

1. Steps in working with the SmartLucider

1. Insert batteries into the unit. Lights will flash when it is on. SmartLucider runs on one 3V CR2032 battery.

If batteries are already in the device, press the “On/RT/Preview” button to turn the device on.

The default settings after putting in new batteries 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).

The SmartLucider has three buttons to run simpler functions:

- “On/RT/Preview” - this button turns the device on, when it is turned off. When the device is turned on momentarily pressing this button adds 10 minutes to the delay time, signaled by the device generating a short beep and flash. This also works as a Reality Testing (RT) Button (detailed description in chapter 6). Holding this button down for at least 1 second will create a preview of the series of cues that will be generated by the SmartLucider after detecting the REM state and resets delay time to 10 minutes.

- “Off” – pressing this button long (at least 2 sec.) turns the device off. When you press this button briefly, the SmartLucider will show you the number of series of cues generated from the moment the device was turned on. The way in which this will be displayed by the device is described later in this manual.

- “Test/Read” – a brief pressing of this button starts the REM detector test. It is very simple - the more you move your eyes, the louder the buzzer will beep. To stop this test, briefly press the “On/RT/Preview” button. Holding the “Test/Read” button down for at least 2 seconds will start the reading of settings from our website application at: www.smartlucider.com/program_sl.htm.

NOTE! Light from the bulb can affect the REM detector, therefore please be sure to perform the REM detector test when the light from your bulb is switched off. Correct operation of the REM detector may also be impossible in a room with very bright sunlight.

It is recommended that you sleep with closed curtains. We also recommend this for the REM detector test.

Also, the REM detector cannot be used to load settings from our website application in very bright room. In this case, light from the bulb usually doesn't cause errors but sunlight can make loading settings impossible.

2. Device setup.

Go to our setup web application on your smartphone, tablet, laptop etc. and choose your settings. Follow the instruction on this website to load settings into the SmartLucider.

For a preview of the selected light or sound cue, press the “On/RT/Preview” button for at least 1 second. You will see the cue given by the SmartLucider after detecting REM movement.

After every night you can adjust the length and/or intensity of series of cues to yourself. If cues were too weak for you and you didn't see the flashing lights in your dreams or you didn't achieve lucid dreams, you can set stronger series of cues. If you were woken by the cues during the night too many times, you can set weaker series of cues.

3. If desired, turn on the DreamAlarm by website application.

The DreamAlarm will go off 3 minutes after delivering a series of light and sound cues. You will be awakened, and you can recall your dream and check whether you had seen flashing lights in it. If this was not the case, that also means that the series of cues was too weak for you and you can increase the length

and/or intensity of this series. If you saw flashing lights, you can leave the series of cues at the present level.

You can stop the DreamAlarm by pressing “On/RT/Preview” button, otherwise it will stop automatically after two minutes.

4. If desired, check the REM motion detectors by briefly pressing the “Test/Read” button. This is optional.

5. Lastly, setting the delay time.

Setting the delay time gives you the opportunity to go to sleep before the unit starts tracking REM movement. Since eye movements in the waking state are similar to those of REM sleep, setting a delay time will prevent the SmartLucider from generating cues when you are still awake.

One press of “On/RT/Preview” button adds 10 minutes of delay time. A long press of this button (at least 1 sec.) resets the delay time to the minimum value of 10 minutes and generates a preview of the series of cues.

The default starting delay upon turning on the device is set to 10 minutes. Lucid dreams occur usually in the second half of the night, therefore we recommend to set the delay time to 2-4h. This will also give you plenty of time to fall asleep. When you wake up in the middle of the night or in the morning you can also set the delay time by pressing the “On/RT/Preview” button.

The minimum value of delay that can be set with the “On/RT/Preview” button is 10 min. Delay cannot be set to 0.

6. Put the mask on and go to sleep.

Put the mask on your forehead and adjust the velcro strap to the size of your head. The bottom of the mask must be just above your nose (0.5-1 cm).

Make sure the light diodes and infra-red motion sensors appear through the holes in the mask. These motion sensors register and track eyeball REM movement. The light diodes and infra-red components are clear and round and are mounted on both sides of the circuit board.

