

220's training guide to remembering dreams

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BEFORE SLEEPING

Avoid stimulants. Avoid eating heavy and having any hard to process meals, substances such as coffee, alcohol, THC or any other kind of drugs. Avoid sugar at all costs.

Relax before going to sleep. Avoid any kind of stressful situations, loud noises, exercise or any other endogenous activity. If you like to meditate, do it for a while, or simply relax on the couch in a dimly lit room while listening to some soft music.

Avoid electrical stimulus. Every electrical gadget produces an electromagnetic field that disturbs your brainwaves. Having many of them around may cause undesirable effects. Also, many of these gadgets are distracting and their contents usually exciting. Turn down (and unplug) the TV, computers and dim your surroundings.

WHEN GOING TO BED

Set yourself. Go to the bathroom, switch to your sleepwear, turn down all the lights and go to bed to lie down properly, taking care to be in a proper position that won't harm you, and when you're ready, shut down your eyes.

Direct your dreams. Focus on what you want to achieve while sleeping, tell yourself that you're going to be aware that you're inside a dream and therefore you will be able to remember whatever happens in there. Think about getting ready to grasp details.

WHEN AWAKING

Wake up gradually. As soon as you start getting conscious about you being awake, focus on what you remember about the dream: locations, characters, situations, any kind of detail. Your dream will eventually fade, be sure to remember the details again, over and over before finally opening your eyes.

Round your dreams up. Once your dream fades away, try to remember everything you experienced and the details you got just before becoming fully conscious. That means, try to remember everything in the right sequence with the right details before finally opening your eyes.

Short-write the memory. As soon as you start moving, grab the voice recorder, or the notepad, and jot everything down immediately, as your memory will start failing as well. Be sure to get those details! You can also draw elements if you that's a skill you have.

DURING THE DAY

Review your dreams. Be sure to read whatever you wrote down in the morning, as it will probably bring back a memory spark or two. Write those down to add up to your notes, as well. Read them back during different times of the day, including some minutes before activating your sleep routine.