

Open Your Class With This Tomorrow Night School

Directions: Discuss the idea of lucid dreaming and the possible reasons individuals might have for wanting to influence their own dreams. Introduce students to the free app for iPhones and iPads called *DreamON*, designed to help individuals influence their dreams and be a part of the world's largest dream experiment. The app allows you to select a soundscape for your dream, monitors your movement during the night, and plays the chosen soundscape at the optimal moment within the sleep cycle. The app has over 40 themed soundscapes to choose from that can influence dreams including everything from a peaceful garden to a ride on the Space Shuttle. The app also includes a smart alarm clock and an opportunity to share your anonymous dream data with researchers examining dream patterns. The smart alarm will wake you up at the best moment in the 30 minutes before your set time according to the sleep data recorded during the night. The dream diary allows you to write down your dreams as soon as you wake up with the built-in diary. The data is collected in a manner that maintains anonymity and is used by sleep psychologists looking to establish patterns in dreams.

<http://www.dreamonapp.com/>

Professor Richard Wiseman explains that *DreamON* has accumulated data from over half a million people from around the globe and has amassed more than 13 million dream reports. The data shows that peoples' dreams are indeed influenced by them choosing different soundscapes. If someone chooses a nature landscape (e.g. 'Peaceful Garden' or 'Relaxing Rainforest') they tend to experience dreams that involve greenery and flowers. In contrast, when they select a beach-type soundscape (e.g. 'Ocean View' or 'Pool Party') they are more likely to dream about the sun beating down on their skin."

"We have created a new way of carrying out mass participation experiments. We still know relatively little about the science of dreaming and this app may provide a real breakthrough in changing how we dream, and record and track those dreams."

Professor Richard Wiseman



Books For Psychology Class

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