After the delay time has elapsed, the SmartLucider will send two flashes in 2-second intervals to let you know (if you have not fallen asleep yet) that the delay time will end in 30 seconds.

In this case, you can set the delay time to give yourself enough time to fall asleep. Each press of the “On/RT/Preview” button gives you 10 minutes of delay. You can do this also when the unit is in the mask.

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 occurs much more quickly than it does when you first go to sleep.

Note! It is a must to sleep in a room with low brightness. Flashing of LEDs will be better visible to your eyes when your room is dim. Also, proper operation of REM detectors could be impossible with too bright light in the room. We recommend to close the curtains.

7. In the morning, after awakening, check the unit to see how many times it has given light and sound cues.

Briefly press the “Off” button. The number of tens of this number is signaled with the beeper, and the number of ones is signaled with the LEDs.

For example, if you press the button, 2 beeps from the beeper and 3 flashes from the LEDs mean that the unit has given 23 series of cues during the night. 1 beep and 5 flashes mean 15 cues given during the night. No beeps and 7 flashes mean 7 series of cues.

Remember to turn off the device in the morning to reset the number of generated series of cues to 0.

To turn the device off, press and hold the “Off” button for at least 2 seconds.

LEDs will light for 1 second to confirm that the device was turned off.

8. Change the REM detector regularity level via the website application (if necessary) to receive 10-20 series of cues during your next night's sleep.

By default, the REM detector regularity level is set to 2.

To adjust this level, check how many series of cues were generated and if this number is out of 10-20, you can change the REM detector regularity level.

For example, if the regularity level was set to 5, and you received only 7 cues during the night, try setting it at 4 or less in order to set the unit to give more cues. If the regularity level was set to 3, and you received 30 cues, try setting the sensitivity to 4 or more.

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 perceiving the sound and light cues during your dreams.

Eventually, the number of cues may begin to diminish due to weak batteries. In such case, replace the batteries or change the regularity level.

9. Finally, turn the unit off.

Pressing the "Off" button long and receiving a flash of the LEDs means that the SmartLucider has been turned off and the number of generated cues has reset to 0. When the device is turned off, press the "On/RT/Preview" button to turn it on again. The beeper will sound to confirm the device was turned on.

When you turn the device on again, the device sets delay to 10 minutes.

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

When the batteries are taken out or replaced, the settings revert to default.

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

Use a one 3-volt CR2032 lithium battery. Do not use rechargeable batteries. Batteries should last for 2-3 months.

2. Custom Light and Sound settings

You can set (by website application) the length of time of flashing and beeping, the brightness of flashing, the volume of 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

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

The range of value is from 0-9, with 9 being the loudest. When the value is set to 0, there will be no beeps.

c. Number of Seconds of Flashing and Beeping

The range is 2-40 seconds.

d. Frequency of Flashing and Beeping

This is 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 the slowest, 9 is the fastest.

e. Length of Each Flash and Beep

This is 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 seconds.

The length of time cannot be set to 0.

Note: the setup website application checks the length of stimuli against its frequency. For example, you cannot set a flash length of 0.45 second and 4 flashes per second. The math doesn't work out. Website sliders will adjust so that stimuli length multiplied by its frequency is below 1 second.

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

f. Reality Testing Button sound volume [Added in SmartLucider version 1.1]

For people who sleep with partner, we added in SmartLucider version 1.1 possibility to set RT button sound volume when you short press the button. You can set from 0 to 9. When 9 is the loudest beep, 1 is the weakest and 0 means that there will be no beep.

To check your settings after setup, press the “On/RT/Preview” button for at least 1 second for a preview. A preview of the light and sound cues generated after detection of REM eye motion will be shown. Pressing the “On/RT/Preview” button for 1 second will also reset the delay time to 10 minutes.

3. Working With the SmartLucider

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

The time when most lucid dreaming activity may happen is usually after 4-10 hours of sleep. It is a good idea to set the delay on the unit so it doesn't give cues until after 2-4 hours of sleep.

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

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 SmartLucider in conjunction with studies on 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 consists in, upon waking up (either naturally or by way of the DreamAlarm), recollecting your dream. Stay awake for 10-15 minutes. Recall the dream. Remember if you saw any kind of unusual light in it.

