cue Length: Longer cues are easier to see.**
- 2. Cue Brightness: Brighter cues are easier to see.**
- 3. Flash Type: Different kinds of flashes (REGULAR, RANDOM, RAMPUP, RAMPDOWN) are likely to have different ways of entering dreams.**

Some flash types may be easier to see in dreams than others. We believe that the Random setting may be helpful for people who do not readily see the cues in their dreams, because it is irregular and therefore hard to get accustomed to. Experiment for yourself!

- 4. Flash Rate: Flash rate may affect how easy a cue is to see in dreams.**

A small amount of research has been done on this question, and it indicates that settings of 2 or 4 flashes per second (Hz) are best for being seen in dreams. Experiment!

5. Number of Cues: The number of times you receive cues during a dream will affect how often you see or hear the cue.

Generally, you won't see all the cues given, and the more there are, the more you will see.

6. Sound Volume: Louder sounds are easier to hear.

The general principle of cue settings and ease of entry into dreams is that the longer, brighter, and louder the cue, the easier it is for you to perceive. However, if a cue is too much of any of these things, it will awaken you. Thus, you need to find out what kind of cues are in your middle range — that is, are easy to see or hear in dreams yet don't awaken you. It will probably take some time before you find these optimal settings. Also, once you find good settings, you may need to change them occasionally as your life and sleep styles change.

How to Find Your Optimal DreamLight Cue

You start learning about your personal cue requirements on your second night with the DreamLight (see p. 31), when you use the DreamLight with the flashes on for the first time. For Night 2, you use a cue length of 2 seconds, a brightness of 2, REGULAR flashes, a flash rate of 2, and no sound. Thus, each cue will consist of four regularly spaced flashes of relatively low brightness, taking a total of 2 seconds.

On your DreamLight Experience Log from Night 2, you have recorded how many times the DreamLight gave cues during the night, how many times you saw the cue during the night, how many times you saw the cue in dreams, and how many times the cue awakened you. You will now use that information to help you decide how to reset the cues to work better for you during your next night with the DreamLight.

DreamLight Settings Guide**Using the DreamLight Settings Guide**

The following pages present a step-by-step guide to choosing settings for your DreamLight. A series of statements describing different experiences with the DreamLight are organized into a hierarchy of levels. You begin at the top by choosing the statement in the top level (Experience Number I, II, III, IV, or V) that best describes your experience on your last night with the DreamLight. You may need to refer to your DreamLight Experience Log for information about your night, including such things as how many times you saw the cue, how many times it awakened you, and how many times it entered your dreams.

OPTIMIZING THE DREAMLIGHT SETTINGS FOR YOU

Once you have selected a top level Experience Number you pick the choice under it that again corresponds best with your experience (A., B., or C.). You continue to progress through the choices until you arrive at instructions for how to reset your DreamLight for your next night.

When you have selected new settings, refer to *Appendix C: DreamLight Operation Modes* for directions in changing settings. You can also review DreamLight adjustment procedures by working through Tutorial 2 (p. 17)

Experience Number Index

- I. You never saw the cue, either while awake or in your dreams. (p. 42)
- II. You saw the cue while you were awake, but not in your dreams. (p. 43)
- III. You saw the cue in your dreams and it did not awaken you. (p. 44)
- IV. At times you saw the cue in your dreams, and it also awakened you. (p. 44)
- V. The cue awakened you sometimes, but never entered your dreams. (p. 45)

Example

Lucy Dreamer has just used her DreamLight for the first time with the flashes on (Night 2, p. 31). The DreamLight cue awakened her repeatedly throughout the night. She recalled dreaming each time the cue awakened her, but didn't remember seeing the cue in her dreams except as it was waking her up. Lucy, with her DreamLight Experience Log at hand, turns to the DreamLight Settings Guide for advice on how to adjust her DreamLight.

Lucy's first task is to choose the statement in the list above that corresponds most closely to her experience last night. She selects Experience Number V., because the cue awakened her but didn't enter her dreams. Lucy now turns to page 45, where the possible choices for Experience Number V begin. The first question under Experience Number V. is, "How many cues did the DreamLight give you last night?" To get this information, Lucy refers to her DreamLight Experience Log. If she did not have one, she would need to look at the DreamLight Night Record stored by the DreamLight for last night (see p. 77). She looks at her Log and notes she had recorded that the DreamLight had given her 35 cues during the night.

Now Lucy is prepared to decide which of choices A., B., or C. best matches what her night was like. Choice A. says, "The DreamLight gave you less than 10 cues during the night." Choice B. says, "The DreamLight gave you 10-20 cues last night." Choice C. says, "The DreamLight gave you more than 20 cues last night." Lucy picks C. because she got 35 cues.

The first question under choice C. is, “Did the DreamLight awaken you as you were falling asleep or from dreams (or deep sleep)?” Lucy had used the delay to make sure she got to sleep before the cues started happening, so the DreamLight didn’t awaken her as she was falling asleep. It did wake her up many times from her dreams, so, she picks choice 2. (under C.), “The DreamLight generally awakened you from dreams or deep sleep.” (Lucy reads the note about dream recall under choice C., but because she remembers 4 dreams from the night, she doesn’t need to work on dream recall.)

Choice 2. asks, “How many times did the DreamLight cues awaken you?” Lucy was awakened 7 times, which means she picks choice b) (under 2.), “The DreamLight cue awakened you 4 or more times.” Choice 2.b) asks, “How easily did you return to sleep after the DreamLight awakened you?” Lucy found it easy to fall back to sleep, so she picks choice (1) [under 2.b)] — “You readily returned to sleep after the DreamLight awakened you. That is, it usually took 5 minutes or less to get back to sleep.” This choice asks, “Was last night your first night with the DreamLight flashes on, or your first night in a while with the DreamLight?” It was indeed Lucy’s first night with the DreamLight flashes on, so she goes to choice (a.) She is now at Level V.C.2.b)(1)(a) (see p. 48).

Here she finds instructions for how to set her DreamLight for the next night. The instructions first inform her that on her first night with the DreamLight flashes on she was probably more sensitive to the cue than she will be on subsequent nights. She reads that she should use last night’s Night Record to pick a Sensitivity Setting that will give her fewer cues (about 15). She should also reduce the cue brightness, so that the cues are less intense and less likely to awaken her. Perhaps most importantly, she receives advice that she should be on the lookout during the night for false awakenings happening when she only thinks the DreamLight cue has awakened her and she is in fact still dreaming.

Following the advice given, Lucy sets her DreamLight to the new settings suggested. On the next night she uses the DreamLight with the new settings. She is awakened less often by cues and starts to see cues in her dreams. The following day, she again refers to the DreamLight Settings Guide to further refine the way the DreamLight works for her.

Now it is your turn... Pick the Experience Number for the statement that best describes your experience on your last night with the DreamLight. Refer to your DreamLight Experience Log to answer the questions asked in the guide.

**I. You never saw the cue, either while awake or in your dreams.
How many cues did the DreamLight give you last night? (Refer to
your DreamLight Experience Log, or Night Records Mode, p. 77.)**

**A. The DreamLight gave you less than 10 cues during the night.
How many cues were eliminated by the delay during the night (p. 79)?**

**1. The sum of the number of cues delayed and the number of cues the
DreamLight gave during the night is less than 20.**

- Readjust the sensitivity (p. 79), using the last night's Night Record, and #CUES DESIRED=15. Note: if your last night with the DreamLight was an unusual, or poor night of sleep for you, before readjusting the sensitivity, use the DreamLight again during a normal night of sleep. If the Sensitivity Check indicates the DreamLight will not give at least 15 cues at sensitivity 15, see *Appendix C: Troubleshooting*.
- Increase the cue length (p. 75) by 2 seconds.

**2. The sum of the number of cues delayed and the number of cues the
DreamLight gave during the night is greater than 20.**

- On your next night with the DreamLight, use shorter delays. Each time you press the mask button or DELAY key, you add 10 minutes to the delay, and that while the delay is active, the DreamLight will not give you cues. If you use delays that are too long, you will not get many cues when you are dreaming. Remember, you can reset the delay to zero by pressing the NO key.
- Increase the cue length (p. 75) by 2 seconds.

**B. The DreamLight gave you 10 or more cues last night.
How many dreams did you recall during the night or in the morning? [Refer to
your DreamLight Experience Log if you have forgotten.]**

1. You recalled at least 2 dreams.

- Increase the cue brightness (p. 75) by 1 level (change 2 to 3, or 4 to 5, etc.)
- Increase the cue length (p. 75) by 2 seconds (change 2 sec. to 4 sec., etc.).
- Select a new sensitivity setting (p. 79) by running a Sensitivity Check with #CUES DESIRED=15-20, using last night's Night Record. Set the sensitivity to this level.
- If you already have the brightness at level 5, a cue length of 10 or more seconds, and sensitivity setting that gives you more than 20 cues and you still do not see any cues in your dreams, try the Sound cue (p. 77).

2. You recalled less than 2 dreams.

You cannot know for sure whether or not you saw cues in your dreams unless you remember your dreams. To enhance your ability to recall dreams:

- Follow the suggestions in *Appendix B: Developing Dream Recall*.
- Use the Dream Alarm (p. 80), which will awaken you three minutes after the DreamLight cues you, so that you will know that you have just been dreaming and have just received a cue and can practice recalling what just happened.

**II. You saw the cue while you were awake, but not in your dreams.
How many cues did the DreamLight give you last night? (Refer to
your DreamLight Experience Log or see Night Records Mode, p. 77.)**

**A. The DreamLight gave you less than 10 cues during the night.
How many cues were eliminated by the delay during the night?**

**1. The sum of the number of cues delayed and the number of cues the
DreamLight gave during the night is less than 20.**

- Readjust the sensitivity (p. 79), using the last night's Night Record, and #CUES DESIRED=15. Note: if your last night with the DreamLight was an unusual, or poor night of sleep for you, before readjusting the sensitivity, use the DreamLight again during a normal night of sleep. If the Sensitivity Check indicates the DreamLight will not give at least 15 cues at sensitivity 15, see *Appendix C: Troubleshooting*.
- Increase the cue length by 2 seconds. (p. 75)

**2. The sum of the number of cues delayed and the number of cues the
DreamLight gave during the night is greater than 20.**

- On your next night with the DreamLight, use shorter delays. Each time you press the mask button or DELAY key, you add 10 minutes to the delay, and while the delay is active, the DreamLight will not give you cues. If you use delays that are too long, you will not get many cues when you are dreaming. Remember, you can reset the delay to zero by pressing the NO key.
- Increase the cue length by 2 seconds. (p. 75)

**B. The DreamLight gave you 10 or more cues last night (p. 77).
How many dreams did you recall during the night or in the morning?**

1. You recalled at least 2 dreams.

How bright is the surrounding light in your bedroom in the morning?

a) Bedroom in the morning is as light as it is outside.

