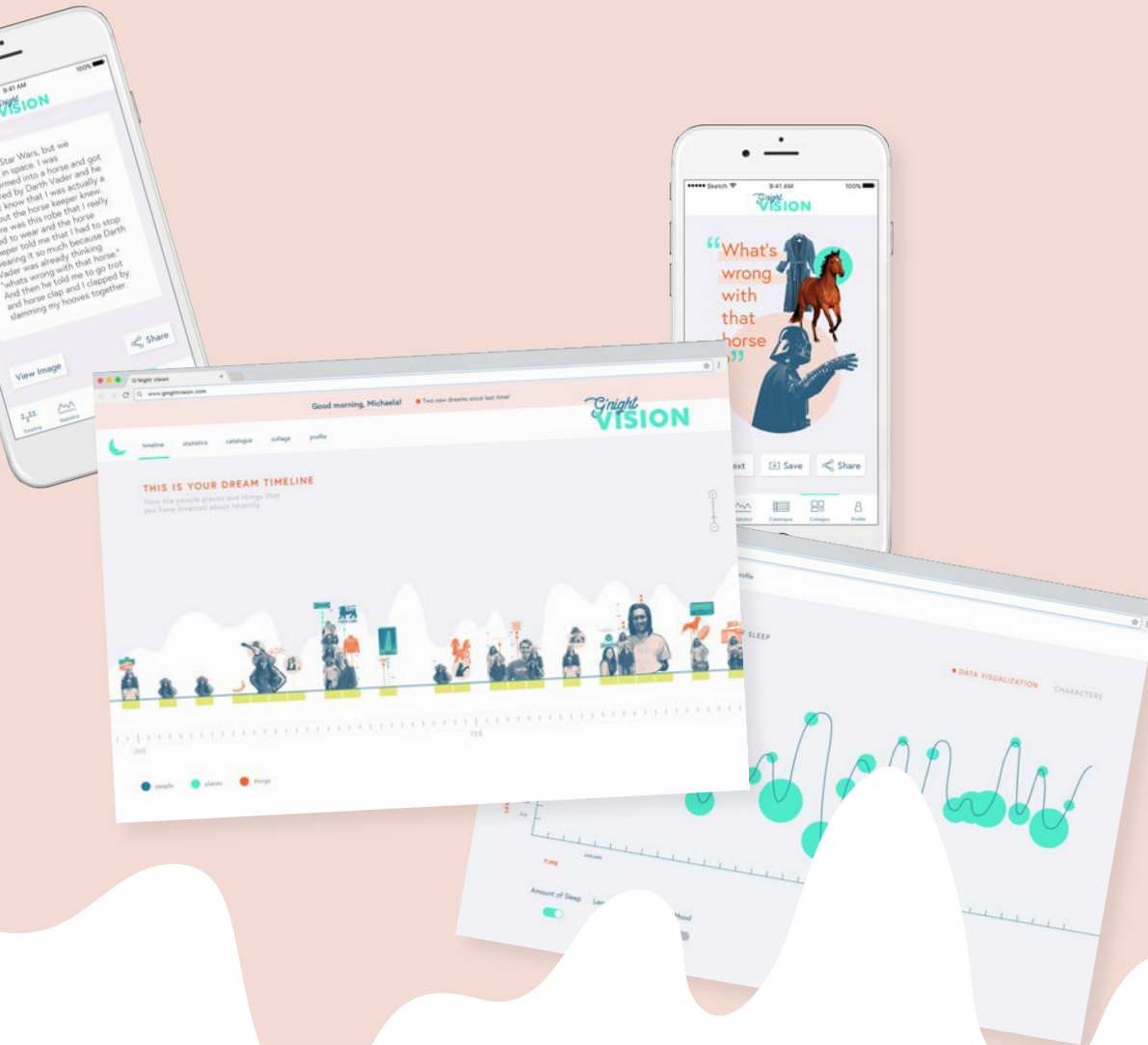# G'night VISION

THE PROCESS

Michaela Fallon

THE CONCEPT

The goal of G'Night Vision is to enable people to remember and experience their dreams in a visual way, after they have woken up. Dreams are a large part of our subconcious and they are often forgetten and very intangible. By compiling images of the people, places and dreams from the users' dreams, the G'Night Vision system strives to help people recall and relive the dreams they have recorded.

