

1. Steps in working with the REM-Dreamer

1. Insert batteries in the unit. Lights will flash when on.

If batteries are already in the device, press “Menu/ON” button to turn the device on.

When you put in the new batteries the default settings are:

- 6 seconds of cues.
- The light intensity will be set to 6 (9 is the setting for maximum brightness).
- The frequency is set to 2 flashes per second, 1/10 of a second in length.
- The beep intensity is set to 0 (no beeping sound).

REM-Dreamer has three buttons and LCD display.

There are two lines in the LCD. Upper line shows menu entry (for instance: flash brightness), lower line shows value of parameter of the menu entry (for instance: 5 / 9 for flash brightness).

There are 13 menu entries on LCD display:

1. Delay time.
2. Preset.
3. Flash brightness.
4. Sound volume.
5. Cue length.
6. Cue frequency.
7. Length of series of cues.

8. DreamAlarm.
9. TWC.
10. REM detector test.
11. Generated series of cues.
12. REM detector sensitivity.
13. Turn off the REM-Dreamer.

Functions of these menu entries will be described later in this manual.

There are 3 buttons close to LCD:

- Menu / ON - pressing it changes menu entry to the next entry or turns the device on, when it is turned off.
- Value - pressing it increases by 1 value of parameter of menu entry.
- RT - pressing this button momentarily adds 10 minutes of the delay time and device also generates short beep and short flash. Holding down this button for at least 1 second will generate a preview of series of cues which will be generated by the REM-Dreamer after detecting REM state.

Note: touching by fingers some of REM-Dreamer processor legs may pause the processor. So please don't touch them.

2. Turning REM-Dreamer on/off.

Turning the unit on - press "Menu/ON" button once. A long beep (1 sec.) means the unit has been turned on.

Turning off the unit - press "Value" button when the menu entry is set to "13. Turn off the REM-Dreamer" on LCD screen. A flash of the lights will confirm the REM-Dreamer has been turned off.

3. Setting the sensitivity.

Each person has different eye movement level, so you must adjust the REM detector sensitivity to your eye movement level.

Change menu entry to "12. REM detector sensitivity". Choose the sensitivity level by pressing "Value".

The range value for sensitivity is 0-9, with 0 being the least sensitive and 9 being the most sensitive to REM movement. The default value is 6. (In the beginning, set it somewhere between sensitivity levels 4-6.)

4. Select one of the presets.

Change menu entry to "2. Preset" and choose one of three presets by pressing "Value" button:

- Preset for those who sleep lightly (2 seconds of flashes at intensity level 2/9 [dim], no beeping sound).
- Preset for those who sleep normally (6 seconds of flashes at intensity level 6/9 [moderately bright], no beeping sound).

- Preset for those who sleep deeply (10 seconds of flashes at intensity level 9/9 [very bright], sound at intensity level 6/9 [moderately loud beeping]).

For a preview of the preset light or sound cue you selected, press “RT” button long (at least 1 sec.). You’ll see the cue that the REM-Dreamer will give you after detecting REM movement.

In all three presets the flash and beep length is set to 1/10 of a second, and the frequency for the flash and beep is 2 per second.

Most people will find that one of the presets will be sufficient for their exploration of lucid dreaming, with or without the DreamAlarm option.

When entering a menu entry “2. Preset”, in the lower line of LCD will be shown preset which is currently set, but if you set your own custom settings, which are not one of the presets, then in the lower line on the LCD will be shown “Custom Settings”.

5. Turning on the TWC (Two Way Communication) feature, if desired.

(The TWC method is a more advanced lucid dreaming method, and is described in more detail in Chapter 6.)

To turn on/off TWC, change menu entry to “9. TWC”. Choose one of the TWC versions (low, medium, high or TWC off) by

pressing “Value” button.

Cues for the TWC cannot be previewed by holding the “RT” button down.