- A brightly-lit bedroom can make it difficult for you to see the DreamLight's light cues, because the surrounding light will leak around the mask, and the cues will not seem bright in comparison. Therefore, close curtains in your bedroom, or put a dark cloth over your face (and the DreamLight mask) in the morning to block out the surrounding light.
- Increase the cue brightness (p. 75) by 1 level (change 2 to 3, or 4 to 5, etc.)
- Increase the cue length (p. 75) by 2 seconds (change 2 sec. to 4 sec., etc.).
- Select a new sensitivity setting (p. 79) by running a Sensitivity Check with #CUES DESIRED=15-20, using last night's Night Record. Set the sensitivity to this level.
- If you already have the brightness at level 5, a cue length of 10 or more seconds, and sensitivity setting that gives you more than 20 cues and you still do not see any cues in your dreams, try the Sound cue (p. 77).

b) Bedroom in the morning is darkened.

- Increase the cue brightness (p. 75) by 1 level (change 2 to 3, or 4 to 5, etc.)
- Increase the cue length (p. 75) by 2 seconds (change 2 sec. to 4 sec., etc.).
- If you already have the brightness at level 5, a cue length of 10 or more seconds, and sensitivity setting that gives you more than 20 cues and you still do not see any cues in your dreams, try the Sound cue (p. 77).

2. You recalled less than 2 dreams.

You cannot know for sure whether or not you saw cues in your dreams unless you remember your dreams. To enhance your ability to recall dreams:

- Follow the suggestions in *Appendix B: Developing Dream Recall*.
- Use the Dream Alarm (p. 80), which will awaken you three minutes after the DreamLight cues you, so that you will know that you have just been dreaming and have just received a cue and can practice recalling what just happened.

III. You saw the cue in your dreams, and it did not awaken you.

Excellent! Your cue settings are ideal for stimulating lucid dreams. You may still make some adjustments if you wish to perfect the settings:

- If you want more cues in your dreams, increase the sensitivity (p. 79) — change the #CUES DESIRED and run a Sensitivity Check to find the sensitivity setting that will give you the number of cues you want.
- If the cues that enter your dreams shorten your dreams by disrupting them, shorten the cue length (p. 75) by one second.

IV. At times you saw the cue in your dreams, and it also awakened you. *Did the cue awaken you more than it entered your dreams or vice versa?*

A. The cue more frequently entered your dreams than awakened you.

Excellent! Your cue settings are ideal for stimulating lucid dreams. You may still make some adjustments if you wish to perfect the settings:

- If you want more cues in your dreams, increase the sensitivity (p. 79) — change the #CUES DESIRED and run a Sensitivity Check to find the sensitivity setting that will give you the number of cues you want.
- If the cues that enter your dreams shorten your dreams by disrupting them, shorten the cue length (p. 75) by one second.

B. The cue more frequently awakened you than entered your dreams.

You are seeing the light in your dreams — great! You are very close to establishing your optimal DreamLight cue settings for stimulating lucid dreams. To set the cue so that it less frequently awakens you while still entering your dreams:

- Shorten the cue length by 1 to 3 seconds. If, the next time you use the DreamLight, you are still awakened too often by the cue, decrease the brightness by 1 level.

- Do Reality Tests every time you find yourself awake, especially if the DreamLight cue has awakened you. Read about using false awakenings as a way into lucid dreams (p. 51).

**V. The cue awakened you sometimes, but never entered your dreams.
How many cues did the DreamLight give you last night? (Refer to your
DreamLight Experience Log or see Night Records Mode, p. 77.)**

**A. The DreamLight gave you less than 10 cues during the night.
How many cues were eliminated by the delay during the night?**

**1. The sum of the number of cues delayed and the number of cues the
DreamLight gave during the night is less than 20.
How many times did the DreamLight cues awaken you?**

a) The DreamLight cue awakened you 2 times or less.

- Readjust the sensitivity (p. 79), using the last night's Night Record, and #CUES DESIRED=15. Note: if your last night with the DreamLight was an unusual, or poor night of sleep for you, before readjusting the sensitivity, use the DreamLight again during a normal night of sleep. If the Sensitivity Check indicates the DreamLight will not give at least 15 cues at sensitivity 15, see *Appendix D: Troubleshooting*.

b) The DreamLight cue awakened you 3 times or more.

- Readjust the sensitivity, as in **a)** immediately above.
- Decrease the cue brightness by 2 levels, or to 1, whichever is greater.

**2. The sum of the number of cues delayed and the number of cues the
DreamLight gave during the night is greater than 20.
How many times did the DreamLight cues awaken you?**

a) The DreamLight cue awakened you 2 times or less.

- On your next night with the DreamLight, use shorter delays. Each time you press the mask button or DELAY key, you add 10 minutes to the delay, and that while the delay is active, the DreamLight will not give you cues. If you use delays that are too long, you will not get many cues when you are dreaming. Remember, you can reset the delay to zero by pressing the NO key.
- Increase the cue length (p. 75) by 1 second.

b) The DreamLight cue awakened you 3 times or more.

- On your next night with the DreamLight, use shorter delays, as in **a)**, immediately above.
- Decrease the cue brightness (p. 75) by 2 levels, or to 1, whichever is greater.

**B. The DreamLight gave you 10 to 20 cues last night.
How many times did the DreamLight cues awaken you?**

1. The DreamLight cue awakened you 3 times or less.

[Note: If you recalled less than 2 dreams last night, you cannot be sure that you did not see the light in a dream that you didn't remember. See *Appendix B: Developing*

Dream Recall. Continue with the steps below.]

- Increase the sensitivity (p. 79) to give you more frequent cues. Using last night's Night Record, and #CUES DESIRED 25, run a Sensitivity Check to find the sensitivity setting that will give you approximately 25 cues.
- Leave the cue length and brightness settings as they are.
- Do Reality Tests every time you find yourself awake, especially if the DreamLight has awakened you. Read about using false awakenings as a way into lucid dreams (p. 51).

2. The DreamLight cue awakened you 4 times or more.

How easily did you return to sleep after the DreamLight cues awakened you?

[Note: If you recalled less than 2 dreams last night, you cannot be sure that you did not see the light in a dream that you didn't remember. See *Appendix B: Developing Dream Recall.* Continue with the steps below.]

a) You readily returned to sleep after the DreamLight awakened you. That is, it took you five minutes or less to get back to sleep. Was last night your first night with the DreamLight flashes on, or your first night in a while with the DreamLight.

(1) Last night was your first night with the DreamLight flashes on, or your first night in a while with the DreamLight.

You are very close to good settings. Because last night was your first night using the DreamLight with the flashes on, you were more sensitive to the cues than you will be after you have more experience. On future nights, you will probably find that the DreamLight does not awaken you so much.

Furthermore, you can use the times the DreamLight awakens you as opportunities for Reality Testing, and possible entry into lucid dreams through false awakenings. See *Chapter 5* for information about using awakenings as an avenue to lucid dreaming.

- Reduce the cue brightness (p. 75) by 1 level.
- Concentrate on remembering your dreams, and do Reality Tests diligently every time you find yourself awake during the night.

(2) Last night was *not* your first night with the DreamLight flashes on, and you have used the DreamLight recently.

- Decrease the cue brightness by 1 level (p. 75).
- Decrease the cue length by 1 second (p. 75).
- Use the times the DreamLight awakens you as opportunities for Reality Testing, and possible entry into lucid dreams through false awakenings. Concentrate on remembering your dreams, and do Reality Tests diligently every time you find yourself awake during the night. See *Chapter 5* for information about using awakenings as an avenue to lucid dreaming.

b) You had difficulty returning to sleep after the DreamLight awakened you. That is, it usually took you more than five minutes to get back to sleep.

Was last night your first night with the DreamLight flashes on, or your first night in a while with the DreamLight.

(1) Last night was your first night with the DreamLight flashes on, or your first night in a while with the DreamLight.

Because last night was your first night using the DreamLight with the flashes on, you were more sensitive to the cues than you will be after you have more experience. On future nights, the DreamLight will not likely awaken you so much. Nonetheless, since you do not return to sleep easily, we recommend that you change the DreamLight settings as follows:

- Decrease the brightness by 1 level (2 to 1, etc.)
- Decrease the cue length by half (4 sec. to 2 sec., etc.)
- Readjust the sensitivity (p. 79), using the last night's Night Record, and #CUES DESIRED=10. Note: if your last night with the DreamLight was an unusual, or poor night of sleep for you, before readjusting the sensitivity, use the DreamLight again during a normal night of sleep.

(2) Last night was *not* your first night with the DreamLight flashes on, and you have used the DreamLight recently.

- Decrease the brightness (p. 75) by 2 levels if possible.
- Decrease the cue length (p. 75) by half if possible.
- Readjust the sensitivity, as in **(1)** immediately above.

C. The DreamLight gave you more than 20 cues last night.

Did the DreamLight wake you as you were falling asleep or from dreams (or deep sleep)?

[Note: If you recalled less than 2 dreams last night, you cannot be sure that you did not see the light in a dream that you didn't remember. See *Appendix B: Developing Dream Recall*. Continue with the steps below.]

1. The DreamLight generally awakened you as you were falling asleep.

- Use the delay to prevent the DreamLight from awakening you as you fall asleep. Choose delay lengths that suit the way you tend to fall asleep. For example, if it takes you a half hour to fall asleep after awakening in the morning, press the delay button five times before going back to sleep, so that the DreamLight does not cue you for 50 minutes, when presumably you will be well asleep.
- Increase the cue length (p. 75) by two seconds. This, in combination with the delay, will make it more likely that the cue will enter your dreams, but not make it hard for you to get to sleep.

**2. The DreamLight generally awakened you from dreams or deep sleep.
*How many times did the DreamLight cue awaken you?***

a) The DreamLight awakened you 1 to 3 times.

- If the DreamLight gave you more than 30 cues, decrease the sensitivity (p. 79) to give you less than 30 cues. Using last night's Night Record, and #CUES DESIRED=25, run a Sensitivity Check to find a sensitivity setting that will give you approximately 25 cues.
- Leave the cue length and brightness settings as they are.
- Do Reality Tests every time you find yourself awake, especially if the DreamLight cue has awakened you. Read about using false awakenings as a way into lucid dreams in *Chapter 5: Three Ways of Having Lucid Dreams*.

b) The DreamLight cue awakened you 4 or more times.

How easily did you return to sleep after the DreamLight awakened you?