RESEARCH:
Documenting dreams

Carl Jung: "[H]ere we are not dealing with isolated dreams; they form a coherent series in the course of which the meaning gradually unfolds more or less of its own accord. The series is the context which the dreamer himself supplies. It is as if not one text but many lay before us, throwing light from all sides on the unknown terms, so that a reading of all the texts is sufficient to elucidate the difficult passages in each individual one... Of course the interpretation of each individual passage is bound to be largely conjecture, but the series as a whole gives us all the clues we need to correct any possible errors in the preceding passages." (119-120, italics in original)

Keeping a Dream Journal

Tips: track themes and patterns over time.

Start a dream journal by writing down dreams you remember previously

Recurrent dreams provide points of entry of long term themes and patterns

The goal is to set up a smooth, friction-free process to record as much of the dream as possible as soon as waking up

Conditions of sleep have a significant impact on dreams

    Date
    Location you are sleeping
    Time you go to sleep
    Time you wake up
    Subjective assessment of the quality of sleep
    If you remember!
    Record in as much detail as possible
    Internal experience (what you were thinking and feeling)

Don't worry if aspects are vague, fragmentary, or impossible to describe

Title dreams, makes you think of the important aspect of the dream, makes it easier to refer to (esp. recurring dreams)

"Network of meaningful connections"

"Keeping a dream journal is a priceless gift to your future self"

Easy Steps for Keeping a Dream Journal

Dreams are the voice of your unconscious mind

A dream journal can help identify recurring patterns, trends, and symbols

Steps for a dream journal

Before bed write about your day

Keep something next to you to immediately use when you wake up

When you wake up don't move of open your eyes, ask yourself what was going through your mind, work backwards

Go over your dream again before recording

Make note of memorable keywords for each scene of the dream

Use first person present tense when recording

Record the setting, people, actions, and emotions. Make note of how you felt when you woke up

Look for any "day residue"

Share your dream with someone you trust. You should recount the dream without looking at what you wrote, you often forget parts or remember different parts

RESEARCH:
Technology Affordances

Actions on Google

Turn your content into an Action: you can connect your app to the Google Assistant by claiming and refining the listing in their directory

Use vertical focused programs: use Google's vertical program to build the app and they enable it to be easily compatible with user interactions and dialog

How a typical app for Google Assistant works:

Actions and Invocation:

Actions define how users can invoke apps for the Assistant through action-based commands. Every app needs a main action that lets users immediately bring up that app on the assistant. (this is the 'talk to <name>' part from above). Then the app can have more actions that bring them deeper into the functions of the app

Apps are accessed through the Assistant directory within the Google app on Android or the Assistant App for iOS.

Conversation:

This is the UI of your app. It defines how users interact with your app after its invoked. Use Dialogflow to define your conversations "grammar" (what people can say to your app)

Dialogflow provides built-in machine learning and natural language understanding (you don't need to make a fully exhaustive grammar)

Dialogflow parses (converts to a different form, something understandable by a computer) the typed parameters from the user's input

Fulfillment:

During the conversation, you need to carry out business logic to respond to the user and complete the action. This uses web service that implement the Dialogflow webhook, a JSON-based protocol that defines how apps should integrate into the Assistant with Dialogflow

Set up & manage apps for the Google Assistant

How to interact with apps

"Let me speak/talk to <app name>"

"I want to speak/talk to <app name>"

"Can I speak/talk to <app name>"

"Speak/talk to <app name>"

"At <app name>"

RESEARCH:
Dream Types

The Five Types of Dreams

Normal dreams

You accept dreams as reality while you are sleeping. You don't usually think anything is weird.