6. Turn on the DreamAlarm, if desired.

The DreamAlarm will go off three minutes after delivering a series of light and sound cues, either preset (read “Presets” above) or custom (read “Custom Light and Sound Cues” below). At that time, you will be awakened, and you can recall your dream. You can train yourself this way by getting familiar with the content of your dreams. This will teach you to recognize and remember the light and sound cues in your dreams. You might remember that you'd seen flashing police lights, or reflections of light on water in your dream. This is how you train yourself to be a lucid dreamer.

To turn the DreamAlarm on/off change menu entry to “8. DreamAlarm” and use “Value” button.

To preview the DreamAlarm, press the “RT” button for at least 1 second, when menu entry is “8. DreamAlarm”, you'll see how the DreamAlarm will operate.

The DreamAlarm can be stopped by pressing any button or it will be stopped automatically after two minutes.

7. Check the REM motion detector, if desired. This is optional. See "Checking the Motion Detector" under "Other Settings", below.

8. Lastly, setting the delay time.

Setting the delay time gives you the opportunity to go to sleep before the unit starts tracking REM movement, because eye movements, when you are awake are similar to these from REM state, so the REM-Dreamer may generate cues when you are awake.

Set the delay time by changing menu entry to "1. Delay time". Each press of the "Value" button adds 10 minutes of delay time. Long press of the "Value" button (at least 1 sec.) resets delay time to minimum value - 10 min.

Delay time can also be set by pressing "RT" button (no matter what menu entry is set). One press of this button will add 10 minutes of delay time. It will be confirmed by 1 beep and 1 flash.

You can re-set the delay time to its minimum time (10 min.), by pressing "RT" button for at least 1 sec. (also no matter what menu entry is set).

It will also generate a cue preview or it will generate DreamAlarm if menu entry is set to 8.

So if you press "RT" button long enough, the delay time will be set to 10 min. and you will see a series of cues, which will be

generated when REM state is detected (or you will see the DreamAlarm).

So the minimum value of delay you can set is 10 min. You can't set it to 0.

9. Put the unit in the mask and put the mask on and go to sleep.

The battery side faces away from the foam face rest. The circuit board faces the foam face rest. Make sure the light and motion sensors appear through the holes in the mask. They are the square black and round clear diode on the lower right side of the unit. The motion sensor (black square) registers and tracks the eyeball's REM movement.

After the delay time has elapsed the REM-Dreamer will send two flashes in two seconds intervals to let you know (if he or she has not fallen asleep yet) that the delay time will end in 30 seconds.

When setting up the REM-Dreamer you want to set the delay time to give yourself enough time to fall asleep. (Each press of "RT" button gives you 10 minutes of delay.) If you are awakened by the REM-Dreamer in the middle of night or in the early morning you can set the delay time again if you want to have more time to fall completely asleep. During the night, set the delay time again by pressing "RT" button once for every 10 minutes of delay.

You can do it even if the unit is in the mask.
Pressing "RT" button adds 10 minutes of the delay time and no matter what menu entry is currently set.
If you are awakened during the night, you should reset the delay to just 10-30 minutes. After a few hours of sleep the REM state arises much quicker than it does when you first got to sleep.

10. In the morning, after awakening, check the unit to see how many times it gave light and sound cues.

Change menu entry to "11. Generated series of cues". You will see (in lower line) number of series of cues generated during the night since the device was turned on.

Remember to turn off the device in the morning, go to (menu 13) to reset number of generated series of cues to 0.

11. Set the REM detector sensitivity (if necessary) so that you will receive 10-20 series of cues during your next night's sleep.

For example, if the sensitivity was set to 2, and you received only 5 cues during the night, try setting it at 3 or more in order to set the unit to give more cues. If the sensitivity was set to 6, and you received 30 cues, try setting the sensitivity to 5 or less.

It's a delicate balance; you do not want so many cues that you are awakened during your sleep, but you want enough cues so that

you have the best chance of registering the sound and light cues during dreaming.

In addition, you need to pick the best preset or custom setting (see below) that will give you a cue without waking you up, but strong enough to enter your dreams. Experiment, and have fun.

Eventually, the number of cues returned may begin to diminish due to weak batteries. At that time, replace the batteries or increase the sensitivity.

