Therapeutic Uses of Lucid Dreaming
LUCID DREAMING BASICS

1) When a dreamer realizes he/she is in a dream

2) Average person has at least one lucid dream in their lifetime

3) Thought to occur only in the fifth stage of sleep (REM)

Stage 1
“Shallow Sleep”
- eyes move
- muscle activity slows

Stage 2
“NREM Onset”
- brain waves slowed
- some bursts of rapid activity

Stage 3 & 4
“Deep Sleep I & II”
- delta waves
- smaller, faster waves
- sleepwalking, bedwetting

Stage 5
“REM”
- breathing irregular, shallow
- eyes active
- muscles paralyzed
- brain to 'awakened state'
1) Correlations

* Age

* Natural gamma activity measured by EEG (electroencephalogram)

* Education

(Gunkelman)
2) **Learning to Lucid Dream**

* Physical cues

* Dream familiarization

* Brain stimulation to frontal and temporal lobes
Psychological Uses/Treatment Methods

1) Tested in treating nightmares

2) Has been used to increase sleep quality

3) May treat anxiety in the future

4) Experiments by Holzinger, Voss, and Spoormaker study:
   - lucidity's effectiveness in nightmare reduction
   - its effect on sleep quality
   - who has lucid dreams and why
HOLZINGER

LUCID DREAMING AS AN ADDITIVE TO GESTALT THERAPY

*Gestalt Therapy* - form of psychotherapy
- emphasizes understanding of an individual's gestalt, relation to the world

**Procedure**
1) Two groups of twenty-one receive only gestalt therapy, the other both gestalt and lucid therapy
2) Participants kept dream diaries and were examined

**Results**
1) Both groups reported fewer nightmares & better sleep
2) Those with lucid dreams recovered more rapidly
Procedure
-Six-hundred and ninety four children between 6-19
-examined the number of natural lucid dreams each had

Results
1) Lucid dream ability decreases with age
2) Children that could lucid dream used awareness to overcome emotion
3) Those attending higher level school were more likely to lucid dream
2003 “Study of Cases”
Observed that lucid dreaming:
   1) Decreased number of nightmares
   2) Increased sleep quality
   3) Was efficient with time

2006 “Pilot Study”
Observed that lucid dreaming:
   1) Decreased number of nightmares
   2) Not required for nightmare reduction
   3) Causation could be dream lucidity, mastery, or exposure
CONCLUSION

Lucid Dreaming:
- promising therapeutic practice
- correlations: age, gamma, education
- requires time & commitment

The Future:
- treating anxiety, fear, sleeping trouble
- providing knowledge on the brain
- recreational use


