
NovaDreamer® QuickStart Guide



QUICKSTART CONTENTS

* PACKAGE CONTENTS

* FIRST TIME NOVADREAMER® USE

* GETTING THE MOST OUT OF YOUR NOVADREAMER®

* LEARNING LUCID DREAMING: A SUMMARY

* NOVADREAMER® BATTERIES: ENABLING, CHANGING, & POWER SAVING

● CHECK THE CONTENTS OF THE PACKAGE

NovaDreamer® package includes:

- *A Course in Lucid Dreaming*
- *NovaDreamer Operation Manual*
- *Trance Induction of Lucid Dreaming CD*
- *Course in Lucid Dreaming Supplement CDs (2)*
- *Exploring the World of Lucid Dreaming book*
- NovaDreamer mask and PC board
- AAA batteries (2)
- Paper clip for removing batteries
- (And, of course, this *QuickStart Guide*)

SuperNovaDreamer® Interface package also includes:

- *SuperNovaDreamer Operation Manual*
- SuperNovaDreamer software
- SuperNova Interface Box (SNIB)
- SNIB to Computer Serial Port Cable (F-F DB-9)
- SNIB to NovaDreamer cable (miniphono)
- SNIB Power supply (110VAC in; 9VDC, 100ma tip+ out)
- *NovaDreamer QuickStart Guide*

● FIRST TIME NOVADREAMER® USE

1. **Enable the batteries by removing the ribbon.** The NovaDreamer ships with a ribbon disabling one of the AAA cells. Simply take hold of the ribbon and yank.
2. Familiarize yourself with your NovaDreamer. See advice on pages 2-3 of this QuickStart Guide. At minimum, read the *Getting Started* (pp. 5-7) and *Tutorial* (pp. 8-9) sections of the *NovaDreamer Operation Manual*.
3. Prepare your mind. Work through the *Using Your Mind* section of the *NovaDreamer Operation Manual* (pp. 12-15).
4. On the first night of use, set the NovaDreamer to Light Sleeper (Mode 2) or the equivalent under Adjustable Sleeper (Mode 1) even if you believe you are not a light sleeper.
5. Become lucid with the help of the NovaDreamer. Don't forget that the NovaDreamer is essentially a reminding device. Be ready to take a hint—i.e., that you are dreaming!
6. **Important:** For assistance and **technical support**, get your **free account** on The **Lucidity Institute Forum** on the Web at **<http://lucidity.com/forum>**

● GETTING THE MOST OUT OF YOUR NOVADREAMER®

1. Read the NovaDreamer Operation Manual! We think it's important enough to repeat: Read The Manual! Or as they say on the internet, "RTFM!" (i.e., Read The Fantastic Manual!) Besides allowing you to actually use this potentially helpful device, reading is a good habit, and might even lead you to discover that you are dreaming. Read all about the Re-Reading State Test. Read *Exploring the World of Lucid Dreaming* for Inspiration, Instruction, and enlightenment, then put it under your pillow.

2. Use the Reality Test button! Press the Reality Test/Delay (RTD) Button behind the "O" on the front of your mask **every single time** that you *think* you've awakened. Very often people *dream* that they awaken in bed with the mask on (this is called a *false awakening*). If you make sure to **always press the RTD button immediately every time you wake up** (or appear to do so!), then sometimes you will discover that the lights don't flash or that there's no accompanying chirp from the mask, or something else strange happens. When that happens, you are probably dreaming! We recommend that you do an independent reality test (for example, a Re-Reading State Test) first before engaging in behaviors that might be unsafe if you were actually awake—such as jumping out a window.

3. Combine MILD with visualizing flashing lights. When you practice the MILD technique (*CILD*, Unit 3), very specifically set your intention by saying, "the next time I see any type of flashing lights or reflections, I want to remember to test whether I'm dreaming" and visualize yourself becoming lucid after just such an event. The "Catalog of Lights and Buttons" in the *NovaDreamer Operation Manual* describes many ways in which the light cues have appeared in people's dreams. Familiarize yourself with them, so that when the cues appear in your dreams, you will be ready to recognize any form they may take. Unit 3, Exercise 3 of the *Course In Lucid Dreaming* integrates the use of lucid dream induction devices into the practice of MILD.

