**About Lucid Alarm**

Lucid Alarm is a tool to help you get lucid and stay lucid. Lucid dreams are dreams in which you are aware that you are dreaming. If you knew you were dreaming, what would you do? Fly like Superman? Explore distant galaxies? Reconnect with an old friend? Experience an erotic fantasy? Beyond the boundless pleasure of getting lucid, developing these dreaming skills has real life benefits ranging from problem solving to personal growth. So are you ready to dream more boldly?

More about Lucid Dreaming:

We spend a third of our lives sleeping. Why not transform these hours from a black hole of consciousness to an altered state that can awaken us more fully to our waking lives? In our waking lives, we are constantly bombarded by mental stimuli that we filter out and store in our subconscious. This untapped creative repository can be accessed through lucid dreaming, allowing one to dissolve the boundary between the conscious and subconscious. In a lucid dream, preconceived questions (such as, “what can I do to improve my career happiness?”) can be answered by the subconscious’ wealth of sensory knowledge, allowing you amazing creative problem solving powers—while you sleep!

More about Isochronic Tones:

Dreams are conscious experiences influenced by our fears, hopes and expectations. This app help you tap into those experiences by playing isochronic tones, or sounds that have been proven to train the brain. Hearing these unobtrusive sounds while you sleep induces a meditative state conducive to lucid dreaming. Over time, hearing these sounds allows your brain to synchronize its own electric cycles to the rhythm of the isochronic tones. Aligning these rhythms can induce the desired mental state for achieving lucidity on a regular basis.

Lucid Alarm can also be used with the Mnenomic Induction of Lucid Dreams (MILD) technique. This technique, developed by lucid dreaming pioneer Dr. Stephen LeBerge, is based on the knowledge that the key to lucid dreaming is prospective memory. By intending to remember something (that he was dreaming) during a future time (in the dream itself), he was able to have lucid dreams at will. This app can be programmed to play prerecorded voice cues (such as, “I CAN lucid dream”) throughout the night at a low volume. Record your own cues and remember to get lucid when you hear them in your dreams.

MILD Technique:

*- this is super long and there should just be a button that links to it at the bottom of the above section on MILD, and the link should be called “Get MILD Instructions” (because not all users will use this feature, it shouldn’t be on this main About page)*

WBTB Technique:

Lucid Alarm also works with the Wake Back to Bed (WBTB) technique, in which you purposely interrupt your sleep cycle with a short (20-60 mins) period of wakefulness. Research has proven that this interruption triggers neurotransmitters within the brain to induce a dream state when one goes back to sleep. Lucid Alarm mimics this natural phenomenon by playing sounds just loud enough to induce this WBTB pattern in your brain.

More about WBTB:

How do you know if you’re getting closer to achieving dream lucidity? Dream recall. The more you can remember your dreams, the more familiar you become with their style, texture and recurring content—so it becomes easier for you to recognize them as dreams *while* you’re having them. Lucid Alarm features a dream diary to record your dreams and organize them. By getting to know the dreams you’ve been having, you can increase your chances of manipulating future dreams.

Lucid Alarm is a powerful and sophisticated tool designed to transport the ancient practice of lucid dreaming into the digital realm of the 21st century. Dream on!