

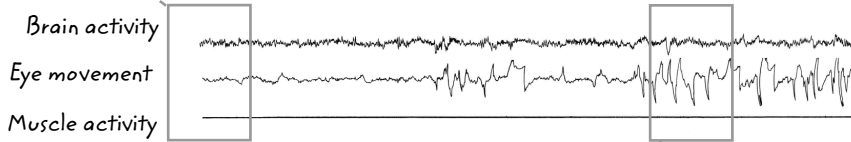
Fig 3.2

### EXAMPLE SIGNAL-VERIFIED LUCID DREAM

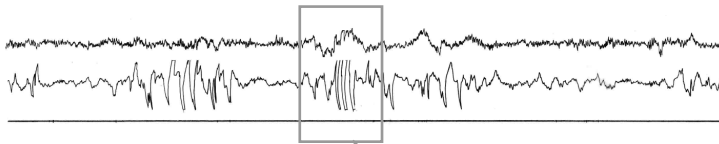


Your Interpreter

1. Before retiring for the night, the researcher and the subject agree on their signals: two pairs of eye movements for dream lucidity, four pairs for when they have woken in the laboratory.

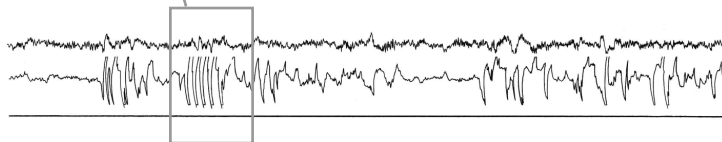


2. Observe the sleeper. Unaware he is dreaming, his eyes move erratically, his chin muscles are without tone, and his brain exhibits normal REM activity.



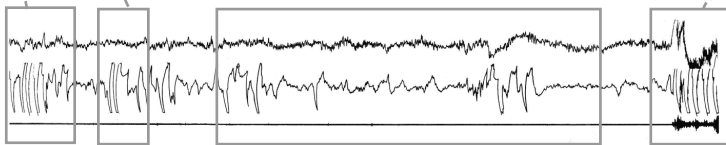
3. But look! The sleeper remembers his dream mission. He signals to the researchers, "I have achieved lucidity," and moves his eyes left-right, left-right.

4. Alas, the dream world is deceptive. The sleeper dreams he has awoken and makes the agreed-upon signal: left-right, left-right, left-right, left-right.



5. After a few minutes of trying to write a dream report in what seems like the waking world, the sleeper realizes he is still dreaming and starts to signal accordingly. Oops! Three pairs is not the signal!

6. The sleeper waits a few seconds, and tries again: left-right, left-right.



8. The sleeper wakes. He makes one final signal—left-right, left-right, left-right, left-right—and then, no longer paralyzed, sits up to write his real dream report.

7. For 100 seconds, the sleeper enjoys some of the many pleasures of the lucid dream world.



EEG lines courtesy of Dr. Stephen LaBerge