

Early Results With Hearne's Dream Machine

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“You may be interested to know that Newcastle University Department of Psychology has recently purchased one of Keith Hearne's dream machine's (it is not available to the general public yet). So far I have used it for approximately three weeks on myself and two other subjects, but have found it extremely disappointing so far. It has induced no reported lucid dreams. The main trouble seems to be that the electric shock to the wrist, administered when REM sleep is detected by a breathing rate monitor, usually wakes the sleeper. Only on two occasions has the electric shock been incorporated into a dream. This may be due to the fact that we have been relying on reports given the next morning. Our next step will be to wake subjects through the night after each series of electric shocks to see if they have been forgetting dreams incorporating electric shocks or indeed lucid dreams themselves.”

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