

## Nighttime Practice for Lucid Dreams

To begin, first schedule which night(s) you can devote at least 8 hours to complete this dream technique. Then Follow the sequence listed below. You can adjust the example times given based on what works for your schedule. If you can go to bed earlier, or sleep in later that can help.

### Requirements:

- Dream journal and pen
- 2 alarm clocks
- At least 8 hours of time in bed.

### Optional:

- Dream Supplement or Tea
- Ear Plugs
- Blindfold

	Example
<b>A. Prepare</b> (30 minutes) <ul style="list-style-type: none"><li>• Setup 2 alarms: First alarm set for 5 hours from when you start to go to sleep.</li><li>• Set the second alarm for 8 hours or when you need to get up for you normal day.</li><li>• Write down your <i>lucid dream intention</i> or what you want to do if you get lucid.</li></ul>	10:30pm
<b>B. Sleep</b> (5 hours) <ul style="list-style-type: none"><li>• Start to go to sleep until the first alarm wakes you up (approximately 5 hours)</li></ul>	11:00pm
<b>C. Wake Up</b> (Stay away for at least 20 minutes) <ul style="list-style-type: none"><li>• Get out of bed and stretch. Spend some time reading or writing.</li><li>• Write down if you remember a dream and read your <i>lucid dream intention</i>.</li><li>• If you wish; take a dream supplement with a glass of water, or drink dream tea.</li><li>• <u>Do a reality test</u>, and keep in mind that you will be dreaming soon.</li></ul>	4:00 am
<b>D. Sleep and Dream</b> (between 30 minutes and 2 hours) <ul style="list-style-type: none"><li>• If you are in a place that may get noisy or bright use ear plugs and a blindfold.</li><li>• Relax, let go, and lay still. Sometimes it can take a little while to fall back asleep.</li><li>• Quiet your mind and don't talk to yourself, Just be patient.</li><li>• If you find yourself in a dream, rub your hands together to stabilize it</li><li>• try to do your lucid dream intention, then purposefully wake up to get clear recall.</li></ul>	4:30 am
<b>E. Recall Dream</b> <ul style="list-style-type: none"><li>• Lay back in the same position you woke up in and close your eyes.</li><li>• Quiet your mind, and allow yourself to recall as much as you can.</li><li>• Spend 2 minutes recalling, then get up and write in your dream journal.</li><li>• Always write a title and a date, even if you don't remember much.</li><li>• Go back to bed if there is more time to sleep.</li></ul>	6:00 am
<b>F. Get Up</b> <ul style="list-style-type: none"><li>• Share your dream experience with someone this morning.</li></ul>	7:00 am

**Optional:** Send me your feedback, questions, or dream experience:  
[www.YouCanLucidDream.com/contact](http://www.YouCanLucidDream.com/contact) or [Richard@BulbMedia.com](mailto:Richard@BulbMedia.com)