Batteries should be replaced when letters on LCD are very weak. Batteries should be removed from holder with a small flat screwdriver.

12. Finally turn the unit off (menu 13).

Pressing “Value” button momentarily in the menu entry “13. Turn off the REM-Dreamer” and receiving a flash of the LEDs means the REM-Dreamer has been turned off.

When the device is turned off, press “Menu/ON” button to turn it on again. The beeper will sound to confirm the device is on.

When the unit is turned off it reverts to power-save mode, and retains any settings you've programmed in.

When the batteries are taken out or replaced the settings revert to the default settings of 12 flashes with no beeps, 2 per

second, length 1/10 second, flash intensity 6/9, and sensitivity at 6.

During periods of long-term storage it is recommended that the batteries be removed.

Use two 3 volt 2032 lithium batteries. Do not use rechargeable batteries. Batteries 2025 or 2016 can also be used, but 2032 are better, because they have more power. Batteries should last for several weeks/months.

LCD turns itself off automatically when “Menu” and “Value” buttons are not pressed for 1 minute, but it doesn’t turn off the whole unit. The whole unit can be turned off only by pressing “Value” in menu entry 13.

2. Other settings

2.1. Checking the motion detector

The motion detector registers the movement of the eyeballs during sleep and detects REM. REM sleep is when dreams take place. When REM eyeball movement is registered the REM-Dreamer will begin the process of giving light and sound cues.

Press “Value” button when the menu entry is at “10. REM detector test”. You will notice a clicking sound, almost like a

Geiger counter. When you put the mask on, you will notice that the clicking becomes more active when your eyes are moving.

2.2. Custom Light and Sound settings

The presets in the REM-Dreamer are sufficient for most people to explore the world of lucid dreaming. It is very important to start with the simple presets, as outlined above, before working with the custom settings.

As you become more experienced with the REM-Dreamer and if you wish to set custom your own cues, use the guidelines below.

You can set the length of the time of flashing and beeping, the brightness of the flashing, the volume of the beeping, and the frequency per second of both the beeping and flashing. Flash brightness and beep volume can be set separately. The number of light flashes and the number of sound cues cannot be set separately.

a. Flash Brightness

Menu entry “3. Flash brightness” is used to set the flash brightness. The value range is from 0-9, with 9 being the brightest. When the value is set to 0 there will be no flashes.

b. Volume of Beeping

Menu entry "4. Sound volume" is used for setting the sound volume level. The range of value is from 0-9, with 9 being the loudest. This setting sets the sound volume for the stimuli only, not for the beep volume during the setup procedures. When the value is set to 0 there will be no beeps.

c. Number of Seconds of Flashing and Beeping

Menu entry "7. Length of series of cues" is used for setting the number of seconds of flashes and beeps.

d. Frequency of Flashing and Beeping

Menu entry "6. Cue frequency" is used to set the *frequency*, the number of stimuli per second. It is used to set both the number of light flashes and beeps per second.

Value range is 1-9 and cannot be set to 0. 1 is slowest, 9 is fastest.

e. Length of Each Flash and Beep

Menu entry "5. Cue length" is used to set the length of the stimuli. It is used to set both the length of light flashes and beeps.

The stimuli length range is from 0.05 to 0.45 second.

The length of time cannot be set to 0.

Note: the REM-Dreamer software checks the length of the stimuli against its frequency. For example you cannot set the REM-Dreamer to a flash length of 0.45 second and 4 flashes per second. The math doesn't work out.

It is not recommended that the unit is set for nearly continuous light, i.e. 9 flashes per second with each flash lasting 0.1 seconds.

To check your settings, press “RT” button long (at least 1 sec.) for a preview, no matter what menu entry is set (except “8. DreamAlarm”). You will see series of cues which will be generated after detecting REM. When menu entry is 8, you will see generating DreamAlarm. It will also reset delay time to 10 minutes.

3. Working With the REM-Dreamer

You can sleep on your back or your side. Either way is fine.

