

THE CUE

An addendum to Dreamwalking

THE DREAM SERIES

This is not in the books.

Dreamwalking covers light cues — LaBerge's laboratory work in the 1990s is real, and Chapter 5 says so — and then declines to recommend the consumer devices built on it, because they depend on sleep-staging that is not accurate enough to time anything by. It says nothing at all about sound.

So treat what follows as an addition to the method rather than a part of it, and hold it to the same standard as everything else in the series: here is what it is, here is what it costs you, and here is how long before you are entitled to conclude it is not working.

WHAT IT IS

Pair a sound with the state of knowing you are dreaming, while you are awake and rehearsing it. Then play the same sound back during the part of the night when you are most likely to be in REM. The association is the mechanism; the sound on its own does nothing.

That is the whole idea. It is a training protocol, not a device, and the audio is the cheap half of it.

WHAT IT IS NOT

It is not the 2014 electrical-stimulation result you may have read about. That study ran alternating current through scalp electrodes. An MP3 cannot deliver current, a 40 Hz sound is not 40 Hz of anything else, and the original finding did not survive a direct replication attempt.

And do not build your own electrode rig to chase it. That is a real burn risk for an effect that later work has questioned.

THE NIGHTLY PROTOCOL

Three parts, and only one of them is the audio

BEFORE SLEEP

the pre-sleep training

Play track 01. Twenty-four minutes, with the cue already paired into it seven times at the moments it asserts lucid awareness. This is the working half. A cue that has never been paired with anything is just a noise in the night.

THEN, NOTHING

the middle of the night

Do not run audio through the whole night. It fragments sleep and it burns out the cue's salience, which is the only thing you have.

AT FIVE HOURS

the REM window

Start the two-hour track roughly five hours after you fell asleep. Chapter 5's five-hour rule, unchanged: use a clock, not a wearable. REM is concentrated in the last third of the night, which is the same reason WBTB works.

CALIBRATION

Do this before night one. It is the step everyone skips, and it is the step the whole thing rests on: too quiet and there is no mechanism, too loud and you simply wake up.

- 1 Lie down in your actual sleep setup — same speaker, same position, same room, lights as they will be.
- 2 Play the bare cue starting near-inaudible. Raise it until you can just detect that something happened.
- 3 Raise it again until you can identify it as three rising tones.
- 4 Nudge it up slightly, to a level you would be comfortable sleeping through. Lock that volume and leave it.

Speakers beat headphones overnight. Earbuds fall out, and the ones that do not will wake you when you roll over.

WHAT IS IN THE DOWNLOAD

01 The Induction

23:39

The pre-sleep training, with the cue paired into it seven times. This is the working half; everything else is the cheap half.

02 The Cue

0:00.65

The bare cue, if you would rather build your own recording.

03 The Cue — Five Minutes

5:00

The cue three times, ten seconds apart, then silence. Calibrate on this one.

04 The REM Window — Two Hours

2:00:00

The five-minute block, twenty-four times. This is the one you schedule.

05 Tone Bed — Optional

1:00:00

Texture for the pre-sleep hour if you like it. Not a lucidity method. Do not run it during the REM window — it competes with the cue.

Two of these are the nightly protocol: 01 as you fall asleep, and 04 five hours later. The rest are tools — 02 and 03 for calibrating or for building your own recording, 05 optional and doing nothing on its own.

They are separate files on purpose. The five hours is measured from when you fall asleep, not from when the induction ends, so the gap between them is yours to set and cannot be baked in.

HONEST EXPECTATIONS

The timing is the lever, not the audio.

A beautifully produced file played at the wrong hour does nothing. If you only get one thing right, get the five hours right.

Expect weeks, not nights.

The association is built by repetition. Nothing is being installed on night one, and a cue played before the pairing exists is noise.

The realistic outcome is a few lucid nights a week.

Not most nights. Anyone telling you otherwise is selling something, and the honest version of this is unglamorous.

Log it, or you will not know.

Same rule as everything else. The method column in your night log has room for this; write it in, and write in the nights you did not run it too. Volume II if you want the page ready-made.

WHEN YOU MAY CONCLUDE IT ISN'T WORKING

every protocol here states one

FOUR WEEKS

of nightly pairing before the cue means anything at all. Under that and you have not tested it; you have tried it.

EIGHT WEEKS

before you conclude it does not work for you — and then drop it, and write down that you dropped it.

That interval is reasoning by analogy, not a finding. Volume I gives four weeks before you audit a recall-fine-no-lucidity problem and eight before you look upstream of technique; a learned association has no reason to move faster. Treat it as a stopping rule you agreed to in advance, which is the only job an interval has.

BEFORE YOU START

This deliberately puts sound into your sleep, and optionally wakes you in the middle of it. Some people get lighter or more fragmented sleep, or sleep-paralysis sensations. Not dangerous, and not for anyone already short of sleep.

Nothing here is medical advice. If you have a diagnosed sleep disorder, a seizure disorder, or a condition affected by sleep loss, talk to a doctor before running any of it.

Volume I, Chapters 21 and 22, for what to do about sleep paralysis and for the point at which to stop entirely.

*Log it in the night log's method column,
and log the nights you skipped.*

Nothing here is worth anything you cannot see on a page.