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 SmartLucider by imagining that you are dreaming, pressing the “On/RT/Preview” button for over one second, and then, upon seeing the light and sound cues, thinking “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 are actually still asleep. When you are practicing with the SmartLucider and wake up at night, briefly press the “On/RT/Preview” button (there will be one beep and one flash) and, if the device works normally, you’re actually awake. If it doesn’t, you’re probably dreaming.

During 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 SmartLucider every single night, as your mind will become habituated to the stimuli and begin to tune it out. Try different settings, try using the DreamAlarm, and then 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 SmartLucider.

4. Lucid Dreaming and the SmartLucider

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. However, to attain this freedom you must “awaken” within the dream; you must recognize that you are dreaming. This is where the SmartLucider comes in.

The SmartLucider 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 SmartLucider’s DreamAlarm to enhance your dream recall. The SmartLucider’s techniques for stimulating dream awareness are described in detail below.

5. Lucidity Cues

The SmartLucider will give you reminders to become lucid while you are dreaming, in the form of flashing light and/or beeping sound cues. The light comes from red light-emitting diodes (LEDs) in the eye holes of the mask and the sound comes from a speaker located in the mask. The SmartLucider decides when to give you cues based on the regularity of eye movements. Irregular eye movements indicate that you are dreaming. Whenever the SmartLucider 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 consciousness, 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 cause awakenings. Sound cues are useful to people who sleep deeply and therefore tend not to notice light cues.

To benefit from the SmartLucider’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 given by the SmartLucider. 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. 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 “reality test” or “RT” (“On/RT/Preview”) button on the front of the SmartLucider 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 the “RT” button on the SmartLucider results in a brief flash of light and a beep, if you are awake. In a dream, however, the button on your dream SmartLucider will not work the same way. Usually, in dreams, there will be no light flash and beep, although something else that is strange might happen. This is particularly helpful as a reality test, because when people sleep wearing the SmartLucider 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 SmartLucider anytime you find yourself wearing it and to observe whether or not the light and beep occur as in waking. If this is not the case, then you are probably dreaming!

7. Using Your Mind

Knowing how to prepare your mind for lucid dreaming is as essential as understanding the SmartLucider’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 SmartLucider 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.

8. Catalog of Lights and Buttons

The types of incorporation of the SmartLucider 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 SmartLucider 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 SmartLucider should be quite enough to tell you that you are dreaming!

As you read about the experiences others have had with the SmartLucider 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 SmartLucider", and "I am dreaming."

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

9. 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 SmartLucider, 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 SmartLucider.
- 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 SmartLucider!"
- 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.

10. 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 SmartLucider!"
- Bright red light floods my eyes.

11. 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 SmartLucider in a car, at the grocery store. I press the mask button and see no flash. "Hey! I'm still dreaming!"
- I am adjusting the settings on the SmartLucider. It occurs to me to press the RT button. 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 SmartLucider 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 SmartLucider up on my forehead, but it is still flashing in my eyes. I realize I am dreaming.
- The SmartLucider 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 SmartLucider 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!"

12. Presence of a Lucid Dream Inductive Device

- I'm wearing the SmartLucider throughout the dream. Everyone is trying to tell me how to have lucid dreams and I'm irritated--after all, I'm wearing the SmartLucider--what more can I do?
- I awaken in bed wearing the SmartLucider 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 SmartLucider. I explain it to him.

13. 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 SmartLucider 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 SmartLucider 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 SmartLucider 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.

14. 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 SmartLucider 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.

15. Three Ways of Having Lucid Dreams with the SmartLucider

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

In a cued SmartLucider 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 SmartLucider cue--I must be dreaming!". You can also hear voice message "you are dreaming" and realize that you are dreaming.

Once you have seen and recognized the SmartLucider'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 SmartLucider's 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 SmartLucider. You began this practice with the Looking for the Light exercise.

A common obstacle for beginning lucid dreamers, with or without the SmartLucider is awakening too soon, before the lucid dream has a chance to develop into something really interesting. This problem can be associated with SmartLucider 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 as Doors to Lucidity

Because the SmartLucider 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 SmartLucider 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 SmartLucider-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 SmartLucider can assist you in having "wake induced lucid dreams" (WILDs).

The SmartLucider 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 SmartLucider 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.