

Zzzillow – *Take your dreams to the next level*

Page 1 – Intro (first page)

No dreams are too big

Take your dreams to the next level with Zzzillow, a device that helps you gain control over your dreams.

Page 2 – About Lucid Dreams

What is Lucid Dreaming?

Lucid dreams are dreams which the dreamer is aware of dreaming. During this period, the dreamer may be able to control the environment and characters to some extent. Some people have even experienced flying!

They say that the “sky is the limit”, but in Lucid Dreams... you will be Moonwalking! There will be no limit to what you can do. Flying, using magic, playing sports, swimming endlessly underwater, and even experience sexual intercourse! These are just the tip of the iceberg. Once the dreamer gets the hang of Lucid Dreaming, the easier it will be to control your own dreams. You can do whatever you want, even change the landscape itself!

There are people who has spent years trying to gain control over their own dreams. Although there are different methods and techniques to help with Lucid Dreaming, some of them are proven to be ineffective. There is even a study that shows that having small flashing lights during your sleep will help with Lucid Dreaming. This however, is also proven to be ineffective.

Page 3 – Zzzillow

Zzzillow, Take your Dreams to the Next Level!

With Zzzillow, having Lucid Dreams has never been easier. There are already devices out there that helps with Lucid Dreaming. However, for some people, having a device on your head while sleeping can sometimes feel uncomfortable. Some of them even requires the dreamer to sleep on a certain position. This is not the case with Zzzillow, a pillow which helps with Lucid Dreaming!

The design is simplicity itself, a pillow and two small portable electrodes. To get started an app is required. This app will monitor your brain activity during your sleep. It can also tell if you're having a Lucid Dream or not, and will register it in the history tab. There are multiple settings to choose from, like consciousness while dreaming.

To start dreaming, the steps are simple:

1. Attach the electrodes to your head
2. Apply the preferred settings on the app
3. Sleep and take your dreams to the next level!

If it's your first time experiencing a lucid dream, controlling it might prove to be a bit difficult at first. The most common mistake dreamers make is when they realize that they are dreaming and gets too exited, resulting in waking themselves up in the process. The best way to avoid this is to simply stay calm and look around you. Feel the environment, touch some objects, and walk around a bit. Once you get the hang of it, you can let your imagination run wild!

Page 4 - The Science Behind

How does it work?

Having a pillow that allows you to control your dreams sounds magical and unrealistic. But there is science behind it. Studies have shown that there is a specific brain activity that happens in the frontal lobes. This is called the “gamma activity”. This activity is present during Lucid Dreams, and is also associated with consciousness.

A well-documented method called Transcranial Alternating Current Stimulation (tACS) helps with enhancing the gamma activity in the brain during sleep. What this method does is that it implements mild electrical stimulation to the head. Oh and don’t worry, this is completely safe! Once the implementation is done, Ha

So how do we apply the tACS method with only a pillow? Well the answer is simple. We do this with the help of portable electrodes that is rechargeable. The electrodes are small and lightweight, and is almost impossible to feel once the dreamer lays down. The main device is inside the pillow, covered in fluffy cotton, making the pillow extra soft and comfortable. Unlike the other Lucid Dreaming devices, the electrodes are so small that the dreamer can sleep in any position.