(1) You readily returned to sleep after the DreamLight awakened you (i.e., it usually took 5 minutes or less to get back to sleep). Was last night your first night with the DreamLight flashes on, or your first night in a while with the DreamLight?

(a) Last night was your first night with the DreamLight flashes on, or your first night in a while with the DreamLight.

You are very close to good settings. Because last night was your first night using the DreamLight with the flashes on, you were more sensitive to the cues than you will be after you have more experience. On future nights, the DreamLight will probably not awaken you so much.

Furthermore, you can use the times the DreamLight awakens you as opportunities for Reality Testing, and possible entry into lucid dreams through false awakenings. See *Chapter 5*, (p. 51).

- If the DreamLight gave you more than 30 cues, decrease the sensitivity to give you less than 30 cues. Using last night's Night Record, and #CUES DESIRED=15, run a Sensitivity Check to find a sensitivity setting that will give you about 15 cues. (p. 79-80)

- Reduce the cue brightness by 1 level.

- Concentrate on remembering your dreams, and do Reality Tests diligently every time you find yourself awake during the night.

(b) Last night was *not* your first night with the DreamLight flashes on, and you have used the DreamLight recently.

- If the DreamLight gave you more than 30 cues, decrease the sensitivity to give you less than 30 cues. Using last night's Night Record, and #CUES DESIRED=15, run a Sensitivity Check to find a sensitivity setting that will give you approximately 15 cues. (p. 79)

- Decrease the cue brightness by 1 level.

- Decrease the cue length by 1 second.

- Use the times the DreamLight awakens you as opportunities for Reality Testing, and possible entry into lucid dreams through false awakenings. Concentrate on remembering your dreams, and do

Reality Tests diligently every time you find yourself awake during the night. See *Chapter 5* for information about using awakenings as an avenue to lucid dreaming.

- (2) You had difficulty returning to sleep after the DreamLight awakened you. That is, it took you more than five minutes to get back to sleep.**
Was last night your first night with the DreamLight flashes on, or your first night in a while with the DreamLight?

- (a) Last night was your first night with the DreamLight flashes on, or your first night in a while with the DreamLight.**

Because last night was your first night using the DreamLight with the flashes on, you were more sensitive to the flashes than you will be after you have more experience. On future nights, you will probably find that the DreamLight does not awaken you so much. Nonetheless, since you do not return to sleep easily, we recommend that you change the DreamLight settings as follows:

- Decrease the brightness (p. 75) by 1 level (2 to 1, etc.)
- Decrease the cue length (p. 75) by half (2 sec. to 1 sec., etc.)
- Readjust the sensitivity (p. 79), using the last night's Night Record, and #CUES DESIRED=10. Note: if your last night with the DreamLight was an unusual, or poor night of sleep for you, before readjusting the sensitivity, use the DreamLight again during a normal night of sleep. (See p. 27: Night 1 instructions.)

- (b) Last night was *not* your first night with the DreamLight flashes on, and you have used the DreamLight recently.**

- Decrease the brightness (p. 75) by 2 levels if possible.
- Decrease the cue length (p. 75) by half. If the cue length is at 1 already, decrease brightness only.
- Readjust the sensitivity (p. 79), using the last night's Night Record, and #CUES DESIRED=10. Note: if your last night with the DreamLight was an unusual, or poor night of sleep for you, before readjusting the sensitivity, use the DreamLight again during a normal night of sleep. (See p. 27: Night 1 instructions.)

Chapter 5 Three Ways of Having Lucid Dreams with the DreamLight

1. On Cue: Recognizing the DreamLight's Cues in Dreams

In the prototypical DreamLight lucid dream, the dreamer sees an unusual light in the dream scene (for example, the lights of the room start to blink), and realizes, "That's the DreamLight cue — I must be dreaming!" Once you have seen and recognized the DreamLight's cue, you know you are in a dream, and are therefore lucid dreaming. It's up to you what to do next.

It is important to keep in mind, however, that the DreamLight cue can appear in your dreams in as many different forms as there are different dreams. This is not to say that the DreamLight cue will never look the same twice — it probably will — but rather to encourage you to establish a habit of scrutinizing the lights in your environment, asking if they might be the DreamLight. You began this practice with the *Looking for the Light Exercise* (p. 13). To further supplement your readiness, read *Chapter 6: A Catalog of Lights* for many examples of the way that DreamLight cues have appeared in dreams.

A common obstacle for beginning lucid dreamers, with or without the DreamLight, is awakening too soon, before the lucid dream has a chance to develop into something really interesting. This problem can be associated with DreamLight lucid dreams, because the cue that stimulates you sufficiently to rouse you from your fuzzy-minded dream state to lucidity may bring you near to awakening. Fortunately, there are ways of delaying awakening from lucid dreams. One of the best seems to be spinning, which is discussed in *Chapter 7: Staying in the Lucid Dream*.

2. Waking Up in Another World: Using False Awakenings as Doors to Lucidity

Because the DreamLight can occasionally awaken you from dreams, it offers an opportunity for entering lucid dreams through false awakenings. A false awakening is a dream in which you dream that you have just awakened! After the DreamLight has awakened you a few times, you may develop the expectation that when the cue turns on, you will wake up. Thus, in a little while, the cue may turn on, and you think it's awakened you, but you are actually still dreaming! Then, weird things will start to happen in your (dream) bedroom, and you will need to keep your critical mind about so that you can realize you are still dreaming.

You can turn DreamLight induced false awakenings into lucid dreams by diligently performing Reality Tests every time you think it has awakened you. Use the Reality Test button, and watch and listen carefully to the flash and beep to make sure that they behave as they do when you are awake (see p. 22 for more about the Reality Test button).

THREE WAYS OF HAVING LUCID DREAMS WITH THE DREAMLIGHT

If you take the mask off during an awakening, closely examine your bedroom, and read a digital clock, or some text, while trying to get the letters or numbers to change (see p. 12 for Reality Testing procedure). If something is not right, you are probably dreaming.

Here is the story of one DreamLight false awakening that turned into a lucid dream. Arnold had used the DreamLight one night already. It had awakened him several times in the night, but he didn't think he'd seen it in a dream. On reflection, he decided he didn't know for sure that he had really been awake every time he thought the DreamLight cue had woken him. So, the next night he vowed he would do a thorough reality test every single time he awakened.

The next night, in the early morning hours, the DreamLight cues started to awaken him from his dreams. Each time, he removed the mask and studied the digital clock by his bed. The first time it read, "5:15." The second time, about an hour later, it said, "6:23." The third time it said, "7:45." *The fourth time it read, "6:30."* "Wait a minute!" says Arnold to himself, "How can it be 6:30 now if it was 7:45 earlier? I must be dreaming!" And so he was, and he went on to play in the land of lucid dreams.

Arnold didn't have to look at the clock every time he woke up; he was simply doing everything he could to catch a false awakening. He could have used the Reality Test button. If the light had not flashed or if the beep had not beeped when he pressed the button, he would have been pretty certain he was dreaming, and he could have double-checked by examining the digital clock.

3. Taking Lucidity With You: Falling Asleep Consciously

Entry into the dream directly from the waking state is one of the oldest known methods for achieving lucidity. Tibetan Buddhists have been practicing techniques for crossing the boundary into dreams while maintaining waking consciousness for at least a thousand years. The DreamLight can assist you in having "wake-induced lucid dreams" (WILDs).

The DreamLight occasionally causes awakenings from the dream state. When you wake up out of the middle of a dream, your brain is in a condition in which it is likely to want to reenter the REM state quickly. Thus, if the DreamLight wakes you up, and you fall asleep again shortly after, you may be able to fall directly into a dream while holding onto your desire to be lucid. The following procedure is designed to help you achieve lucid dream re-entry with the assistance of the DreamLight.

Procedure for re-entering dreams after awakenings

1. Before sleep: Set your intention.

At bedtime, and as you fall asleep, remind yourself to be alert for times when you awaken from dreams.

2. After a dream: Hold your position.

Upon awakening from a dream, keep still. Remain in the position in which you awakened. If you are uncomfortable, shift your body only enough to remove the discomfort.

3. Focus your thinking.

Reassert your intention to return consciously to the dream state. Think to yourself, "I've just awakened from a dream. I will now hold still, relax, and return to dreaming, remembering to be aware that I'm dreaming."

4. Relax deeply.

Let go of all tension in your body. Take a few deep breaths and exhale completely. Focus your attention sequentially on each part of your body. Begin at your head, and pass your awareness down one arm, back up, across, down the other arm, back up, down your torso, down one leg, back up, across, down your other leg, back up, and then up your torso again. As you move your attention to each body part, relax it, and see how it feels.

5. Watch for weird feelings in your body.

Continue to cycle your attention around your body. Be alert for strange sensations or distortions of your body image. These are signs of the onset of REM sleep. As you sink into REM, you may feel yourself become completely paralyzed. Then odd events may begin to occur, such as the feeling of floating out of your body, or people or creatures walking into your room and disturbing you. Alternatively, you may suddenly find yourself somewhere other than your bedroom without any transition. In any case, if unlikely or peculiar things happen, remember that you may now be dreaming.

Chapter 6 A Catalog of Lights: How the DreamLight Appears in Dreams

The DreamLight will give you cues while you are dreaming to remind you to become lucid. The cues are from light bulbs in the sleep mask that flash when you are dreaming. If you wish, the flashing lights can be accompanied by beeps from the speaker. The actual, physical form of the cue does not change from dream to dream; however, the way it appears in your dreams may vary greatly. For this reason, you have to be prepared to think that any strange kind of lighting might be the DreamLight.

The *Looking for the Light* exercise at the start of this manual (p. 13) has already begun to prepare you to know the DreamLight cue when you see it. But you can't prepare too much! The DreamLight has ways of appearing in deviously disguised forms, and we are frequently not at our most cogent in dreams. DreamLight users come up with amazingly bizarre ways of explaining away the weird lights in their dreams. This is perfectly natural; all the time in waking and dreaming life, we seek to fit our experiences into our familiar framework for the way the world works. In dreams when we don't know we're dreaming, we try to explain the peculiar events of the dream in terms of the laws of the waking world. To do this, we have to bend our logic in crazy ways. The only simple explanation is that we are dreaming, but it is all too exceptional that we even consider this possibility.

It would be a rare DreamLight user who did not at least a few times make the mistake of assigning some fictional origin to the DreamLight cues' appearances in dreams. You can start familiarizing yourself with some of the possible forms the cue may take while you are awake by reading this catalog, which lists and categorizes many different ways the DreamLight has worked its way into dreams.