Dreams use "conceptual imagery" (a coded language of the unconscious mind) that is based on recent thoughts, experiences, as well as memories and repressed fears and anxieties, desires and urges

Lucid dreams

Richly immersive, dreamer is free

You know that you're dreaming, or you can control the dream/direct your awareness within your dream

The dream still fills in a lot of the details on its own

You can ~try to~ play a question/answer game to figure out if you are dreaming or not

False awakenings

Very vivid types of dream

You wake up in the dream and go do something very realistic before you realize that you are still dreaming

You won't noticed unless you do a "reality check"

It takes something shocking to make you realize that you are dreaming

If you become aware during a false awakening, it is easier for you to become lucid in that environment

Nightmares

You don't know your dreaming, your mind processes all events as if it were really happening

Sometimes it is so vivid that it triggers your sensory system that makes you actually feel some kinds of pain

~apparently~ being chased represents our evolutionary fear of being hunted

Children report nightmares the most

Dreams (International Association for the Study of Dreams)

Everyone dreams, vivid during REM sleep, less vivid dreams at other times

Nearly everything that occurs throughout the night is forgotten, unless they are written down.

To better remember your dreams you can remind yourself to remember before going to sleep; write down / record your dream right when you awake without moving or thinking about your upcoming day.

Dreams are meaningful to individual people. They help them learn about their feelings, thoughts, behavior, motivations, and value. Ideas come from dreams

Books (dream dictionaries) that give specific meanings for dream images and symbols are usually not helpful because the meaning of motifs within dreams are all very personal and dependent on the person.

Keeping a dream diary over a long period of time helps you get the best picture of your unique dream life

RESEARCH:
Dream Types, continued

Article: The Facts About Dreams

"A dream is a collection of images and ideas that occur involuntarily during certain periods of repose"

During the initial stages of sleep dreams are mainly flashes of thoughts and images, but during the REM cycle, vivid surreal dreams occur.

REM dreams have a story-like quality to them and they are typically what you remember and recount to others. Throughout your sleep cycle you pass through 4 or 5 REM cycles, you can have dreams in all of these cycles but you don't usually remember most of them.

The purpose of dream (different ideas): generally help us process new information, add to conceptual memory

Help understand new experiences. REM dreams link new events to old ones, connecting new fears or upcoming experiences to times you felt similarly

During sleep, the area of our brain that processes new information in shut down and the part that is working is the part that stores images from our past. All images we see in our dreams are from our memories

Prepare for change. A rehearsal for new challenges, it allows the dreamer to prepare for the future.

Cope with trauma or loss. Studies have shown that people who struggle with difficulties more in their waking life have non emotional dreams, while those who were coping well had crazy expressive dreams. The people who were coping well dealt with their emotions and feelings in their dreams

Facilitate learning. Non-REM dreams reflect the days events and may help us consolidate new information.

All humans dream. Light sleepers typically recall dreams more because they're more likely to wake up mid-dream or right after a dream.

It's also easier to remember dreams when you awake naturally.

Common dreams that many people have reveal universal anxieties (feeling humiliated, losing beauty, not being desired, not being able to succeed)

Nightmares are usually spurred by real-life events. Sometimes they can clue you into emotions that are worth exploring.

Children aren't as able to deal with emotions so they are overwhelmed by them easily, which gives them nightmares more frequently

Recurring dreams are typically linked to unaddressed anxiety. Many people are able to end upsetting dreams when they are able to figure out the underlying worry the dream expresses

WHY DREAMS ARE WEIRD

The part of the brain responsible for logic and reasoning is inactive during sleep

The connections between new and old memories are often strange and not logical or linear

Dreams are more an association between things

These are associations seem unconnected but can symbolically mean something to you

INTERVIEWS

1

Female, 56 years old

How often do you dream?
Probably every night

Are you able to remember your dreams when you do dream?
Most of the time no.

Do you ever not want to remember your dreams? Do you want to forget about your dreams throughout the day?
Yeah, doesn't want to remember nightmares

Do you record your dreams in anyway?
No, sometimes she tells people. Tells dad, or the person who was in it, if she sees them

Are you interested in why you dream about what you do?
Yes

Would you want to have visualizations of your dreams?
Umm maybe.

Do you use anything to track your sleep patterns? Like a FitBit, smart watch, or other app?
No

Why do you like to track your sleep? Are there other insights about your sleep that you would want to get out of this system?
Yes, how to get better, more restful sleep.

2

Male, 24 years old

How often do you dream?
5 days a week

Are you able to remember your dreams when you do dream?
Maybe 2 of the days. He knows he dreamed, but can't remember it "there was a movie playing, but I wasn't watching"

Do you ever not want to remember your dreams? Do you want to forget about your dreams throughout the day?
Yes. Had a bad dream he doesn't want to remember.

