Memor

Dream Journal mobile app

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# Executive Summary

Memor mobile is a mobile application that is designed to allow user to create dream journal entries where they can describe the dream event and list other information about their dreams. Some of the available information to store will be the context of the dream, notes that the user may have about the dream aside from the dream events, the lucidity level of the dream, and any possible symbols or interpretations to better understand the dream.

Dreams are the gateway to our unconscious mind, the part of the brain that is in control of the autonomous processes that the body performs. The unconscious mind is also in control of storing memories, sensations, and experiences throughout one’s life. As a result, the unconscious mind can help solve complex problems. Most of the time, when one takes the time out to take a break from solving the problem, the answer will appear by coming in the form of an epiphany, another idea, or maybe even a dream. This is why dreams are an important aspect of life to not only be aware of but also to control.

A phenomenon called lucid dreaming is described as the ability to alter and control one’s dream. This gives the dreamer the ability to determine what the dream is about and what events take place. Not only does this give the dream the ability to have a good night sleep by preventing nightmares if they were to occur but also lets the dreamer be able to develop a deeper connection with his or herself. By recording, rereading, and analyzing dream entries, one can start to see patterns and signs that can promote the possibility of engaging in a lucid dream. Therefore, the Memor app would be a means of promoting this possibility of lucid dreaming. This is why the value of Memor could not be understated. It provides the user with a tool to increase lucid dreaming potential which provides many benefits to the user.