The types of incorporation of the DreamLight in dreams fall into three categories. The first two are ways the cue appears in dreams — either in a disguised form or simply as a flashing light like you see when awake. The third category is appearances of the DreamLight device itself in the dream scene or in the topic of the dream. This is a very important type of incorporation that many people have used to become lucid. Just the fact that you are walking around wearing a DreamLight can be quite enough to tell you that you are dreaming. Also in this category are instances in which people have become lucid because they pressed the mask button for a Reality Test and did not see a flash or hear a beep.

A note about frightening or unpleasant incorporations of cues

As you read this catalog, you will see that the light cues weave themselves quite neatly into the fabric of dreams. Our minds try to make the lights into something normal from the waking world. The flashing lights do not always show up as something pleasant. In our waking lives, we see flashing lights frequently in the form of alarms, police car signals, fires and explosions. When these are the nearest explanation your dreaming mind can find for the lights, then this is how the DreamLight cue may appear. We have even had reports of people seeing the light in their dream as “the light of a thousand suns” — a nuclear explosion.

This is not bad. The DreamLight cue cannot hurt you, no matter what form it takes in the dream. And, appearances of the cue as “bad” lights give us the opportunity to practice objectively evaluating the signals we respond to in life, to ask ourselves, “Is it really dangerous? What does this really mean, and how can it help me?” In the case of the DreamLight cue, it is there to tell you that *you are dreaming* and that you have the power to influence the course of your dream experience in a positive, constructive direction.

The Lights

As you read about the experiences others have had with the DreamLight, imagine it is you seeing the cue, or the device, in your dream. In cases where the dreamer has erred in interpreting the meaning of the cue, vow to yourself that you will not make the same mistake. Imagine seeing the cues for yourself, and saying, “That is the DreamLight, and I am dreaming.”

Disguised appearances of the light cue in dreams

- *Alternating rows of small red and blue flashing lights alert me to be lucid.*
- *Lightning flashes at precise intervals, like clockwork.*
- *My mom and I are driving through the forest in a bright white Toyota 4WD truck.*
- *As we break through the tree canopy, the sun is very bright.*
- *I am running across salt flats on a bright day.*
- *Bright objects or airplanes are whizzing by.*
- *I enter a yellow room.*
- *I am making the cue brighter to show someone but it seems way too bright.*
- *There is a large paneled skylight in the ceiling that is quite bright.*

- *I'm in a massive subterranean complex controlled by a central computer with a mind of its own (like HAL in 2001). I'm running down level after level, trying to escape its watchful eye. I can't hide from it — a flash of light goes off and I say, "The computer is trying to trap me," and I run further. Next flash appears and I think, "The computer has found me!" After awakening I realize the computer was the DreamLight, and it was just trying to tell me I was dreaming!*
- *I am at work unloading a truck, directing a group of employees. Suddenly, a blinding flash of light fills the entire scene. I cover my eyes because of the intensity of the light and shout to the employees, "Shut off the turn indicators," as if the light were coming from the truck's turn signals!*
- *I am on a remote, heavily forested island in the North Pacific, and a forest fire starts. The flames are so large that they literally fill the sky.*
- *I am on a spaceship and we seem to be being invaded. During the struggle all the lights flash.*
- *My husband is painting the kitchen door with a bright white coat of paint.*
- *The wall behind three miners playing cards looks like glittering white gemstones reflecting off the walls in an even geometric configuration.*
- *I see a soft flash of light behind a tall building against the night sky.*
- *I see a new and unfamiliar reflecting pool. The sun reflects and sparkles in the water.*
- *A brilliant white light flows into the aviary, brightly illuminating the cage's wires.*
- *I watch as she throws a handful of small white bird decorations up into the air and they flutter down catching the sudden bright overhead light, glittering.*
- *We are looking for refrigerators. My friend comes upon a full sized stoplight mounted on a stand with a hand crank to operate it. She stands there having fun flashing the yellow light at me.*
- *Through the bright haze we see the city skyline flickering.*
- *I note the light flashing on as I open the oven.*
- *I see bright reflections off the front window.*
- *We are running from Big Brother in the woods. I ask my daughter if she has brought a flashlight. She says yes, and flashes it at me several times.*
- *I'm lying in bed trying to "get back to sleep." I hear annoying voices on a cassette recorder beside me, and see bright red light glaring from the machine.*
- *I see a skylight that has never been there before. It brightly lights up the stairwell.*
- *I notice my grandmother's bright silver box and hair brushes, polished and glittering on her dressing table.*
- *A police car is chasing me with its lights flashing.*

A CATALOG OF LIGHTS

- *I am in an apartment with family members. The power goes out and back on and all the lights flash.*
- *As I walk up a street, twice someone sets down a Duraflame log that explodes nearby.*
- *I am a woman in a story and I encounter a wolf-man who gives me a thrill with a bright white light accompanied by a pleasurable internal sensation.*
- *As I step into a doorway, bright light shines from a car parked in front of the door.*
- *I am in a big house with students and there is an earthquake warning. I see alarm lights flash in a corner.*
- *A bush turns neon lavender.*
- *I am trying to escape from a bordello and alarm lights flash blue and red, and I wonder why they look that way.*
- *I am at dinner at my parents'. The lights flash and my first impulse is to be annoyed at my mother for flashing the room lights, but I quickly realize it's the DreamLight.*
- *A dim red light flashes on my watch.*
- *While I am looking under my parents' bed for record albums, a lamp underneath turns on so brightly I cannot see anything.*
- *I am leaving a meeting of secret national security people and as I step into the reception area, I am hit by a wall of red-white light. My first thought is that it is a cleansing light, like a UV antiseptic, but then I realize (as I'd rehearsed at bedtime), "It's the DreamLight!"*
- *The break between buildings at a cross-street lets the sun in my eyes.*
- *There is a bright red flash from a strange counter-top auto-teller.*
- *An arc lamp facing the stadium audience occasionally blasts us.*
- *I see psychedelic patterns in concentric rings. Later, a traffic light triggers the same psychedelic patterns.*
- *I see brightly colored concentric circles.*
- *As I walk through the store I'm surrounded by the popping of flash bulbs with after-images of orange circles.*
- *Suddenly, I'm seeing LSD-like patterns before my eyes.*
- *There is a huge, orange, mandala-like circle with concentric rings*
- *I see a beautiful pattern of gold and yellow diamonds within one another that fills the field of vision.*
- *The dark room becomes brightly lit.*

- *Dad turns the room lights up far too bright, then they suddenly dim, and I think a bulb burnt out.*
- *The scene changes from dark night to bright as noon day.*
- *I am being pistol-whipped with a camera-like device (probably the DreamLight). One particularly ruthless blow from behind has me “seeing stars.”*

Undisguised appearances of the light cues in dreams.

- *I am sitting with two friends when the sound goes off and the lights flash.*
- *When I see the light I wonder what it is because in my dream I think I have taken the mask off.*
- *I see a flash of light and press the mask button. No flash. I think, “This is great; I must be dreaming!”*
- *I see the flash in my dream and my first thought is: “That’s the DreamLight!”*
- *There is a blast of bright sunny-colored light — the edges flicker.*
- *I see five quick flashes, almost on the periphery.*
- *Bright white lights with flickering blast into my eyes.*
- *Bright red light floods my eyes.*

Integration of the DreamLight device into dreams

- *I have to excuse myself from dinner — while wearing the DreamLight — so that I can go upstairs and rest to collect another 15 minutes of DreamLight data.*
- *I decide I’m awake, wearing the DreamLight in a car at the grocery store. I press the mask button, and see no flash. “Hey! I’m still dreaming!”*
- *I am telling someone in my dream about the DreamLight.*
- *I am wearing the DreamLight throughout the dream. At my women’s group everyone is trying to tell me how to have lucid dreams and I’m irritated — after all, I’m wearing a DreamLight — what more can I do?*
- *I awaken in bed wearing the DreamLight mask, but somehow I don’t know what it is — it doesn’t say “DreamLight” on it, and the mask doesn’t have a star on it. Each time the cue flashes I take the mask off and think I am awake until the cue flashes again.*
- *I press the star and take off the mask. I see a screen that says the DreamLight has given two cues and am puzzled because I haven’t heard the Dream Alarm at all. I put the mask back on and then see four flashes. I press the star and see no light: “Aha! I’m dreaming.”*

A CATALOG OF LIGHTS

- *I “awaken” to feel the mask on my face. I hear music and voices as well as a telephone conversation through the mask. I get up and go to the door of the room adjoining my hotel room and tell a woman there to keep the noise down. She looks at me oddly as if she were thinking, “What the hell is this woman doing with a big black mask on her face hooked to a box she is carrying?”*
- *I “awaken” and press the mask button. I am about to accept it because I hear the beep, but there is no flash of light so I try it again. Still no light, so I get up and take off the mask to see that I am in a different bedroom and can see “my” body asleep on the bed.*
- *I am in bed with a young man who wants to make love to me, but notices I am wearing the DreamLight. I explain it to him.*
- *The DreamLight flashes and I press the star button for a Reality Test. It does not work, but instead of becoming lucid, I rationalize it by taking off the mask cover and discovering that I have broken the switch.*
- *I awaken and press the mask button, but it doesn’t work. I become lucid.*
- *I am back in my bed. I try to reach the mask button to do a Reality Test but my arm is numb and very heavy. I finally reach it, but nothing happens.*

Chapter 7 Staying in the Lucid Dream

Awakening only moments after becoming lucid is one of the most frequently cited difficulties faced by lucid dreamers. Fortunately, this problem is easily solved, and is primarily a hurdle to be overcome by beginning lucid dreamers.

The problem of avoiding premature awakening from lucid dreams breaks down into two phases. The first step for many will be to learn how to get beyond the initial flash, “Wow! This is a lucid dream!” without jolting awake. The next stage is to achieve proficiency in methods of prolonging lucid dreams long enough to achieve goals.

The general strategy for preventing immediate awakening is to suppress the expression of excitement and to engage with the dream. As a model of how to contain the thrill of becoming lucid, imagine what it’s like to be dealt a winning hand in poker. If you let it be known what you are holding by showing your delight, you won’t win much. Instead, you want to stay “cool,” and save your ebullience for after you’ve won — or after the lucid dream has reached a satisfying conclusion.

As a model of how to contain the thrill of becoming lucid, imagine what it’s like to be dealt a winning hand in poker.

Involving yourself in the lucid dream is as essential as keeping your cool. The act of becoming lucid can distance you from the events of the dream, because it is generally not a part of the ongoing “story line” of the dream. In fact, withdrawing from the dream plot is a useful method of ending a dream. Thus, to ensure the continuance of the dream, you want to fully engage yourself in the dream scene you are in when you become lucid. If your senses are completely involved in the impressions of the dream, they are less likely to make the switch to perceiving waking reality. This strategy of perceptual engagement is also the keystone of methods for prolonging lucid dreams, such as the spinning technique described below.