Do you record your dreams in anyway?
No

Do you share your dreams with other people?
Not really.

Are you interested in why you dream about what you do?
A little.

Would you want to have visualizations of your dreams?
Only the good ones.

Do you use anything to track your sleep patterns? Like a FitBit, smart watch, or other app?
No. But used to use sleepminder app

INTERVIEWS

3

Male, 25 years old

How often do you dream?
Generally every night. 7-3.5 nights a week

Are you able to remember your dreams when you do dream?
For the most part

Do you ever not want to remember your dreams? Do you want to forget about your dreams throughout the day?
No. No bad dreams

Do you record your dreams in anyway?
No.

Do you share your dreams in anyway?
Sometimes. Typically only with my wife.

Are you interested in why you dream about what you do?
Yes, but I would be skeptical that anyone could tell me anything from the dream

Would you want to have visualizations of your dreams?
No

Do you use anything to track your sleep patterns? Like a FitBit, smart watch, or other app?
Used FitBit for a bit. Didn't like the sleep aspect, it was unnecessary and made me anxious.

Are there other insights about your sleep that you would want to get out of this system?
I want to now if I had a back ache and could see how I slept.

4

Female, 21 years old

How often do you dream?
Every single night

Are you able to remember your dreams when you do dream?
Usually bits and pieces, but because she's used to dreaming she doesn't actively remember, things during the day remind her. Some aren't worth remembering

Do you ever not want to remember your dreams? Do you want to forget about your dreams throughout the day?
Yes. A lot of time dreams are dark, they're not exciting and up-lifting. They're scary, but not realistic fears so there's no point in dwelling.

Opposite: sometimes she wakes up and wants to go back to sleep if its a good dream or she's in a magical world

Do you record your dreams in anyway?
Verbally, they're solidified when I share them. Same through text. Doesn't record dreams because there aren't immediate tools to write it down with.

Do you share your dreams with other people?
Tries to tell people if they're in it. Or if its funny. Was telling old friend about a horrific dream about a class reunion that hasn't happened yet.

Is it a way to connect?
Not with someone from a long time ago, but if they're closer and maybe just not as recently in conflict. If you know them really well it's okay to text out of the blue.

Are you interested in why you dream about what you do?
YES. Really wants to know, because of weird disturbing dreams. Clearly subconscious dreams and is curious about why that happened.

Would you want to have visualizations of your dreams?
Maybe. It could be interesting to think about how much you dream about something. Could understand themes to see how much she thinks about things. To see patterns.

PERSONAS & SCENARIOS

Name: Peyton Buchanan

Age: 19

Gender: Female

Occupation: College student

Interests: Exploring the city, going to museums, taking pictures, and baking.

Traits: Talkative, social, introspective, creative, curious

Scenario

Peyton has very vivid dreams most night and likes to write them down. Writing them down help her to remember them, which makes it easier to tell her friends about them (which she often does), and it is also fun for her to go back and read her dreams occasionally. Most of the time her dreams have very funny and interesting plot lines, which she can recall in extreme detail.

Dream Recording

Current Method: Types into notepad app on her iPhone, sometimes uses type-to-text

Desires: Convenient (next to her bed), ability to speak about the dreams

Challenges: Forgets to date her dream entries, the bright phone screen hurts her eyes in the morning, has dream entries in different places (phone, computer, notebooks)

Name: Savannah Brewer

Age: 22

Gender: Female

Occupation: Coffee barista

Interests: Meditation, listening to music, yoga, going thrift shopping

Traits: Down to earth, self-aware, opinionated

Scenario

Savannah works as a barista at a coffee shop. Often times she works the opening shifts and loves to share her dreams with one friend in particular. They have become good friends because, they both love analyzing their dream and trying to figure out the reasoning and meaning of their dreams. They often spend hours discussing how their dreams could have been impacted by recent events in their lives and often times they look up on the internet the meaning of certain dreams.

Dream Recording

Current Method: An indepth dream journal that she writes in almost everyday and often carries with her.

