

### *Interpretation*

- 1.) Select a well-known film or audio work.
- 2.) Erect a method of playback which will be as unobtrusive as possible while retaining some comprehensibility. For example, a film could be played on a bedside mantle at minimum brightness and volume.
- 3.) Prepare for bed.
- 4.) Optionally, take one or more additional preparatory measures. These measures could include: meditation, nasal irrigation, a cold shower, tongue scraping, drinking a warm beverage, douching, oral rinse, yoga and/or breathing exercises.
- 5.) Begin the work as you fall asleep.
- 6.) Take note of any dreams or experiences that you have. This is your interpretation.
- 7.) Pass on your interpretation in an appropriate space. For example: in conversation, a blog, a journal, letterboxd, or rate your music.