Finally, if you awaken from a lucid dream sooner than you would have liked, you can attempt to re-enter the dream, using the *Taking Lucidity With You: Falling Asleep Consciously* technique of lucid dream entry described in Chapter 5. The instructions below are to assist you in staying asleep and prolonging lucid dreams.

Avoiding Immediate Awakening

Memorize the things you need to do at the start of a lucid dream. Below is a list of actions to take in order to avoid awakening as soon as you become lucid. Read and memorize them so that they are ready in mind the next time you have a lucid dream — it could be tonight!

1. Keep cool, calm and collected

Restrain the impulse to jump and shout for joy. It's fine to be excited, but don't express your excitement outwardly.

2. Engage in the dream

Immediately after realizing you are dreaming, turn your attention to what's happening in the the dream. Look at, listen to, and feel the events and things around you in the dream world.

3. Move around.

Get your body's senses of movement involved in the dream also, by moving around in the dream scene. Run, fly, or dance — while continuing to observe and interact with the dream.

Prolonging Lucid Dreams with Spinning

This technique is useful for continuing a dream when the lucid dream you are in begins to fade, as dreams frequently do just prior to an awakening. The idea is simple: when you notice your lucid dream beginning to fade, you spin around (it's your dream body that's spinning, of course) until a new dream scene emerges. Here are two steps to help get you started with spinning to prolong dreams.

1. Practice spinning while awake.

In case you have any inhibitions that might make you feel silly spinning around, try it now. Put down this manual, go into an open space and spin around a few times. Do it now.

2. Relive a dream and practice spinning.

Pick a recent lucid dream, or if you have not had any lucid dreams yet, pick a non-lucid dream you enjoyed. Read it to remind yourself of what happened and especially focus on the events that occurred just before you awakened.

Stand in an open space, and, with your eyes closed, imagine living through the last part of the dream again. When you reach the end, picture yourself, instead of waking up, catching the moment when it is just starting to fade. Open your eyes, and spin around a few times as you did in Step 1, repeating to yourself, “the next scene will be a dream.” Then, imagine that you are dreaming still — in a new scene which is the room around you — and do something, or imagine doing something you would enjoy doing in a lucid dream.

3. Spin in a lucid dream.

The next time you have a lucid dream, enjoy it, and be alert for the first signs that it is about to end. Usually, the visual aspects change first, by fading or freezing in place, becoming two dimensional, like a still photograph, or cartoon. As soon as this starts to happen, while you still feel your dream body (that is, not your body in bed), spin around rapidly, telling yourself repeatedly, “The next scene will be a dream.” If you don’t continue to remind yourself that you are dreaming, you are likely to have a false awakening. Of course, the DreamLight’s Reality Test button should set you right, in that case.

When you stop spinning, your surroundings may be unmistakably a dream. However, if you believe you have awakened — as always — do a Reality Test (p. 22) by pressing the DreamLight’s mask (star) button!

Note: Some people find the sensation evoked by full body spinning unpleasant. Although feelings of dizziness seem to be less common in dreams than in waking, if you dislike spinning there is an alternative that may be as effective. This is to rotate just your arms in large circles originating from your shoulders. The essential aspect of both types of “spinning” appears to be the sensation of velocity produced by circular motions.

Chapter 8 Toward More Light!

You are not alone. Although few experiences are as private as dreams, that very privacy makes possible the unparalleled freedom available in the lucid dream state that has the potential to contribute to the transformation of human society. The word about lucid dreaming is spreading. Every day the Lucidity Institute receives letters and phone calls from people who have heard about lucid dreaming for the first time. Many of them have had a taste of the power of the lucid dream and speak in wildly enthusiastic tones of their desire to experience it again.

We at the Lucidity Institute believe that lucid dreaming can benefit anyone who can achieve it. Our purpose is to conduct and support research into ways of making lucid dreaming accessible to all and into ways of using lucid dreams to enhance our lives. The DreamLight is one product of our work in the first category, making use of developing technology to assist us on our paths to self-discovery. We also offer seminars and courses on methods of having and using lucid dreams.

For achieving the second part of the Lucidity Institute mission, we hope to enroll every one of you lucid dream explorers as our colleagues. The potentials of lucid dreaming for enriching life are just beginning to come to light. In this new frontier, any individual could make important discoveries valuable to others. We request that you share with us the joys and tribulations you experience during your explorations of the world of lucid dreaming. In turn, we will compile the reports we receive from this new world and relay them on to you for your enhanced enjoyment of your nightly travels.

Ideas of applications for lucid dreaming appear in the second half of *Exploring the World of Lucid Dreaming* (LaBerge & Rheingold, 1990). Accounts of these uses of lucid dreaming came from oneironauts (“dream voyagers”) around the world writing in to share their successes. There is much to be learned about these known applications, and surely as many yet undiscovered. New methods of lucid dream induction, too, undoubtedly await us.

The most important gift lucid dreaming offers may be its power for showing us the great treasure that lies within each of us. So many people labor under the belief that they have little control over their own lives and destinies — that the world is not theirs to change. Our deepest motive for teaching people about lucid dreaming, is to help whomever we can to realize that they can make their own worlds and experience fulfillment of their hearts’ desire. Lucid dreaming can provide a way into that realm of possibility because it demonstrates with stunning clarity that true liberty, peace, joy, beauty and love live always inside of each of us. We dream that if enough individuals discover the precious treasure within, not only will their hearts be enlightened thereby, but then also humanity will find its way to living in harmony and generosity.

How to participate

1. Tell your friends about lucid dreaming.

They might think you are crazy at first, but will change their minds when they experience it themselves.

2. Establish or join a DreamLight User's Group in your area.

The Lucidity Institute is setting up groups in areas where many interested people are located. If you collect your own group, we will help you set up to support each other in your explorations with the DreamLight and lucid dreaming, provide your group with information on new techniques, applications, technological updates, products, and offer seminars with Lucidity Institute instructors.

3. Become an active oneironaut.

We want to know all about what people experience with the DreamLight. We will offer to every DreamLight owner the opportunity to participate in experiments with the DreamLight, and to give us feedback on how it is working. Active oneironauts will receive special communications about DreamLight upgrades, and other benefits, including the sense of satisfaction in contributing to scientific knowledge of lucid dreaming. To express your interest in being part of ongoing research with the DreamLight, and to receive information about upgrades and discounts, send us your completed First Week DreamLight Experience Log (see *Appendix E: Keeping Records*). Thank you for your participation!

Note: As always, we would like everyone to contribute to the experiments presented in each issue of *NightLight*.

Appendix A Basics of Sleep and Dreaming

What is Sleep?

Before we can understand what goes on in our heads when we are asleep and dreaming, we need to know something about how our brains are working when we are awake. Whether we are awake and active, awake and daydreaming, or asleep and dreaming, our brains are working, and we have experiences.

If you are awake and active, your brain processes input from the environment, collected by your sense organs (eyes, ears, nose, skin, taste buds). Your brain combines this information from the outside world with your memories of what the world is usually like to make up a picture, or model, of what is going on in the world around you. This model is what you experience as reality. While awake and active, the model accurately reflects what you are doing and what is going on in the world outside your mind.

If you are awake, but not doing anything, the focus of the mind's activity shifts from the external to the internal. Your thinking becomes more independent of the outside world, your mind wanders, you daydream. With part of your mind you are modeling worlds that might be, rather than the actual world around you. Still, you tend to maintain, in the corner of your mind, an idea of what's happening outside yourself.

In the case of sleep, your senses are almost closed off from the outside world. Therefore, you stop maintaining a conscious model of it. But your brain keeps working, and if it is very active, like in the dream state, it makes pictures of worlds that are likely to be. These worlds are not very connected to what's really happening around your body, they are, in other words, dreams. The sleeping brain isn't always creating a multidimensional world-model. Sometimes, it seems to be merely thinking, or doing very little. The differences in mental activity during sleep depend largely upon differences in the state of the sleeper's brain.

Sleep is not a uniform state of passive withdrawal from the world, as scientists thought until the 20th Century. There are two distinct kinds of sleep: a quiet phase and an active phase. The quiet phase fits fairly well the common-sense view of sleep as a state of restful inactivity — your mind does little while your body breathes slowly and deeply; your metabolic rate is at a minimum, and growth hormones are released facilitating restorative processes. When awakened from this state people feel disoriented and rarely remember dreaming. You can observe this state in your cat or dog, when it is quietly sleeping in a moderately relaxed posture (in the case of cats, the “sphinx” posture) and breathing slowly and regularly. This is the phase of sleep in which sleep-talking and sleep-walking occur.

The transition from quiet to active sleep is quite dramatic. During the active sleep phase, commonly called “Rapid Eye Movement” or “REM” sleep, your eyes move rapidly about (under closed lids, of course) much as they would if you were awake. Your breathing becomes quick and irregular, your brain is as active as it is when you’re awake, and you dream vividly. While all this activity is happening in your brain, your body remains almost completely still (except for small twitches), because it is temporarily paralyzed during REM sleep to prevent you from acting out your dreams.

The “sleep paralysis” of REM sleep doesn’t always turn off immediately upon awakening; this is why you may have experienced waking up and not being able to move for a minute. Sleep paralysis can seem a terrifying experience, but actually it is quite harmless, and indeed, can even be useful for inducing lucid dreams (see *Chapter 5: Three Ways of Having Lucid Dreams with the DreamLight*). You can get a good view of REM sleep by watching your cat or dog sleep. They will be in REM sleep when they are totally collapsed, breathing irregularly, twitching, showing eye-movements, and in the case of dogs, tailwagging, whimpering, growling and barking.

The Sleeper’s Night Journey

We begin the night by gradually entering quiet sleep. The first stage, called Stage 1, is a state between drowsy wakefulness and light sleep. In this stage, our eyes drift slowly from side to side, and we have vivid, brief dreamlets called hypnagogic imagery. Normally, you quickly pass through Stage 1 into Stage 2, which is distinguished in the sleep laboratory by unique brainwave patterns. Mental activity at this point is sparse, mundane and thoughtlike.

Typically after twenty to thirty minutes, you sink deeper into “delta” sleep, so named after the regular high energy, slow brainwaves that characterize this stage of quiet sleep. Very little mental content is reported from delta sleep.