It's best to start out by working with the presets. Then, as you become accustomed to the REM-Dreamer and understand its settings and parameters, you can start to work with the custom settings or TWC feature.

Most people will find that one of the presets will be sufficient, with or without the DreamAlarm option.

The time when most lucid dreaming activity may happen is usually after 4-6 hours of sleep. It is a good idea to set the delay on the unit so it won't give cues until after 2-4 hours of sleep. Pressing "RT" button 6 times, for example, will give you one hour of delay.

After detecting the REM state the REM-Dreamer gives its series of cues. After generating a cue, the REM-Dreamer will wait 4 minutes, then resume monitoring eye movement. Thus, during the REM state the device gives cues about every 5 minutes.

Towards the morning and normal awakening time dreaming becomes much more frequent. If you wake up at that time, you can try setting the delay to only 10-30 minutes.

It is best to use the REM-Dreamer in conjunction with studies in lucid dreaming, especially as outlined by Stephen LaBerge in "Exploring the World of Lucid Dreaming."

The best strategy to use, outlined in LaBerge's book, is called MILD, or Mnemonic Induced Lucid Dreaming.

In brief, the procedure is to, upon waking up (either by waking naturally or by way of the DreamAlarm) to recollect your dream. Stay awake for 10-15 minutes.

Recall the dream. Remember if you saw any kind of unusual light in your dream.

Then, close your eyes, replay the dream in your mind, and visualize yourself becoming lucid in the dream. Repeat, "The next time I dream, I will become aware that I am dreaming." Do this over and over.

You can "rehearse" with the REM-Dreamer by imagining that you are dreaming, pressing "RT" button long, and then, upon seeing the light and sound cues, think to yourself, "I'm dreaming, I'm dreaming."

Repeat this over and over.

Be aware of "false awakenings." These are dreams in which you believe you've just woken up, but you're actually still asleep. When you are practicing with the REM-Dreamer and wake up at night, press "RT" button briefly (there will be 1 beep and 1 flash) and, if the device works normally, you're actually awake. If it doesn't, you're probably dreaming.

During the daytime, practice looking for dream-signs and do frequent reality checks (both procedures are outlined in LaBerge's book). Look for flashing lights (reflections on window panes, headlights, traffic lights, and so on) and practice asking yourself if you are dreaming.

In addition, keeping a dream diary helps you to become familiar with the content of your dreams.

It's not recommended that you use the REM-Dreamer every single night, as your mind will become habituated to the stimuli and begin to tune it out. Try different presets, try using the DreamAlarm, and then try putting the unit away for a while and sleeping naturally.

Flashing lights can induce seizures in people with certain kinds of epilepsy. Epileptics or those with a family history of epilepsy should not use the REM-Dreamer.

4. Lucid Dreaming and the REM-Dreamer

Lucid dreaming is dreaming with full awareness that you are dreaming.

Lucid dreams happen during sleep, just like ordinary dreams. In lucid dreams, because you know that you are dreaming, 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 REM-Dreamer comes in.

The REM-Dreamer will be your personal trainer as you work to develop your ability to have lucid dreams. It will watch as you

sleep, alert for the times when you enter REM sleep and begin dreaming. Then it will assist you in two ways toward achieving lucidity in your dreams: through lucidity cues and reality testing. In addition, you can use the REM-Dreamer's DreamAlarm to enhance your dream recall. The REM-Dreamer's techniques for stimulating dream awareness are described in detail below.

5. Lucidity Cues

The REM-Dreamer will give you reminders to become lucid while you are dreaming, in the form of flashing light or beeping sound cues. The light comes from red light-emitting diodes (LEDs) in the eye holes of the mask; the sound comes from a speaker located behind the foam at the top of the mask. The REM-Dreamer decides when to give you cues based on the number of movements your eyes are making. Frequent eye movements indicate that you are dreaming. Whenever the REM-Dreamer detects enough eye movement activity, it will turn on the cue for you to become lucid.

