



Lucid Dreaming Exercises and Questionnaire
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A shorter version of the following questionnaire was published in the April 1987 issue of *OMNI* magazine. In order to gather a broader range of information on dream lucidity, we are reprinting with permission of OMNI Publications International Limited, this longer version that questionnaire in *Lucidity Letter*. We would particularly like to bring your attention to the healing and problem solving sections as unfortunately these were largely deleted from the OMNI article and represent what we consider to be two of the most interesting areas of

lucid dream experience.

To aid the progress of science--and to direct your own nightly dreamtime show--please attempt exercises one, two, and three, as outlined below. We suggest that you do the tasks as often as possible over a two week period before filling out the accompanying questionnaire. Some people may need to practice the technique for weeks before getting results, while others may succeed on the first night. Please fill out the questionnaire whether you manage to have a lucid dream or not.



EXERCISE ONE: LUCID DREAM INDUCTION

A number of techniques facilitate lucid dreams. One of the simplest is asking yourself many times during the day whether or not you are dreaming. Each time you ask the question, you should look for evidence proving you are not dreaming. The most reliable test is reading: read something, look away for a moment, and then read it again. If it reads the same twice, it is very unlikely that you are dreaming. After you have proven to yourself that you are not presently dreaming, visualize yourself in a lucid dream doing whatever it is you'd like. Also tell yourself that you want to recognize a real dream the next time it occurs. The way people usually recognize a dream is through unusual or bizarre occurrences. For instance, if you find yourself flying without visible means of support, you should realize that this only happens in dreams, and that therefore, you must now be dreaming.

If you awaken from a dream in the middle of the night, it is very helpful to return there immediately, in your imagination. Now envision yourself recognizing the dream as such. Tell yourself, "The next time I am dreaming, I want to remember to recognize that I am dreaming." If your intention is strong and clear enough, you may find yourself in a lucid dream when you return to sleep.

EXERCISE TWO: DREAM FLYING

Many lucid dreamers report dreams in which they fly without aids, much like superman. Some lucid dreamers say that flying is a thrilling means of travel, others that it has helped them return from one of their more harrowing dream experiences--the endless fall.

During the two week period of your participation in this experiment, please try to focus on dream flight. If you're falling, turn that fall into flight--remember, there's no gravity in dreams. If you're simply going from here to there, do it with flight. This simple activity will cue you into the fact that you are, after all, in a dream.

How to make dream flight happen at all? We suggest that before you retire for bed, you simply repeat these words: "Tonight, I fly!" Then, while still awake, imagine

that journey through air.

When you actually see yourself flying, say "this is a dream." Make sure you start modestly, by simply floating above the surface of your dream ground. You can do this while either standing or lying down. As you gain confidence in both the notion that you are dreaming, and in your ability to control that experience, you might experiment with flying a bit more. Run in big leaps and then stay aloft for a few seconds, so that you resemble an astronaut waking on the moon. Try sustained floating, and then, flying at low altitudes. As your confidence increases, so will your flying skills. Work on increasing your height, and maneuverability, and speed. As with speed sports, you should perfect height and maneuverability before speed. Of course, you wouldn't really hurt yourself--it's only a dream. But you could get scared.

After you have become proficient in dream flying, remember to ask yourself these questions: How high can I fly? Can I view the earth from outer space? Can I travel so fast that I lose awareness of my surroundings and experience the sensation of pure speed?

Throughout your efforts in dream flight, please remember that you're in a dream. With this in mind, your fears will be held at bay and your control over the dream will be greatly enhanced.

EXERCISE THREE: DREAM SPINNING

Even if you're a frequent lucid dreamer, you might not be able to stop yourself from waking up in the middle of the dream. And even if your dreams do reach a climax or satisfying end, you might not be able to focus them exactly as you please.

During our years of research, however, we have found that spinning your dream body can sustain the period of sleep and give you greater dream control. In fact, many subjects at Stanford University have used the spinning technique to produce a transition to virtually any desired dream scene. The task outlined below will help you use spinning as a means of staying asleep and, more exciting, as a means of traveling to whatever dream world you desire.

As with dream flying, the dream spinning task starts before you go to bed. Before retiring, decide on a person, time, and place you would like to visit in your lucid dream. The target person and place can be either real or imaginary, past, present or future. For instance: Sigmund Freud, Vienna, 1900; Stephen LaBerge, Stanford, California, the present; or President of Solar System, Galaxy Base, 2900. Write down and memorize your target phrased, then vividly visualize yourself visiting your target and firmly resolve to do so in a dream that night.

When following this procedure, it is possible to inadvertently find yourself in a non-lucid dream visiting your target. To avoid this outcome, you should first try to become lucid by following some of the techniques outlined in exercise one. Then proceed to your goal.

To do so, repeat your target phrase and spin your whole dream body in a standing position with your arms outstretched. It doesn't matter whether you pirouette or

spin like a top, as long as you vividly feel your dream body in motion.

The same spinning technique will help when, in the middle of a lucid dream, you feel the dream imagery beginning to fade. To avoid waking up, spin as you repeat your target phrase again and again. Hopefully, you'll arrive right back with your target person, time and place.