After gradually entering the deepest stage of delta sleep, and lingering there for thirty or forty minutes, you come back up to Stage 2. Approximately seventy to ninety minutes after sleep onset, you enter REM sleep for the first time of the night. This is the stage in which most dreams occur. After five or ten minutes of REM, and possibly following a brief awakening in which you would be likely to remember a dream, you sink back down into Stage 2 and possibly delta, coming up again for another REM period approximately every ninety minutes, and so on through the night. In an 8 hour night, we generally have about 5 REM periods, ranging in length from 5-60 minutes.

While learning and practicing lucid dreaming you should keep in mind two elaborations on this cycle: 1) the length of the REM periods increases as the night proceeds, and 2) the intervals between REM periods decrease with time

APPENDIX A.

of night, from ninety minutes at the beginning of the night to perhaps only twenty to thirty minutes eight hours later. After five or six periods of dreaming sleep you wake up for perhaps the tenth or fifteenth time during the night (we briefly awaken this many times on an average night; but we promptly forget it happened, just as you may forget a conversation with someone who calls you in the middle of the night).

Lucid dreams, like most ordinary dreams, occur in REM sleep. Laboratory research on the state of the brain and body in lucid dreams shows that lucidity tends to happen when people are in very active phases of REM sleep, showing a lot of eye movements, brain waves indicating a lot of mental activity, rapid breathing, and deep paralysis.

The level of activation required to achieve lucidity is not rare; it is reached by most people in every REM period. The DreamLight is programmed to give cues when it detects a high level of eye movement activity. The idea is that people are most likely to become lucid when they are in very active REM sleep, making many eye movements, so this is the best time to give them cues to help them become lucid. The DreamLight brings the technology of the sleep laboratory into your home, so that you can benefit from knowledge scientists have accumulated about the nature of dreaming and lucidity.

(Adapted from *Exploring the World of Lucid Dreaming*, by LaBerge and Rheingold, Ballantine, 1990)

Appendix B Developing Dream Recall

Dream recall is essential for lucid dreaming. The first step to learning lucid dreaming is to increase your dream recall. For the DreamLight to help you have lucid dreams, you must be able to recall at least one dream per night. Your long term goal, to achieve the optimal results with the DreamLight, is to recall two or more dreams per night.

The instructions below present methods for improving dream recall in a structured format to help you organize your efforts and discover which methods are most helpful to you.

Keeping a Dream Journal

Your dream journal will be your most helpful tool for improving your dream recall. It will give you clear feedback on your progress, ensure that you don't forget the dreams you have remembered, and will be helpful in evaluating your experiences with the DreamLight. Below is a list of steps for starting a dream journal. If you already keep one, check this list to make sure you are taking all the steps.

1. Get a notebook for recording your dreams

Acquire a blank book or notebook that you can keep ready at hand by your bedside. Use this book only for recording your dreams.

2. Set up a bedside station for your dream journal.

This should include the journal, a good pen, a light, and a clock (preferably digital, for Reality Testing purposes — see p. 12). If you don't want to disturb your bed-partner in the night by turning on a lamp, you can use a flashlight, or an illuminated pen, or one of those personal reading lamps that clamp onto books. You should be able to reach your journal and writing equipment easily without getting out of bed.

3. Each night before sleep write in your journal the date and the time you lie down to go to sleep.

This will help set your mind for recording your dreams.

4. Write notes when you awaken during the night

Whenever you awaken and recall a dream or fragment of a dream, record the time and write notes on the dream. You don't need to disrupt your sleep by writing out the full details in the middle of the night, but be sure to note key events and feelings, and any verbatim speech or text from the dream. No matter how little you remember of the dream, write something down.

5. Write out the details in the morning

In the morning, when you are done sleeping, use your night's notes to write out the dreams in full detail. Title each dream with a short name that expresses the essence of it (examples: Guardian of the Spring, The Wolfman). Record everything you can remember about each dream, including your reactions to events. When pictures would help you recall or convey the dream images, illustrate them in your journal.

6. Note additional dream recall during the day

Carry a small notebook or scratch paper with you throughout the day. Whenever you remember dreams or fragments not previously recalled, take notes, and enter these dreams in your journal when it is next convenient.

Dream Recall Aids

Below is a menu of activities that will help you to increase your dream recall. Try them all. Then you can decide which ones are the most useful for you, and narrow your efforts to those.

Dream Recall Aids

1. Setting intention

In all kinds of learning, the intention to learn and improve is an important ingredient. If you have poor dream recall, you are probably in the habit of going to sleep just to sleep and to forget everything else. It will take a deliberate decision to overcome that habit. Before bed, resolve to yourself, "I will remember my dreams." Write this phrase in your dream journal. Encourage yourself further by resolving, "I will have interesting and meaningful dreams."

2. Dream Alarm

Use the Dream Alarm feature of the DreamLight which will awaken you from dreams, so that you can remember them better. See p. 80 for more details.

3. "What was I dreaming?"

The moment you awaken at any time in the night or morning, ask yourself, "What was I dreaming?" Don't move and don't think about anything else. Focus on answering this question for several minutes, until you come up with something. If you don't succeed at first, ask yourself, "What was I just thinking or feeling?" Take any fragment you recall and think about what

happened before that. This process should lead you back through the dream. If you still have no luck, guess what you might have been dreaming about, such as current concerns or topics of interest, and see if these thoughts trigger any recall. Whatever you come up with, write it down in your journal.

4. Extra sleep

Sleeping an extra hour or two in the morning can help you remember your dreams in two ways. First, when you are more rested you will be better able to focus your mind on remembering your dreams. Second, we have more REM sleep in the last third of our sleeping periods. It is more effective for increasing dream recall to sleep later in the morning than to go to bed earlier at night. Sleeping late is a highly effective method, and you should try it even if you can only practice it on weekends.

5. Reminder

Place something by your bed in plain view to help you remember your intention to recall your dreams. It can be anything from a sign saying, "Remember Dreams!" to an object with symbolic significance as long as it is a clear cue to you to think about dreams.

Appendix C DreamLight Operation Modes

Cue Setting Modes

Starting Mode

WELCOME DREAMER! → Press a Key: → YES to Sleep Now →

MODE to Adjust → EXIT to Quit... → WELCOME DREAMER! →

Gives you the option to choose whether to set the DreamLight, start *Lucid Dreaming Mode*, or turn the DreamLight off.

Press YES to enter Lucid Dreaming Mode (described below).

Press MODE to move to the Cue Length Mode.

Press EXIT to turn the DreamLight off.

Cue Length Mode

CUE LENGTH 2SEC

Allows you to set the length of time the lights in the mask flash each time they are triggered by the control box. The length of time the lights flash affects how easily you see the cues in your dreams.

Available Range: 1–99 seconds. People generally use values from 1–10 seconds.

Press ▲ to increase the length of the light cue.

Press ▼ to decrease the length of the light cue.

Press ▲ and ▼ simultaneously to see how the current cue settings look and sound when the mask flashes.

Press MODE to move to the *Brightness Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Brightness Mode

BRIGHTNESS 3

Allows you to set how brightly the lights flash each time they are triggered by the control box. Brightness affects how easily you see the cues in your dreams.

Available Range: 0-5

If the brightness is set to 0, the lights will not flash. Use a setting of 0 brightness if you want to use only the sound cue (see the Sound Mode below).

Press ▲ to increase the brightness of the light cue.

Press ▼ to decrease the brightness of the light cue.

DREAMLIGHT OPERATION MODES

Press ▲ and ▼ simultaneously to see how the current cue settings look and sound when the mask flashes.

Press MODE to move to the *Flash Type Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Flash Type Mode

FLASHES REGULAR

Allows you to select from 5 different types of flashes:

REGULAR: Evenly spaced flashes

RANDOM: Unevenly spaced flashes.

RAMPUP: Flashes start slow and speed up.

RAMPDOWN: Flashes start fast and slow down.

OFF: Light cues (and sound cues) are turned off, while DreamLight otherwise operates normally. Use this setting your first night with the DreamLight (see p. 27)

Press ▲ or ▼ to move through the various flash type options. To select an option, press the ▲ or ▼ keys until your desired setting shows in the window, then move on to the next mode or return to the *Starting Mode*.

Press ▲ and ▼ simultaneously to see how the current cue settings look and sound when the mask flashes.

Press MODE to move to the *Flash Rate Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Flash Rate Mode

FLASH RATE 2/S

Allows you to set the rate at which the lights flicker each time the control box triggers them to flash. Research has shown that a rate of 2 or 4 flickers per second is best for inducing lucid dreams. However, you may wish to experiment for yourself.

Available Range: 1-99 flickers per second.

Press ▲ to increase the flicker rate of the light cue.

Press ▼ to decrease the flicker rate of the light cue.

Press ▲ and ▼ simultaneously to see how the current cue settings look and sound when the mask flashes and beeps.

Press MODE to move to the *Sound Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Sound Mode

SOUND VOLUME 0

Allows you to turn on and adjust the loudness of a sound that can accompany the light cue. The sound comes from the small speaker in the hole near the top of the mask. This feature is useful for deep sleepers having trouble noticing the light cue in their dreams.

Available range: 0-100 milliseconds. The longer the sound, the louder it sounds. Typically, people use the DreamLight with the sound off (set to 0).

Press ▲ to increase the volume.

Press ▼ to decrease the volume of the sound cue.

Press ▲ and ▼ simultaneously to both see how the current light cue settings look when the mask flashes and how the sound sounds.

Press MODE to move to the *Night Records Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Sensitivity Setting Modes

Night Records Mode

2334M442*S08C027

The DreamLight stores a “record” of information from each of the last 10 nights (or naps) of use. The DreamLight begins to store a record when you enter Lucid Dreaming Mode by pressing the YES key in Starting Mode. The record ends when you leave Lucid Dreaming Mode by pressing the MODE/POWER and EXIT/DELAY keys at the same time. The information in the record includes: the time you put the DreamLight in Lucid Dreaming Mode, the number of minutes in the record, the sensitivity level used during the night or nap, and the number of cues the DreamLight gave. Records shorter than 10 minutes are not saved.

Read the screen as follows: 2334M442*S08C027

A B C D E

A: The time when you put the DreamLight in Lucid Dreaming Mode.

B: The number of minutes the DreamLight was in Lucid Dreaming Mode.

C: The presence of a * in the middle of the screen indicates that the record displayed is the one most recently collected. Otherwise, the space is blank.

D: The sensitivity setting used during this record.

E. The number of cues the DreamLight gave you during this record.

You can use the Night Records Mode to review your experiences with the DreamLight over the last 10 nights (or naps). You will also use it to select the best sensitivity level for you. For this purpose, you will select the a record from a good night of sleep, and using that record, have the DreamLight calculate which sensitivity setting would have given you the number of cues you want in a typical night of sleep. The idea is that you use the DreamLight for a night (or a few nights), striving to record a good, typical night of sleep for you. Then you use Cues Desired Mode and the Sensitivity Selection Mode to calculate the right sensitivity setting, which you then set in the Sensitivity Setting Mode.