Desires: Something that allows her to input detailed descriptions of her dreams, a visual way to track and analyze patterns and trends in her dreams.
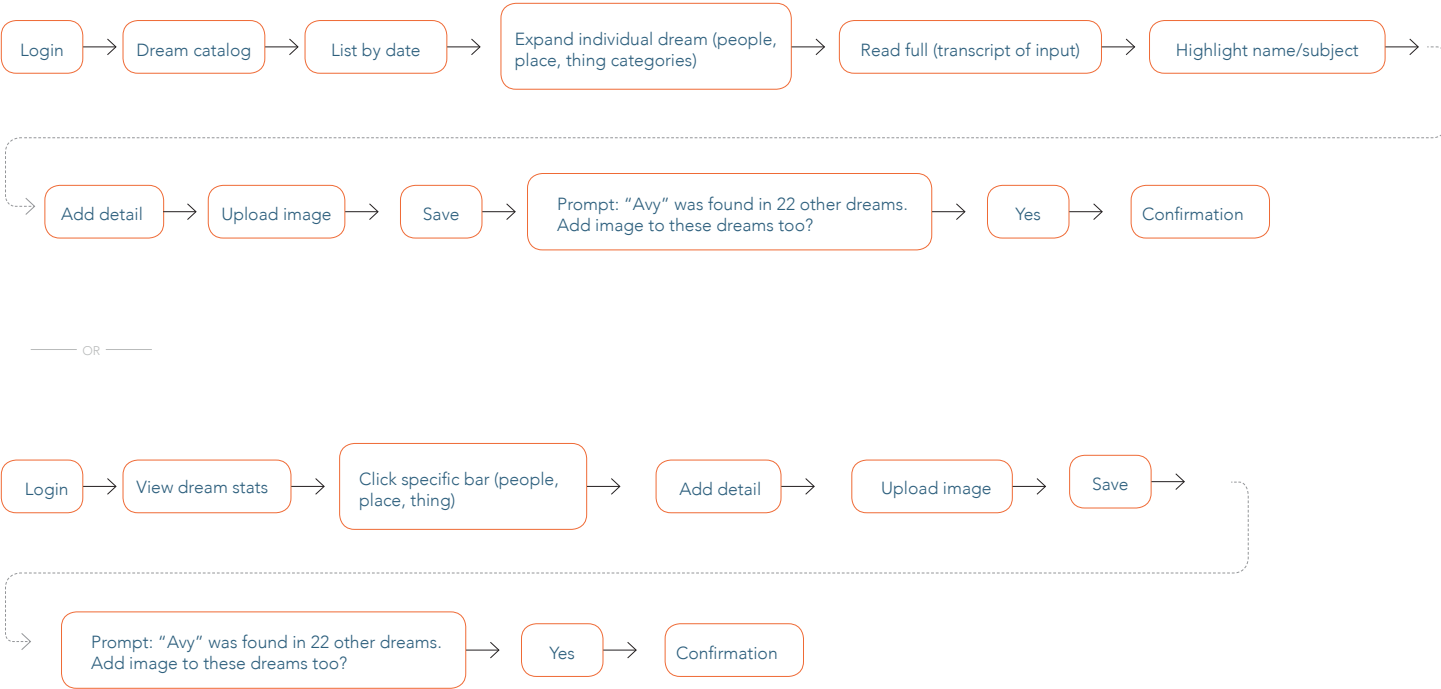
Challenges: Its difficult to find connections between dreams in her current dream journal, she has to flip through all the pages looking for specific entries.
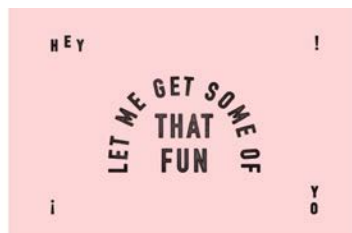
USER JOURNEY MAP
Savannah Brewer

