

Published based on [How Technology Helps You Have A Lucid Dream.](#)

# **How Technology Helps You Have A Lucid Dream.**

In simple terms, if one has a dream and they're actually aware of the fact that they're dreaming, then that is known as a lucid dream.

A Lucid Dream is a dream where you are aware that you are dreaming, even while in the middle of it. The degree of lucidity depends on a few things: how much control you can exert over events in the dream, how much of the dream you can remember upon waking and how stable the dream is.

This last point which has been mentioned is without a doubt the most amazing thing of all. Actually being able to realize that one is dreaming is something which words simply cannot explain.

You are in the director's chair of your dream meaning that you can have any experience you want in your Lucid Dream.

Just take a moment to consider the possibilities. When you are Lucid Dreaming, everything feels and looks real, but you are aware that you are dreaming and will be safe no matter what happens in your dream.

It is a kind of "virtual reality" experience which no computer can come close to in terms of realism.

More people than ever before are trying Lucid Dreaming for themselves. While most people experience a Lucid Dream at some point in their lives, just imagine how exciting it would be if you could have Lucid Dreams any time you want!

You can open your own doorway to some amazing experiences by learning and mastering the practice of Lucid Dreaming. Imagine if you will, having the ability to meet and interact with famous people, taking fantastic sci-fi adventures, visiting galaxies far away, creating and manipulating fantasy worlds and touring them or ruling them, and even finally having your dream job or hobby without all the work or mess to get there! You can even meet lost loved ones or distant relatives since anything is possible with your lucid dreaming imagination!

Having regular Lucid Dreaming experiences is something which until recently it took months to achieve. People would spend as long as a year in training to have their first Lucid Dream and it remained out of reach for some people no matter how long they tried.

So are there any simple ways of experiencing a Lucid Dream?

Some people have found that eating certain foods right before a sleep session has encouraged a lucid dream to occur. On the list of foods that seem to be successful for this process are: Orange Juice, Milk, Cheese, and mustard. You could try these just before heading to bed.

Other foods of note are pickles, ice cream, popcorn and fish. Although they are not as effective as the three foods and drinks described above. Some people say that they improve your overall dream recall and "prepare" your brain for future lucidity. The main problem is of course that they are high in fatty acids, salts and sugars which definitely doesn't assist you in getting a good nights rest!

Can Technology Help?

There are new technologies which can assist you in having Lucid Dreams. There are sleep masks and eyeshades which turn on LEDs when REM sleep is detected; the idea is that the red light of the LED will let dreamers know that they are dreaming; this is the first step to taking control of the dream.

Another fabulous piece of technology that is helping even more people enter into the Lucid Dream world is an audio device. This little device has been developed by scientists to play different sound wave frequencies known as binaural beats.

Binaural beats serve to induce a synchronizing in both hemispheres of the brain. As if instantly these two special frequencies induce the brain to produce a state of REM sleep. This is where your Lucid Dream can begin.

Anyone who has an interest in experiencing a lucid dream can be rest assured that this is without a doubt the easiest and most reliable way for getting started.

You can also find this article published on [How Technology Helps You Have A Lucid Dream.](#)