This technique of cueing lucidity makes use of the fact that some kinds of events in your sleeping environment can enter your awareness, and hence, your dreams. You may have experienced this phenomenon if an alarm clock, telephone, or other noise has ever entered into your dream as part of the ongoing dream story. Flashing lights work well as cues because they are gentler to your consciousness than many other sensations. Therefore, they are

likely to enter dreams, rather than causing awakenings. Sound cues are useful to people who sleep deeply and therefore tend not to notice light cues.

To benefit from the REM-Dreamer's lucidity cues, you will first need to train your mind to notice lights around you, and to question whether you are awake or dreaming when you see them. This training is very important, because the cues can appear in an amazing variety of forms inside the dream. You will likely only see a few of the cues the REM-Dreamer gives you. Some cues may awaken you, which will provide an opportunity to re-enter the dream state lucidly, directly from the waking state. Other cues may pass by without you noticing them at all. The ideal cue will enter your dreams several times in a night, while not disturbing your sleep with too many awakenings.

6. TWC Method – Two Way Communication

The REM-Dreamer now features a new method of inducing and stabilizing lucid dreams using two-way communication between the dreaming person and the REM-Dreamer.

When using presets the strength of the cues is the same all night, and cannot be changed. The cues might be too weak and not become a part of the sleeper's dream, or they might be too strong and wake the sleeper. The TWC method makes it possible to adjust the intensity of the cues during dreaming, by the dreamer him or herself. As a result, the probability of achieving and

stabilizing lucidity is much higher.

When TWC is turned on the REM-Dreamer will generate a series of cues with an increasing level of intensity in each REM state during the night. When cues with a high enough level of intensity reach the dreaming mind and a lucid dream begins, the dreaming person can send a signal back to the device by moving their eyes up and down in their dream. At that time the REM-Dreamer will stop generating cues. When a dreamer moves his or her eyes up and down in a dream, their physical eyes will also move up and down, and this movement is tracked and registered by the TWC feature of the REM-Dreamer.

The REM-Dreamer is the world's first lucid dream induction device to use this sort of technology. The REM-Dreamer works quite well with its factory presets and user generated custom presets, but the TWC feature can bring a whole new level of induction and stability to those who have had some success with lucid dreaming.

When TWC is turned on you may choose between three types of cues, each increasing in intensity:

- Low Preset – six weak increasing series of cues with no sound.
- Medium Preset – seven medium increasing series of cues, the last two with sound.
- High Preset – seven strong increasing series of cues, the last four with sound.

See chapter 1 point 5 for details on setting TWC by LCD display.

When cues become intensive enough to reach your dreaming mind and a lucid dream starts, move your eyes in your dream alternately from top to bottom and bottom to top. Take about 1 second to move your eyes from top to bottom and back up, as though you were watching a rubber ball bounce slowly. Move your eyes in that way for 5-6 seconds or more.

The eye movements must be substantial, almost exaggerated. It means that you have to look completely to the top, as though you are looking up to the sky or a ceiling, and then to the bottom, as though you are looking at the ground or your feet. At that time the REM-Dreamer will recognize your eye movement and stop generating cues. Lucidity has been established, and you are free to act in whatever way you wish in your dream.

There is 30 second interval between each series of six or seven cues of increasing intensity.

TWC is best used when you have had some success in lucid dreaming.

When you turn on the TWC feature set the delay time to 4-5 hours when you initially go to sleep. If you do not become lucid during your dream you will not be able to establish two-way communication with the REM-Dreamer by moving your eyes, and the device will wake you up with the increasing intensity of its cues. For that reason it is a good idea to give yourself 4-5 hours of delay. After 4-5 hours of solid sleep, REM sleep and dream

occur more frequently and dramatically. If an increasing set of cues wakes you up, press "RT" button to stop the generating of the next series.

When you change batteries in the REM-Dreamer the default settings leave TWC turned off.

7. The Reality Testing Button

An essential part of the process of becoming lucid in a dream is testing the world you are in to see if it is the waking world or the dream world. The "RT" button on the front of the REM-Dreamer makes this testing easy. Mechanical devices in dreams hardly ever work the way the real devices would in the waking world. It seems to be especially difficult to duplicate the effect of a light switch in a dream. The brain is apparently not well equipped to create the sensation of a light suddenly turning on and off on demand.