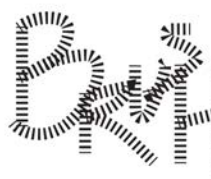|	**3:00 A.M.**	**6:00 A.M.**	**7:00 A.M.**	**12:00 P.M.**	**5:00 P.M.**	**6:30 P.M.**
CONTEXT	Savannah wakes up in the middle of the night after having a confusing dream. She has the feeling that she has had a similar, if not this exact dream previously. She rolls over and jots down a few words into her dream journal before quickly falling back to sleep.	She wakes up to get ready for work. She is running late so she gets dressed quickly and heads for the door. She remembers that she is opening with her friend, Maggie, so she grabs her dream journal because she wants to talk to her about the dream she had last night.	Savannah arrives at work. She tells Maggie about her dream that night, as they are opening the shop. When she has a spare moment, she reads what she wrote in the middle of the night, and again she feels like she has had this dream before, but she doesn't have time to look through all the dreams in her journal to see if there is a connection.	Savannah has a lunch break and takes this time to search her dream journal more in depth. She doesn't find a similar dream. At this point she has forgotten many of the details from last nights dream, but she decides to add in some that she remember to the few words she scribbled in the middle of the night.	When Savannah gets home from work, she goes to her stack of dream journals hoping that maybe the recurrent dream she is remembering happened far enough back that there is a detailed description in a journal from a few months ago.	As Savannah makes dinner, she searches through her journals. She finds a dream with a similar description to what she can remember of her dream from last night. She is excited to be able to read through it, but wishes she had more details to compare it to. She wishes there was a way to show the connection between these two dreams.
MOOD	Disoriented, slightly frightened, tired	Rushed and frazzled	Frustrated, unfocused	Annoyed, uncertain	Hopeful, curious, determined	Revealed, but still slightly disappointed

TASK FLOW

Login → Dream catalog → List by date → Expand individual dream (people, place, thing categories) → Read full (transcript of input) → Highlight name/subject →

→ Add detail → Upload image → Save → Prompt: "Avy" was found in 22 other dreams. Add image to these dreams too? → Yes → Confirmation

—— OR ——

Login → View dream stats → Click specific bar (people, place, thing) → Add detail → Upload image → Save →

→ Prompt: "Avy" was found in 22 other dreams. Add image to these dreams too? → Yes → Confirmation

blahs
A CASE OF THE

HEY !
LET ME GET SOME OF
THAT FUN
i
YO

WRITE IT DOWN
CAPTURE. REMEMBER. SEE. FEEL

Montana
Library and
Museum
225 Madison
Ave.
Midtown

PETERAU

JAAPOKKI
JAAPOKKI
LEAFY REGULAR
BAM

Europa Light
Europa Regular

JAAPOKKI
JAAPOKKI

welcome back!

catalogue   statistics   profile   home

TYPE

Dope

ethereal
HEARTY

I should
be sleeping

Long
Play

The most
helpful
critical
review

THIS IS THE ENEMY

TO MAKE OUR
DREAMS COME
TRUE

Google

COLLAGE

INSPIRATION

We are not
a one trick
pony

Simple is
underrated

Branding + visual
communication
studio creating
simple,
memorable
designs.
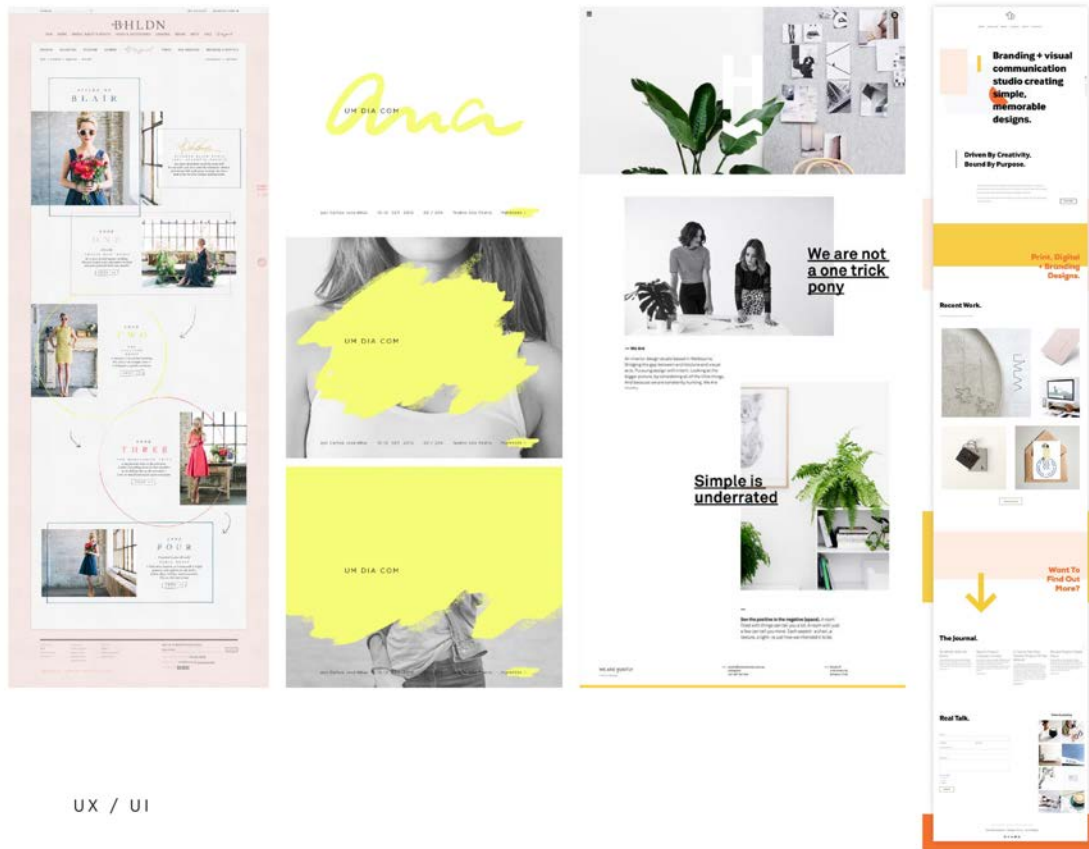
UX / UI