Press either the ▲ or ▼ key to move through the stored night records. The most recent record has a * in the middle of the screen. You can identify other specific nights by their starting times which should be in the notes you have been keeping (see *Appendix F: Keeping Records*).

To select a particular night record for use in the *Sensitivity Selection Mode*, press the ▲ or ▼ key until your desired record shows in the window, then move on to the *Cues Desired Mode*.

Cues Desired Mode

CUES DESIRED 10

You will make use of this mode when selecting a sensitivity level for your DreamLight. You will pick the number of cues you would like to receive on a typical night of sleep (generally between 10 and 30, but refer to Chapter 4: Optimizing the DreamLight Settings for You for guidance in choosing the number of cues you want). You will set the Cues Desired mode to that number of cues, then move to the Sensitivity Selection mode, where the DreamLight will calculate the correct sensitivity setting.

Available Range: 0-99 (typical settings are 10 to 30 cues)

Note: The number you set in Cues Desired Mode is only used by the DreamLight in Sensitivity Selection Mode to compute the right sensitivity setting. This number has no effect on the functioning of the DreamLight in Lucid Dreaming Mode. To change the number of cues you receive during the night, you must alter the sensitivity in Sensitivity Setting Mode.

Press ▲ to increase the setting to the number of cues you desire.

Press ▼ to decrease the setting to the number of cues you desire.

Press MODE to move to the *Sensitivity Selection Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Sensitivity Selection Mode

```
SENSITIVITY CHK? → CALCULATING... → 2334M442S01C003  
→ IF S = 08, CUES=15 [ → #CUES DELAYED=07 ]
```

After selecting a record from a good night's sleep in Night Records Mode, and after setting the Cues Desired Mode to the number of cues you would like to receive in a night, you move to this mode to compute the right sensitivity setting. When you first enter this mode, the screen reads:

```
SENSITIVITY CHK?
```

This means "Start a sensitivity check now?" Press the YES key to put the DreamLight to work figuring out the right sensitivity setting. While it is working on this problem, it will briefly show a screen that says,

```
CALCULATING...
```

Then you will see a display like that from the Night Records Mode. The DreamLight will begin by finding out how many cues would be given at a sensitivity setting of 1. This will show in the screen like this:

```
2334M442 S01C003
```

S01C003 indicates that a sensitivity setting of 1 would result in 3 cues during the night. As you watch, the display will change to showing S02 with the corresponding number of cues. This will continue until the DreamLight finds a sensitivity setting that exactly matches or just exceeds giving the number of cues you want. When it finds this optimal level, it will show a display like this:

```
IF S=08, CUES=15
```

This means that if you set the sensitivity to 8, you would receive 15 cues on a night like the one stored in the record you have selected in Night Records mode. In reality, no two nights of sleep are exactly alike, so this is an approximate setting.

An alternate screen is available in Sensitivity Selection Mode, which shows the number of cues the DreamLight would have given you if the delay were not in effect. The delay (described in detail on p. 23) prevents the DreamLight from giving cues for a certain amount of time while you go to sleep. Therefore, there may be times during the night when the DreamLight detected enough eye movements to give a cue, but did not because the delay was on. This screen tells you how many cues were preempted in this way; this information may be useful to you for setting the correct sensitivity level (see p. 80). The screen looks like this:

#CUES DELAYED=07

If you want to see this screen, when the display is showing, IF S=00 , CUES=00, press the NO key. It will show for 2 seconds, then return to the previous screen.

Press YES to start the DreamLight scanning through sensitivity levels for the one that would provide the number of cues set in *Cues Desired Mode*.

Press NO to see the #CUES DELAYED screen (see below) only after you have pressed YES and the sensitivity check is complete. Otherwise the number displayed may be incorrect.

Press MODE to move to the *Sensitivity Setting Mode*.

Press EXIT to return to *Starting Mode*.

Sensitivity Setting Mode

SENSITIVITY 8

Move to this mode after you have run a sensitivity check in Sensitivity Selection Mode, computing the sensitivity level that would give you the number of cues you want in a night based on a good, typical night of sleep stored in the Night Records Mode. Here you will set the sensitivity level to the one computed in Sensitivity Selection Mode.

Available range: 1 -15 (Typical settings fall between 2 and 13)

Press ▲ to increase the setting to the correct sensitivity level.

Press ▼ to decrease the setting to the the correct sensitivity level.

Press MODE to move to the *Dream Alarm Mode* screen.

Press EXIT to return to the *Starting Mode* screen.

Dream Alarm Mode

DREAM ALARM OFF

If you are having trouble remembering your dreams, try the Dream Alarm feature. When you are trying to have lucid dreams, and working with the DreamLight, you will get the best results if you recall at least two dreams each night. When the Dream Alarm is on, the speaker in the DreamLight mask beeps three minutes after each cue. The beep is to awaken you and tell you that you have just been dreaming, and the DreamLight has cued you in the past few minutes. This can help you recall what it was you were just dreaming, and try to identify incorporations of the light (or sound) that may have appeared in your dream.

The Dream Alarm has three setting options: OFF, SOFT, and LOUD. Set to OFF, it does nothing. Set to SOFT, it beeps softly, three minutes after each cue. Set to LOUD, it beeps stridently, more like an alarm clock. Use LOUD if you are hard to wake up! Note that a bed partner may not appreciate this feature. When the delay is active, the alarm will not sound, just as the lights will not flash.

You can try out the volume of the Dream Alarm by pressing the YES, NO and EXIT keys simultaneously (in any mode except Starting Mode).

Press the ▲ or ▼ key to move through the options, OFF, SOFT, and LOUD. Select the option you want and then move to another mode.

Press MODE to move to the *Wakeup Alarm Mode*.

Press EXIT to return to *Starting Mode*.

Wakeup Alarm Mode

08:30 WAKEUP OFF

The DreamLight has a built-in alarm clock feature, to help you minimize the amount of equipment you have to keep by your bed! To operate it, you set it much as you would any alarm clock, setting the hour and minute at which it will awaken you by beeping through the speaker in the mask. It beeps for one minute. To turn it off sooner, you can press any key, including the button on the mask. The Wakeup Alarm mode screen looks like this:

08:30 WAKEUP OFF

The time shown (08:30) is the time at which the DreamLight will awaken you. The DreamLight uses a 24 hour clock. You can set the alarm ON or OFF, or select SET to set the wakeup time.

To set the alarm, select SET with the ▲ or ▼ keys. Now press the MODE key, and the screen will show something like:

WAKEUP HOUR: 7

To change the hour, press the ▲ or ▼ key until the hour you want shows. Then press the MODE key. The screen will show something like:

WAKEUP MIN: 40

To change the minute, press the ▲ or ▼ key until the minute you want shows. Then press the MODE key. You will be back at the first Wakeup Alarm mode screen, and it will now show the wake up time you have set, like this:

07:40 WAKEUP SET

DREAMLIGHT OPERATION MODES

Press the ▲ or ▼ key to turn the alarm ON or OFF as you desire. Then press the MODE key to move to the Date and Time mode.

Press ▲ or ▼ to turn the Wakeup Alarm ON, OFF or to SET. To set the alarm, refer to the above instructions.

Press MODE to move to the Date and Time Mode.

Press EXIT to return to the Starting Mode.

Date and Time Mode

SET? 10/20 15:27

The DreamLight needs to be set to the current date and time to keep proper track of your night sleep records and to awaken you at the proper time if you are using the Wakeup Alarm. The Date and Time Mode screen looks something like this:

SET? 10/20 15:27

It shows the month, day and time of its current setting. The DreamLight uses a 24 hour clock (15:27 is 3:27 PM). To set the correct date and time, press the YES key. The display will now look something like this:

SET MONTH 10

Use the ▲ or ▼ key to set the correct month. Then press the MODE key to move to the screen for setting the day. The display will now look something like this:

SET DAY 21

To set the correct day, press ▲ or ▼ until the correct number of the day shows in the screen. Then press the MODE key to move to the screen for setting the hour. The display will now look something like this:

SET HOUR 17

To set the correct hour, press ▲ or ▼ until the correct number shows in the screen. The DreamLight uses a 24 hour clock. Then press the MODE key to move to the screen for setting the minute. The display will now look something like this:

SET MINUTE 10

To set the correct minute, press ▲ or ▼ until the correct number shows in the screen. Then press the MODE key to move back to the first Date and Time Mode screen. You can now check whether the date and time have been set correctly. Then press the MODE key to return to the Starting Mode screen.

Press the YES key to begin setting the date and time, as described above.

Press MODE or EXIT to move to the Starting Mode screen.

Lucid Dreaming Mode

Lucid Dreaming Mode

06:34 C09 D009 Z

The screen tells you what has happened so far during your sleep with the DreamLight.

- *The current time is displayed at left (6:34AM).*
- *The number of cues the DreamLight has given since you put it in Lucid Dreaming Mode follows the letter C (C09).*
- *The number of minutes left in the delay follows the letter D (D009).*
- *The Z blinks to let you know the DreamLight is functioning.*

Two minutes after entering Lucid Dreaming Mode, the DreamLight will give a cue for you to use in preparing yourself to recognize the cue in dreams.

Press the YES key in *Starting Mode* to enter *Lucid Dreaming Mode*.

Press the mask button to do a Reality Test. If you are awake, you will see a flash and hear a beep. If you are dreaming, this will probably not work.

Press DELAY key or mask button to start the delay (10 minutes for each press) or to add 10 minutes to the delay.

Press the NO key to reset the delay to 0.

Press the YES and NO keys simultaneously to test the cue.

Press any key to turn on the blue backlight. It will turn off after 2 minutes if no keys are pressed.

Press the MODE/POWER and EXIT/DELAY keys at the same time to leave *Lucid Dreaming Mode* (and go to *Starting Mode*).

Appendix D Troubleshooting

This section presents some of the problems DreamLight users may encounter, along with suggested solutions. If you are having a difficulty with the DreamLight, read this section, and try the solutions offered. If you have a problem that is not listed here, or the solutions suggested do not help, please call the DreamLight Help Line, at (415) 851-0282

No Power

When you press the MODE/POWER key to turn the DreamLight on, nothing happens.

1. Check that the DreamLight power supply (see illustration on page 9) is plugged securely into a working wall outlet, and into the DreamLight.
2. If the DreamLight is plugged into a working wall outlet via the power supply and still has no power, the power supply may have burned out. You may acquire a new power supply from the Lucidity Institute. Do not use a power supply from another source without calling the DreamLight Help Line to check its suitability first.

