Assignment 1: Dream Journal

Part 1: Keep a dream journal

- Keep a blank notebook, pen and clock by your bedside. Use this only for recording your dreams.
- Each night before going to sleep write in your journal the date and time you lie down to sleep – this will help you set your mind for recording your dreams.
- Whenever you wake up and recall a dream (or a nightmare), write down the time and take notes on your journal – just write down key events and feelings so you do not forget it later. No matter how little you remember, write it down.
- In the morning, use your night’s notes to write out the full details of the dreams. Record everything you remember about the dream.

Instructions to improve your dream recall:

- Before you sleep, tell yourself you will remember your dreams. Setting a conscious intention will help you remember your dreams.
- Try setting an alarm clock to awaken you at times when you are likely to be dreaming. REM periods occur about every 90 minutes throughout the night and are longer towards the morning so a good time to set the alarm is 4.5, 6 and 7 hours after you go to sleep.

Part 2: Dream Awareness

- This part of the assignment will help you become more aware of the difference between dreaming and waking
- Dreamsights are objects or events that are impossible or improbable in waking reality. People are more likely to reach lucidity in a dream if they show a high awareness of the strangeness of dreamsights.
- Go over the dreams in your dream journal. Underline each dreamsight (any strange event, object, feeling or thought)
- Practice looking for dreamsights while you are awake – this would increase the likelihood that you would look for dreamsights while you are dreaming.

DREAMSIGN TARGETS

Awareness — You, the dreamer, have an odd thought, a strong emotion, feel an unusual sensation, or have altered perceptions. The thought can be one that is peculiar that could only occur in a dream, or that "magically" affects the dream world. The emotion can be inappropriate or oddly overwhelming. Sensations can include the feeling of paralysis, or of leaving your body, as well as unusual physical feelings. Perceptions may be unusually clear or fuzzy, or something impossible to perceive in ordinary life.

Action — You, a dream character, or a dream thing (including inanimate objects and animals) does something unusual or impossible in waking life. Malfunctioning devices are common examples of this category.

Form — Your shape, the shape of a dream character, or of a dream object is oddly formed, deformed, or transforms in an unlikely or impossible manner. Also the place you are in the dream (the setting) may have different features than it would in waking life.

Context — The place or situation you are in the dream is strange. You may be somewhere that you are unlikely to be in waking life, or involved in a strange social situation. Also, you or another dream character
could be playing a role different from in waking life. Objects or characters may be out of place, or the dream could occur at some other time — in the past or future.

**Part 3: Lucid Dream Induction Technique**

- **Examine the Reality Probe:** Keep a card/paper with you at all times that says, "Is this a dream?" Get into the habit of checking this paper/card many times a day. Scrutinize it, checking to see that it has all the right letters in all the right places. Notice the style of the letters, how big they are, how much space they take up, and so on. Now turn it over and look at the blank side. Turn it back again and once more scrutinize the printing. Does it look just the way you remembered it? Chances are it does, because you are not dreaming right now. However, if you were dreaming, chances are the card would transform. The changes would probably be glaringly obvious, but the more familiar you are with the Reality Probe, the better prepared you will be to notice when it is not quite right.
- **Test your state:** if you are unable to get to your card/paper – look for other ways to test your state. Written materials are best — look at them twice to ascertain that they are sensible and stable. Inspect your environment and ask yourself if everything around you is normal and realistic. Is anything out of place? Do you remember how you got here? If the Reality Probe (or other text) changes, or your environment doesn't make sense and you don't know how you got there, chances are very high that YOU ARE DREAMING.
- **Imagine doing what you intend to do in your lucid dream.** Decide in advance what you would like to do in your next lucid dream.
- **Each morning record how many dreams and/or lucid dreams you had.**

**Instructions for Submission of Assignment**

- Write a 2-3 page paper (double spaced) about your observations and feelings about your dreams. Did you notice any themes or patterns in your dreams? Did your dreams seem meaningful or completely random? Did you have any lucid dreams? Were you able to control your dreams during these lucid dreams? Were there any recurring characters? Were there any specific events that seemed to influence the content or character of your dreams? Analyze your dreams in light of the theories discussed in class. Which theory appeal to you and why?
- You may submit, along with the assignment, a description of your dreams along with the dreamsigns that you have marked in them. This is not a requirement but if it is submitted it will be kept confidential and will help me understand your analysis better. This will not be included in the 2-3 page requirement of the paper.
- You are not required to do any research for this assignment, however, if you are using any references please include them in a reference list and properly cite them using APA format.
- Plagiarism will not be tolerated.
- Late assignments will not be accepted.

**Submission Details**

- All assignments must be submitted in class on 6th June (Section E) and 8th June (Section H).
- All assignments must be typed.