

LUCID DREAMER

C A R P E N O C T E M

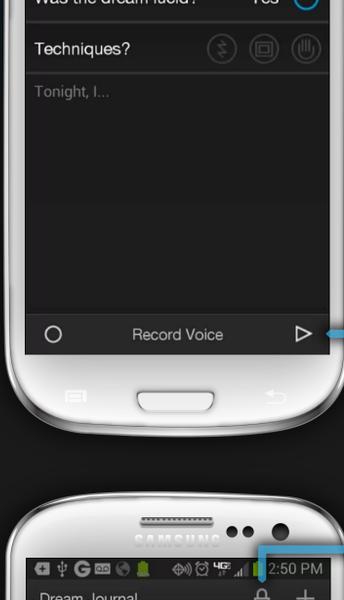
The first step to lucid dreaming is realizing you are in a dream

How it Works

- Lucid Dreamer utilizes a delayed alarm designed to go off after you are sleeping.
- Testing the volume of the alarm is important, ideally you want it to be loud enough to hear while asleep but not loud enough to wake you.
- The alarm is fully customizable, meaning you can dream to your favorite music or use our default binaural beat as the kick to begin your lucid dreams.



Record Your Dreams

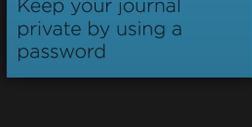


Dream Journal

For most people, within five minutes of waking, half of your dream will be forgotten and within ten minutes 90% will be lost.

Upon waking and ending the alarm, Lucid Dreamer will prompt you to record your experience using the Dream Journal.

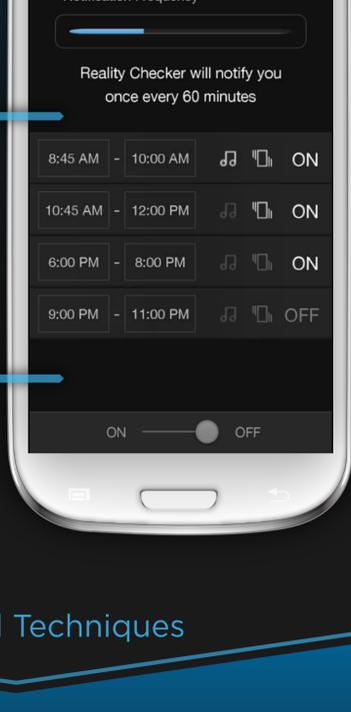
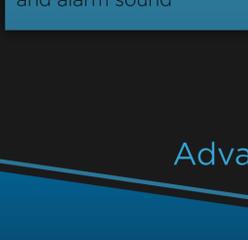
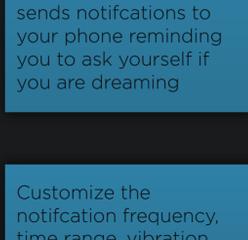
Recording your dreams not only helps you remember what happened but also helps you detect patterns, so next time you have the same dream you will know you are sleeping.



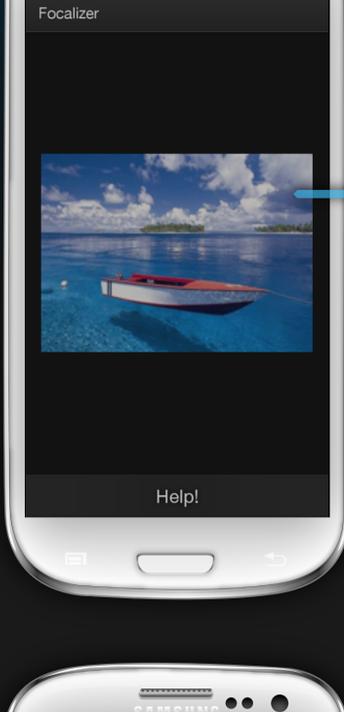
Build Dream Habits

Reality Checker

Performing reality checks while awake is a great way to get into the habit of remembering to do them while asleep.

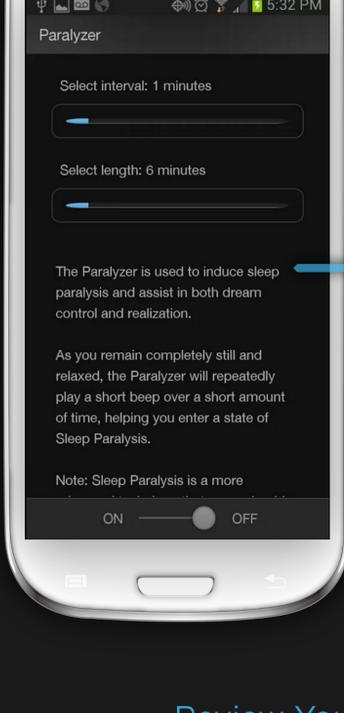
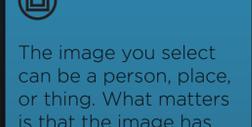


Advanced Techniques



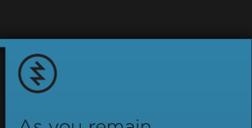
Focalizer

By focusing on a image immediately before sleep you can direct your dreams. Through practice, image focalization can greatly increase dream control.



Paralyzer

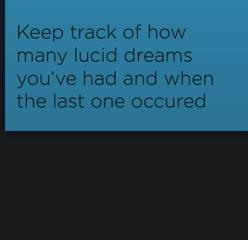
By offering greater control of alarm interval and length, the Paralyzer assists in both dream control and realization. We recommend this technique for only advanced lucid dreamers.



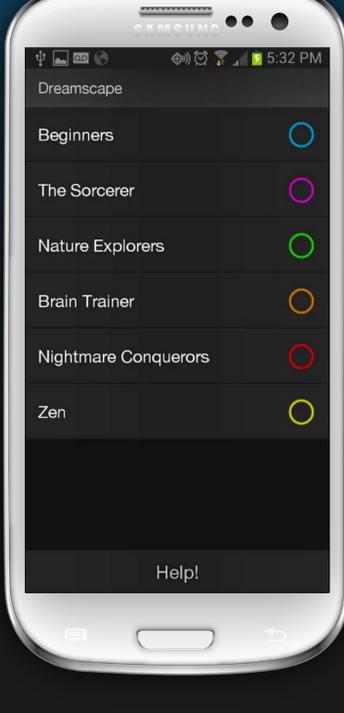
Review Your Progress

Statistics

Lucid Dreamer tracks which techniques helped you achieve lucidity so you can easily tell which works the best for you.



Personalize



Dreamscape

Customize your user interface with one of our six beautiful color schemes.