Mask Doesn't Work

No part of the mask operates. That is, you don't get any cues at night, pressing the ▲ and ▼ keys at the same time (in any mode but Starting Mode) does not make the lights flash, and the mask button does not start the delay.

Check that the connector on the cable from the mask to the box is firmly inserted into the box. It should not be easy to pull out. If the cable is inserted securely and the mask does not work at all, call the DreamLight Help Line.

No Flashing Lights

When the DreamLight gives a cue, the lights don't flash. You can test what happens when a cue is given by pressing the ▲ and ▼ keys at the same time (in any mode but Starting Mode).

Check that the *Flash Type Mode* is not set to OFF (see p. 76). If it is, no flashes or sounds will occur when the cue is given.

Mask Fit

The mask strap is too tight or the mask strap is too loose.

Adjust the size of the strap by pulling on the buckle on the ribbon until the mask fits comfortably without slipping on your face.

Mask Falls Off

You wake up to find that you are not wearing the mask.

This is a common experience of DreamLight users. Believe it or not, the mask is not falling off. What generally happens is that you wake up for a very brief time during the night. During this awakening you remove the mask and fall back to sleep before replacing it. Make sure the mask fits you comfortably, but is not too loose. At bedtime, tell yourself you want to be more aware of your awakenings in the night, and not remove the mask without replacing it. In time you will become more accustomed to wearing the mask, and this will happen less frequently.

Light Cue Too Bright, or Too Many Cues

The DreamLight cues awaken you too much during the night or you receive more cues than you would like.

This problem is addressed in *Chapter 4: Optimizing the DreamLight Settings*.

Do Not See Light Cue

You rarely or never see the light cues during the night.

This problem is addressed in *Chapter 4: Optimizing the DreamLight Settings*.

Sensitivity Too Low

When running a Sensitivity Check to find a Sensitivity Level that will give you the number of cues you desire, no sensitivity level will give you enough cues. (See pages 76-80 for more information on these procedures.)

Try running a Sensitivity Check on a different Night Record (p. 77). If you get the right number of cues on a different night, the last night of sleep may be a poor example. If you cannot achieve the desired number of cues regularly, call the DreamLight Help Line.

Service and Repair

Here's how to use the Lucidity Institute technical support and product repair and replacement services. To ensure you get the full benefit of both services, please follow the instructions below carefully. If your DreamLight is defective, it will be repaired or replaced at no charge during the warranty period and for a reasonable price thereafter. Please review your license agreement and warranty completely for detailed information about what is covered. We regret that we are unable to include shipping costs in warranty service.

If you run into technical difficulties, we will be happy to help. Often, you'll find that a lot of problems are already answered in this manual. Phone support does not always give you the detailed answers that you can get from carefully reading the manual.

- *Follow these steps if you think you have a defective product:*

1. Re-read this manual.
2. Call the contact from whom you purchased the DreamLight.
3. If you are still puzzled, gather all information that applies to your problem. Note any messages you get on the display when the problem occurs. With your manual and DreamLight close at hand, call the Lucidity Institute DreamLight Help Line at (415) 851-0282.
4. If your product is diagnosed as defective, the DreamLight Support Service representative will explain the proper procedure for the repair or replacement of your DreamLight.

Appendix E Keeping Records

Your DreamLight package includes a set of DreamLight Experience Log Sheets. These will be very important to you in developing a fruitful relationship with your DreamLight. You will refer to your past experiments and experiences, recorded on the Log Sheets, when you are deciding what new settings to try to improve its effectiveness in helping you have lucid dreams. If you call the DreamLight Help Line for advice on DreamLight operations, you will need to have your Log Sheets at hand.

In addition, those of you wishing to see further developments in the science of lucid dreaming can help the research by submitting copies of your Log Sheets to the Research Department of the Lucidity Institute. Your experiences will be of great value in increasing understanding of the process of learning lucid dreaming, and in developing new technological means of assisting the induction of lucid dreams.

We are especially interested in your initial experiences with the DreamLight, those you have while working to find the DreamLight sensitivity and cue settings that work best for you. As an incentive, if you send in a complete DreamLight Experience Log from 7 nights with the DreamLight, we will offer you a discount on upgrades of the DreamLight's software, and keep you informed as they become available.

Help lucid dreaming research! Send us your first week's DreamLight Experience Log and written reports of your lucid dreams with the DreamLight and dreams about the DreamLight (including any non-lucid DreamLight cue incorporations). Thank you!

The next page explains how to fill in each blank of the DreamLight Experience Log. You will use one column for each night or nap you sleep with the DreamLight. Begin to fill it out before you go to sleep.

If you are going to submit your Logs (or copies of them) to the Lucidity Institute for research, please fill in every blank and use single numbers, instead of ranges, in your answers. For example, write "3," not "2-4." Also, please write out complete dream reports of any lucid dreams you have while using the DreamLight as well as any dreams you have that include incorporations of the cue, or in which the DreamLight appears in any way.

DreamLight Experience Log Instructions

On page 89 is a reproduction of part of the DreamLight Experience Log. The first column is filled in as an example. Refer to the form and example in the instructions below. On page 90 is a full page version of the Log for you to use as an original to photocopy.

1. *Name and DreamLight Serial Number.* You can find the DreamLight serial number printed on the underside of the control box.

2. *DATE.* Enter the date at the time you go to bed (ex. "1/1/92").

3. *MENTAL PREP.* Write your estimate of the number of times you did a Reality Test today (ex. "8").

4. *CUE SETTINGS.* The next six lines are for recording the cue settings you use during the night. Fill them out before bed. After you set the DreamLight to the settings you want, enter the values in the Log. For Flash Type and Dream Alarm, circle the appropriate letter abbreviations. (ex. "cue length=4 sec, brightness=2, flash type=R(egular), flash rate=2/s, sound volume=0 and Dream Alarm=O(ff)").

5. *START TIME.* Immediately after you put the DreamLight into *Lucid Dreaming Mode*, write the time shown on the DreamLight screen in the "START TIME" blank. (ex. "23:50" or 11:50PM) Now, follow the procedure for sleeping with the DreamLight (Night 1, 2, 3 or Nap). If, during the night, you recall any lucid dreams or dreams with the DreamLight in them, take notes on them to expand on the next day.

6. *DREAMS.* When you are done sleeping, immediately turn off the DreamLight. Fill out the section of the Log titled, "Dreams." Detailed instructions for each line are below:

#DREAMS TOTAL asks for the total number of dreams you remember from the night, including those you remember now, and those you recalled during the night, but may have forgotten by now. Any fragment of recall counts as a dream for this purpose. (ex. "5")

#LUCID DREAMS TOTAL asks for the total number of *lucid* dreams you recall from the night. A dream counts as lucid if during any part of it you explicitly knew you were dreaming. (ex. "1")

#DREAMLIGHT CUED LUCID DREAMS asks for the number of lucid dreams you had that were triggered when you saw (or heard) the DreamLight cue in a dream and realized because of the presence of the cue that you were dreaming. (ex. "1")

#REALITY TESTER LUCID DREAMS asks for the number of lucid dreams you had that were initiated when you pressed the Reality Test button on the mask and realized by its (faulty) behavior that you were dreaming. (ex. "0")

#WAKE INITIATED LUCID DREAMS asks for the number of lucid dreams that you had by passing directly from waking into a lucid dream while maintaining awareness. (ex. "0")

7. *CUES SEEN.* These four lines are for recording information you will use when choosing optimal cue and sensitivity settings (see *Chapter 4*). Details are given below:

TOTAL #CUES SEEN/HEARD WHILE AWAKE OR DREAMING asks for the number of cues you perceived throughout the entire night, no matter what state you were in. This includes cues you saw or heard while you were lying awake, while you were dreaming, or that awakened you. (ex. "3")

#CUES SEEN/HEARD WHEN YOU WERE ALREADY AWAKE asks for the number of cues you saw or heard the DreamLight give while lying in bed awake with the mask on. (ex. "1")

APPENDIX E

#CUES SEEN/HEARD IN DREAMS asks for the number of cues that you perceived while you were in a dream. This includes cues that you saw or heard while in the dream, regardless of how they appeared (that is, as part of the dream scene, or superimposed over it, etc.). (ex. "2")

#CUES THAT AWAKENED YOU asks for the number of cues that woke you up. (ex. "1")

8. **SENSITIVITY SETTING.** This part of the Log is designed to help you determine optimal sensitivity settings for the DreamLight. It provides directions for reading the Night Records screen, and using the values recorded for setting a new sensitivity level (see p. 29 & p. 77).

DREAMLIGHT EXPERIENCE LOG		Name _____			
②	DATE	(DATE OF TIME YOU GO TO BED)	1/1/92		
③	MENTAL PREP	#REALITY TESTS TODAY	8		
④	CUE SETTINGS	CUE LENGTH (SEC)	4		
		BRIGHTNESS (0-5)	2		
		FLASH TYPE: OFF REGULAR RANDO M RAMP UP RAMPDOWN	0 (R) M U D	0 R M U D	0 R M U D
		FLASH RATE /S (1-99)	2		
		SOUND VOLUME (0-99)	0		
		DREAM ALARM: OFF SOFT LOUD	(D) S L	0 S L	0 S L
⑤	START TIME	(FROM LUCID DREAMING MODE SCREEN)	23:50		
⑥	DREAMS	#DREAMS TOTAL	5		
		#LUCID DREAMS TOTAL	1		
		#DREAMLIGHT CUED LUCID DREAMS	1		
		#REALITY TESTER LUCID DREAMS	0		
		#WAKE INITIATED LUCID DREAMS	0		
⑦	CUES SEEN	TOTAL #CUES SEEN/HEARD WHILE AWAKE OR DREAMING	3		
		#CUES SEEN/HEARD WHEN YOU WERE ALREADY AWAKE	1		
		#CUES SEEN/HEARD IN DREAMS	2		
		#CUES THAT AWAKENED YOU	1		
⑧	SENSITIVITY SETTING		START TIME	2350	
			RECORD LENGTH	492	
			SENSITIVITY	10	
			#CUES GIVEN	022	
			#CUES DESIRED=	10	
			IF S= ?, #CUES=?	S6 C11	
			#CUES DELAYED=	4	

1. Copy the values from the Night Records screen into the boxes at right.

2. Choose the number of cues you would like to receive in a night. Set #CUES DESIRED to that number and enter it at right.

3. In *Sensitivity Selection Mode*, run a Sensitivity Check. Enter the result

4. Press the ▼ key and write the number of cues delayed here.

5. In *Sensitivity Setting Mode*, adjust the sensitivity to the number for "IF S=" in Step 3. above.

2350M492*S10C022

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