When spinning, please try to remember whether you are moving in a clockwise or counterclockwise direction.

LUCID DREAMING QUESTIONNAIRE

Dream Profile

This part of the questionnaire relates to your general dream tendencies, and does not necessarily reflect your experience with this experiment. You can complete this part of the questionnaire even if you have not completed the prescribed exercises.

Non-lucid Dream Questions

1. During the past year, you remember having ordinary, non-lucid dreams (which you assumed were real when asleep but recognized as dreams upon waking):

a) at least once a week b) at least once a month c) at least once every six months d) at least once e) never.

2. During the past year, you experienced nightmares upsetting enough to wake you:

a) at least once a week b) at least once a month c) at least once every six months d) at least once e) never.

3. During the past year, you had dreams in which you seemed to wake up, but in reality, remained asleep:

a) at least once a week b) at least once a month c) at least every six months d) at least once e) never.

4. During the past year, you had dreams that you suspected were dreams, though you remained unsure:

a) at least once a week b) at least once a month c) at least every six months d) at least once e) never.

5. In the non-lucid dreams referred to in questions 1 through 4, you experienced real people:

a) often b) sometimes c) rarely d) never.

6. In the non-lucid dreams referred to in questions 1 through 4, you experienced imaginary people:

a) often b) sometimes c) rarely d) never.

7. In the non-lucid dreams referred to in questions 1 through 4, you experienced real places:

a) often b) sometimes c) rarely d) never.

8. In the non-lucid dreams referred to in questions 1 through 4, you experienced imaginary places:

a) often b) sometimes c) rarely d) never.

9. In the non-lucid dreams referred to in questions 1 through 4, you could fly without external help:

a) often b) sometimes c) rarely d) never.

10. In the non-lucid dreams referred to in questions 1 through 4, you were able to almost magically control whatever happened in the dream:

a) often b) sometimes c) rarely d) never.

Lucid Dream Questions

11. During the past year, you had lucid dreams (during which you were explicitly conscious of dreaming):

a) at least once a week b) at least once a month c) at least once d) never.

12. If you have ever had a lucid dream, please stop now to describe it in detail on a blank sheet of paper. Make sure the paper is clearly labelled "My Lucid Dream," and send it in with the questionnaire.

13. In the lucid dreams referred to in questions 11 and 12, you experienced real people:

a) often b) sometimes c) rarely d) never.



14. In the lucid dreams referred to in questions 11 and 12, you experienced imaginary people:

a) often b) sometimes c) rarely d) never.

15. In the lucid dreams referred to in questions 11 and 12, you experienced real places:

a) often b) sometimes c) rarely d) never.

16. In the lucid dreams referred to in questions 11 and 12, you experienced imaginary places:

a) often b) sometimes c) rarely d) never.

17. In the lucid dreams referred to in questions 11 and 12, you could fly without external help:

a) often b) sometimes c) rarely d) never.

18. In the lucid dreams referred to in questions 11 and 12, you were able to almost magically control whatever happened in the dream:

a) often b) sometimes c) rarely d) never.

Healing Questions

19. Have you ever tried to mentally or physically heal yourself in a lucid dream, curing an illness or overcoming a phobia or fear?

a) yes b) no

20. If yes, did you succeed?

a) yes b) no

21. If you succeeded, please attach a separate sheet of paper describing this experience. Make sure the page is carefully labelled "Lucid Dream Healing."

Problem Solving Questions

22. Have you ever tried to solve an intellectual problem in a lucid dream? For instance, have you tried to think of an idea for a book or attempted to solve a mathematical equation?

a) yes b) no

23. If so, what was the problem? Answer in one line.

24. If you actually succeeded in solving the problem, please send a written account of your experience on a separate sheet of paper. Make sure it is carefully labelled "Lucid Dream Problem Solving."

Miscellaneous Dream Questions

25. Please circle the two words that most often characterize your feelings when you awaken from a nightmare:

frustrated helpless violent exhausted pensive

agitated relieved happy apprehensive

26. If someone said you had a problem with nightmares, you would:

a) strongly agree b) agree c) feel uncertain d) disagree e) strongly disagree

27. If you have lucid dreams every so often, how do you feel about this statement: The day after I have a lucid dream my mood has generally improved.

a) strongly agree b) agree c) feel uncertain d) disagree e) strongly disagree

28. Just before you fall asleep, you see images:

a) often b) sometimes c) rarely d) never.

Waking Habits Questions

29. While watching a movie, a T.V., or a play, you become so involved that you forget about yourself and your surroundings and experience the story as if it were real, and as if you were taking part in it:

a) often c) sometimes c) rarely d) never.

30. When you're in the middle of a routine task, your thoughts wander until you forget about the task, only to find, a few minutes later, that the task is complete:

a) often b) sometimes c) rarely d) never

31. Meditation interests you

a) not at all b) somewhat c) very much

32. You have had the feeling of floating outside your physical body:

a) often b) sometimes c) rarely d) never

33. How many times have you taken psychedelic drugs?

34. You have had a mystical experience, a profound sense of communion with all of nature, creation, or God:

a) while awake b) while near sleep c) while asleep d) never.

