The Applied Lucidity App

Lucid dreaming is the unique ability to enter and change your dreams consciously.

Many of us need a trigger of some kind while we are asleep and in a dream to help us to awaken our conscious mind - but not awaken us fully out or our sleep. This is where the Applied Lucidity App comes in.

The **Applied Lucidity App is a training aid** - an app that helps you both while you are awake and while you are asleep. It plays audio voices and music to alert you while you are asleep to start dreaming lucidly. These audio triggers are the key.

You install the app on your smart phone and select various optional programs to run. The programs are:

1. **Awake training.** This program runs for 30 minutes and is made of the three elements that all the other programs have - A voice-over at the beginning (to set the stage), a background of soft meditation style music, and a voice-over that alerts you to your dream state. In this short version of the audio program, the voice-over plays every 5 minutes. This is training your mind for later sleep.
2. **Sleep training.** There are 4 sleep training programs. All of them run for the entire night - the only difference is the amount of time between each voice-over notification/trigger. The timing relies on the sleep cycles we all experience during the night. We all have different patterns, so these programs are created for you to experiment with to find your best dream times.
3. **Your personal program.** Once you have trained and located the best time of the night to dream lucidly you can set up your personal times for the voice-over to play, as well as the best volumes. The app will save this program so every night you can just use this program (with your timing and volume settings).

All the programs run on your smart phone on your nightstand. We recommend you plug your phone into the charger for the night.

The whole purpose of the app is to give you training tools to make it easier to become lucid within your dreams.