Pressing "RT" button on the REM-Dreamer results in a brief flash of light and a beep--if you are awake! In a dream, however, the button on your dream REM-Dreamer will not work the same way. Usually, in dreams, there will be no light flash and beep, although something else strange might happen. This is particularly helpful as a reality test, because when people sleep wearing the REM-Dreamer they often have dreams of waking up in bed still wearing it, or of walking around in public wearing it. The key is to

remember to press the button on the REM-Dreamer anytime you find yourself wearing it and to observe whether or not the light and beep occur as in waking. If they do not, then you are probably dreaming!

8. Using Your Mind

Knowing how to prepare your mind for lucid dreaming is as essential as understanding the REM-Dreamer's functions. Stephen LaBerge's book "Exploring the World of Lucid Dreaming" will provide most of the training in this department, and the following exercises are for the special needs of REM-Dreamer users. The Catalog of Lights and Buttons shows you what some of the experiences of seeing the cue in dreams and pressing the reality test button have been like for others. The Looking for the Light exercise will help to establish your awareness of lights in your waking environment.

Read the Catalog of Lights and Buttons now; then begin the Looking for the Light exercise.

9. Catalog of Lights and Buttons

The types of incorporation of the REM-Dreamer lights in dreams fall into three categories.

The first is the light cue appearing in your dream, either in a disguised form or simply as a flashing light like you see when you are awake.

The second type comes from reality tests with the "RT" button.

The third category is appearances of the REM-Dreamer device itself in the dream scene or as the topic of the dream. This is a very important type of incorporation that many people have used to become lucid. Simply noticing that you are walking around wearing a REM-Dreamer should be quite enough to tell you that you are dreaming!

As you read about the experiences others have had with the REM-Dreamer imagine that 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 REM-Dreamer", and "I am dreaming."

Important note: Although the REM-Dreamer LEDs are red, do not expect that the lights will look red in dreams. They very often appear white, or even some other color.

10. Lights

- Alternating rows of small red and blue flashing lights alert me to be lucid.
- Lightning flashes at precise intervals, like clockwork.
- 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'm in a massive subterranean complex controlled by a central computer with a mind of its own. 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. The next flash appears and I think, "The computer has found me!" After awakening I realize the computer was the REM-Dreamer, and it was just trying to tell me I was dreaming!
- I'm 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, "Shut off the turn indicators," as if the light were coming from the truck's turn signals.
- I am on a spaceship and we seem to be being invaded. During the struggle all the lights flash.
- 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.
- We are looking for refrigerators. My friend finds 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.
- 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.
- A police car is chasing me with its lights flashing.
- I'm in an apartment with family members. The power goes out and back on and the lights flash.
- As I walk up a street, twice someone sets down a DuraFlame log that explodes nearby.
- As I step into a doorway, bright light shines from a car parked in front of the door.
- I'm in a big house with students and there is an earthquake warning. I see alarm lights flashing.
- A bush turns neon lavender.
- 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 REM-Dreamer.
- While I am looking under my bed, 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 REM-Dreamer!"
- 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 cash machine.
- I'm surrounded by the popping of flash bulbs with after-images of orange circles.
- There is a huge, orange, mandala-like circle with concentric rings.
- I see a beautiful pattern of gold and yellow diamonds that fills my field of vision.
- Dad turns the 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.

11. Incorporation of light cues, "undisguised."

- 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 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 REM-Dreamer!"

- Bright red light floods my eyes.

12. Buttons

- 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.
- The light flashes and I press the button for a reality test. It doesn't work, but instead of becoming lucid, I rationalize it by taking off the mask cover and discovering that I've 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.
- I decide I'm awake, wearing the REM-Dreamer in a car, at the grocery store. I press the mask button, and see no flash. "Hey! I'm still dreaming!"
- Someone asks me what I have on my head, I tell them it's the REM-Dreamer. I'm embarrassed because I realize I'm walking around with just the mask on and I must look pretty silly. I press the reality testing button; it doesn't work and I become lucid.
- I am adjusting the settings on the REM-Dreamer. It occurs to me to press the reality tester. I do. It doesn't work. I try it again,

and again it doesn't work. An electric jolt of excitement races through my body as I realize I am dreaming!