The Omni Experiment

The answers to questions 35 through 59 should be answered only after you have spent two weeks completing exercises one, two, and three, described earlier. Each question applies solely to the two weeks during which the experiment took place.

Dream Frequency Questions

35. How many times did you have ordinary, non-lucid dreams?

36. How many times did you have nightmares?
37. How many times did you dream that you'd awakened when you were really still asleep?
38. How many times did you suspect you were dreaming but remain unsure?
39. How many lucid dreams did you have?
40. How many nights did you attempt to have a lucid dream?
41. How many days did you ask yourself whether or not you were dreaming?
42. On the average, how many times per day did you ask yourself whether or not you were dreaming?
43. If you had a lucid dream for the first time during this period, how many nights did you have to try before you succeeded?
44. You were able to fly in your dreams:
- a) while lucid b) while not lucid c) never.
45. If you did succeed in flying, it took:
- a) virtually no effort b) little effort c) moderate effort d) a great deal of effort.

Flying Exercise Questions

46. Check all the maneuvers you attempted while flying during the ordinary, non-lucid dreams. If you attempted maneuvers not listed, please fill them in on the blank line.

- flew head first
- flew feet first
- flew face down, parallel to the ground
- flew face up, parallel to the ground
- flew standing up, perpendicular to the ground
- flew upside down, perpendicular to the ground
- altered body position during flight
- other _____

47. Check all the maneuvers you attempted while flying during the lucid dreams. If you

attempted maneuvers not listed, please fill them in on the blank line.

flew head first
 flew feet first
 flew face down, parallel to the ground
 flew face up, parallel to the ground
 flew standing up, perpendicular to the ground
 flew upside down, perpendicular to the ground
 altered body position during flight
other _____

48. During your non-lucid dream flights, you were able to move as fast as (circle all the speeds you attained):

an airplane
a runner
a car
a walker
a bicycle
a stationary, floating balloon

49. During your lucid dream flights, you were able to move as fast as (circle all the speeds you attained):

an airplane
a runner
a car
a walker
a bicycle
a stationary, floating balloon

50. During your non-lucid dreams, you were able to fly (check every height you attained):

a few inches off the ground
 as high as an airplane
 a few feet off the ground
 into outer space
 as high as a two-story building

51. During your lucid dreams, you were able to fly (check every height you attained):

a few inches off the ground
 as high as an airplane

a few feet off the ground
into outer space
as high as a two-story building

Dream Spinning Questions

52. When you attempted the dream-spinning task, your target person was: name
relationship to you

53. The target location was:

54. This location is:

a) real b) imaginary

55. The time frame of the visit was:

a) past b) present c) future

56. You would describe the attempted visit as:

a) successful b) uncertain c) unsuccessful

57. If you successfully used spinning to complete the target visit, you believe that your
spin was:

a) clockwise b) counterclockwise

58. If you used the spinning technique to stabilize your lucid dream, you would describe
the effort as:

a) successful b) of uncertain success c) unsuccessful



Dream Log

59. Please take out a separate sheet of paper, and provide a detailed report of your experiences during the two weeks of the lucid dream experiment. Recount any lucid dreams you had; be sure to explicitly mention whether or not you knew you were dreaming. If you used the spinning technique, did you spin in a clockwise or counterclockwise direction? Describe your intended target destination, its significance to you, and whether or not you reached it. Did you fly? Did you enjoy the experiment? Mention anything that seems significant to you. Remember to clearly label this sheet of paper "Experimental Report."

PERSONAL DATA

Sex: male _____ female _____

Age: _____

Handedness: right _____ left _____ mixed _____

Marital status: single _____ married _____ divorced/widowed _____

Highest educational level: high school _____ vocational school _____ college
 _____ graduate school _____

Approximate total household income:

less than \$10,000	\$30,000 - \$39,000	\$75,000 +
\$10,000 - \$19,000	\$40,000 - \$49,000	
\$20,000 - \$29,000	\$50,000 - \$74,000	

Your position or job title (please be specific) _____

You have ear problems:

a) frequently _____ b) sometimes _____ c) never _____

Do you have a sleep disorder called narcolepsy?

Yes _____ No _____

How susceptible are you to motion sickness?

Very _____ somewhat _____ not at all _____

How do you rate your physical health?

exceptional _____ very good _____ good _____ fair _____ poor _____

Name _____ (optional)

Address _____

Are you interested in participating in further research into lucid dreams?

yes _____ no _____ Be sure to include your name and address if you are.

Subject Release Form

I give permission to *Lucidity Letter* to anonymously/named (circle one) print my dreams provided with this questionnaire.

Signed:

Print name and date.

I do NOT give permission to *Lucidity Letter* to print my dreams provided with this questionnaire.

Signed:

Print name and date.

Mail this questionnaire to: Lucid Dreaming Questionnaire, C/O Jayne Gackenbach, Ph.D., Dept. of Psychology, University of Northern Iowa, Cedar Falls, IA 50614-0505