DATA VISUALIZATION
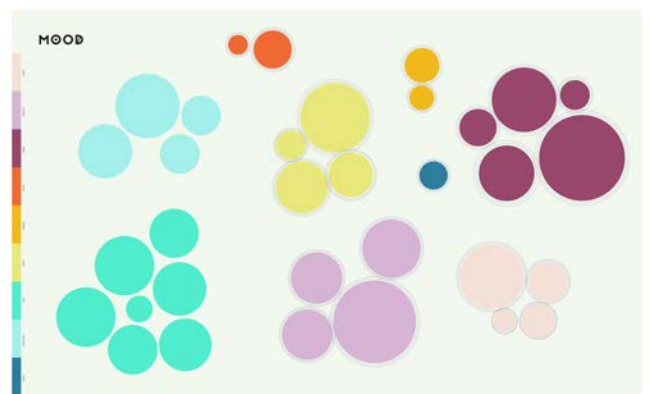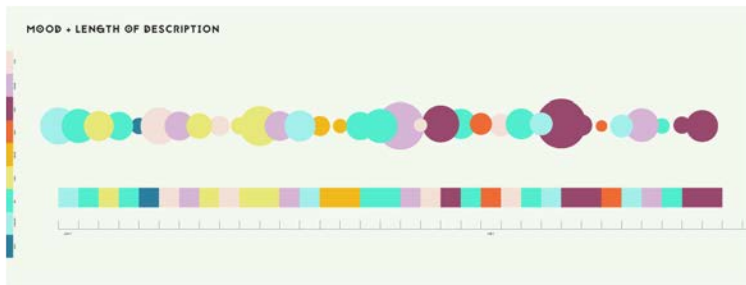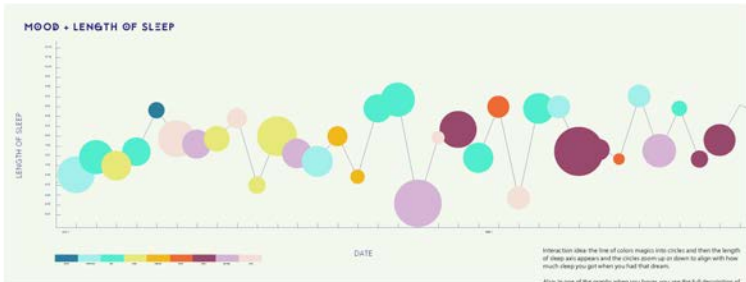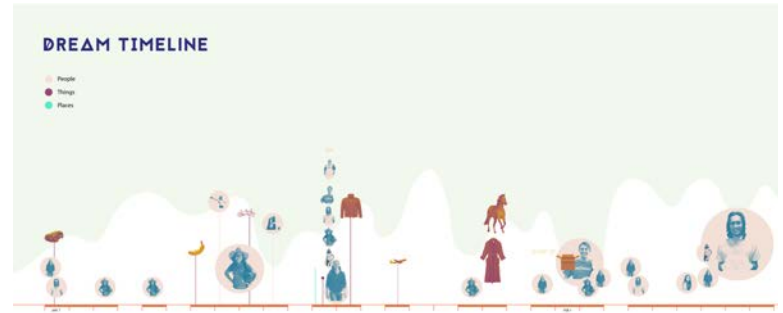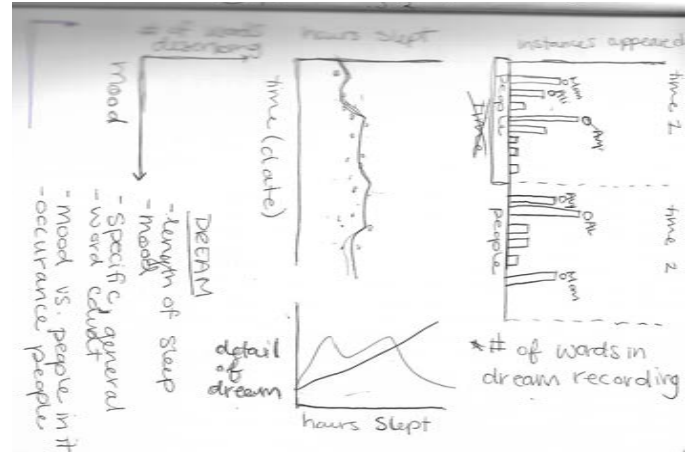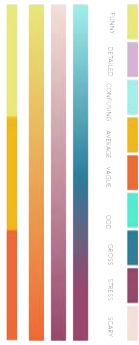
DREAM TIMELINE
People
Things
Places