- I think I'm awake, and try to push myself up in bed. I either press the mask button or the mattress, and hear a BOING!" (a springy sound; kind of cartoonish). I press the mask button again, and get the same faint sound...but "boing" is not right, I must be dreaming.
- The REM-Dreamer flashes. I press the button to turn it off, because it was flashing very brightly, for a long time. It doesn't stop flashing. I explain, "It must be malfunctioning." I push the REM-Dreamer up on my forehead, but it is still flashing in my eyes. I realize I am dreaming.
- The REM-Dreamer flashes in my eyes, which I think is strange, because the mask is around my neck. I think I could be dreaming, so I put the mask on my face and push the button, and since it doesn't work it confirms that I am dreaming.
- I sit up in bed. Gold-painted styrofoam bits rain down from the ceiling onto the night stand. That's odd, I note to myself. I realize I'm holding the REM-Dreamer mask in my hands, so I press the reality testing button. Nothing happens. I yell joyously to my dream version of my mom, "It's a lucid dream!"

13. Presence of Lucid Dream Inductive Device

- I'm wearing the REM-Dreamer throughout the dream. Everyone is trying to tell me how to have lucid dreams and I'm

irritated--after all, I'm wearing an REM-Dreamer--what more can I do?

- I awaken in bed wearing the REM-Dreamer mask, but somehow I don't know what it is. Each time the cue flashes I take the mask off and think I am awake until the cue flashes again.
- 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 with a puzzled expression as if she were thinking, "What the hell is this woman doing with a big black mask on her face?"
- I am in bed with a young man who wants to make love to me, but notices I am wearing the REM-Dreamer. I explain it to him.

14. A note about frightening or unpleasant incorporations of cues

As you read this catalog, you can 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 REM-Dreamer 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 REM-Dreamer 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 REM-Dreamer 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.

15. Exercise: Looking for the Light

1. Begin making a list of lights.

Make a list titled, "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 color. The REM-Dreamer 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 a 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. 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.

16. Three Ways of Having Lucid Dreams with the REM-Dreamer

1. On Cue: Recognizing the REM-Dreamer's Cues In Dreams

In a cued REM-Dreamer lucid dream, the dreamer sees unusual light in the dream scene (for example, the lights of the room start

to blink), and realizes, "That's the REM-Dreamer cue--I must be dreaming!"

Once you have seen and recognized the REM-Dreamer's cue, you know you are in a dream, and are therefore dreaming lucidly. It's up to you what to do next.

It is important to keep in mind, however, that the REM-Dreamer cue can appear in your dreams in as many different forms as there are different dreams. This is not to say that the 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 REM-Dreamer. You began this practice with the Looking for the Light exercise.

A common obstacle for beginning lucid dreamers, with or without the REM-Dreamer is awakening too soon, before the lucid dream has a chance to develop into something really interesting. This problem can be associated with REM-Dreamer 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 LaBerge's book.

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

Because the REM-Dreamer 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 REM-Dreamer 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 you so that you can realize you are still dreaming.

You can turn REM-Dreamer-induced false awakenings into lucid dreams by diligently performing reality tests every time you think it has awakened you. Use the reality test button on the front of the mask and watch and listen carefully to the flash and click to make sure that they behave as they do when you are awake.

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. If something is not right you are probably dreaming.

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 consciousness for at least a thousand

years. The REM-Dreamer can assist you in having "wake induced lucid dreams" (WILDs).

The REM-Dreamer 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 re-enter the REM state quickly. Thus, if the REM-Dreamer wakes you up, and you fall asleep again shortly thereafter, you may be able to directly enter into a dream while holding onto your desire to be lucid.