MOOD + LENGTH OF SLEEP

MOOD + LENGTH OF DESCRIPTION

MOOD

MOOD

Collages
Whats wrong with that horse

COLLAGES
WHATS WRONG WITH
THAT HORSE?

COLLAGES
WHATS WRONG WITH
THAT HORSE?

VIZZUAL
STATISTICS
DREAM CATALOGUE

Dream Statistics
dream catalogue
Your visual dream journal

Welcome back
Dream Catalogue

THE CATALOGUE
YOUR Tre DREAM HELLO
M JOURNAL

Welcome Back to your
dream catalogue
View your dreams differently
Whats wrong With That
Horse

Your
DREAM CATALOGUE

Your
DREAM TIMELINE

Your
DREAM STATISTICS

YOUR
Dream Catalogue

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TYPE FACES AND SIZES

Europa Light
Europa Regular
Europa Bold

Icon labels - 12pt
Nav bar - 14pt
MINI HEADLINES - 12pt

Catalogue - 16pt

VIZZUAL
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DREAM CATALOGUE
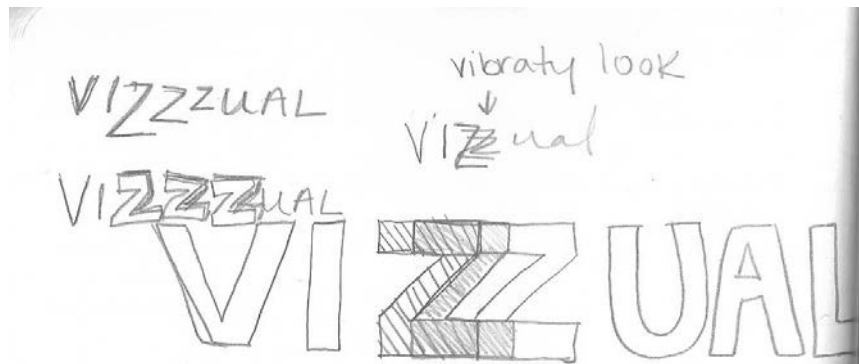
VIZZUAL

VIZZZUAL

DREAM CATALOGUE

DREAM CATALOGUE

G'night
VISION

Your
DREAM STATISTICS

G'night
VISION

G'night
VISION

G'night VISION

VIZZZUAL

vibraty look
↓
VIZZual

VIZZZUAL

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