4. Practice the "Looking for Lights" exercise from your NovaDreamer manual. In order to succeed with the NovaDreamer, you must prepare your mind! This exercise is excellent for doing just that.

5. Join the Lucidity Institute Forum. The Forum's the place to share your experiences and get support and advice from helpful and knowledgeable fellow oneironauts. There is no better way to gain inspiration than to have a group of people who share your interest in lucid dreaming. Sign up now for your free account on the web at: <http://lucidity.com/forum>

Read ["RTFM"]

Really Test

Remember

Practice

Participate

● LEARNING LUCID DREAMING: A SUMMARY

Here is a brief look at some helpful techniques that will aid in bringing the light of lucid awareness into your dreams. This is an overview of the comprehensive and structured plan set out in *A Course in Lucid Dreaming*. By reading this summary, you will get a sense of what you will need to do to benefit the most from your NovaDreamer. References to the Course indicate where you can learn about practicing each of these techniques in the most effective manner.

Master dream recall. Remembering your dreams clearly and more often, and becoming more familiar with their content will greatly increase your chances of having lucid dreams and of remembering them when they do happen! Success with lucid dreaming is most likely if you recall more than one dream per night. The first steps to increased dream recall are: As you go to bed, set your intention to remember your dreams when you awaken. In the morning or upon awakening during the night, keep your eyes closed, and remain as motionless as possible. Gather as many images, feelings, or impressions as you can and then quickly jot them down in a bedside notebook, no matter how brief or vague, adding anything that comes to mind as you are writing. Unit 1 of the Course focuses on developing dream recall and awareness of dreamsigns, with specific aids to dream recall, including the NovaDreamer's DreamAlarm™ as well as charts and logs to help you set goals and track your progress.

Arise early and take a nap. Research has shown that morning naps are extremely productive times for lucid dreaming. The best way to take a lucid dream nap seems to be to get up an hour or two earlier than usual, and then stay awake for 30-60 minutes. Then, return to bed with your mind focused on recognizing that you are dreaming the next time you are in a dream. Nap for at least an hour and a half; you are likely to enter REM sleep and have a dream within an hour after you fall back to sleep. Unit 4, Exercise 1 (pages 4-3 to 4-5) of the Course presents a complete procedure for taking naps to become lucid, with a mental exercise to practice as you fall asleep to enhance your chances of becoming lucid. It also provides instruction in using the NovaDreamer during naps.

Perform “reality tests” during the day. Throughout the day, ask yourself as often as you can if you are dreaming, and perform thorough tests of your state. The most reliable test is to read some text, look away and quickly look back. If the words change, you are dreaming! It helps to try to get the words to change. A digital watch is an excellent tool for this; no one has ever reported a digital watch to act normally in a dream. Reality testing is the basis for a very effective technique for lucid dream induction called

the Reflection–Intention technique, which involves not only reality testing, but also visualizing yourself becoming lucid. Unit 2, Exercise 2 (pp. 2-5 to 2-10) of the Course gives detailed instructions.

The MILD (Mnemonic Induction of Lucid Dreams) technique. The MILD technique is extremely effective; with practice it can be used to produce lucid dreams on demand. The basics of the method are: Before going to bed, use the autosuggestion method to set your mind for remembering your dreams, and becoming lucid. When you awaken during the night, recall as many details of the dream as you can. While returning to sleep, tell yourself, “Next time I'm dreaming, I want to remember to recognize that I'm dreaming”, then imagine that you are back in the dream from which you have just awakened, this time recognizing that you are dreaming, and carrying out some action you would like to try in a lucid dream, such as flying. Meditate on this intention and continue the visualization until you fall asleep. Unit 3 of the Course focuses on developing the skills necessary to practice MILD effectively.

Autosuggestion. As you prepare for sleep, or if you awaken during the night, attempt to put yourself in the frame of mind of genuinely expecting that tonight or sometime soon you will become conscious within a dream. Unit 3, Exercise 4 (p. 3-11) of the Course describes this method. One of the best ways to use autosuggestion is to listen to the *Trance Induction of Lucid Dreaming* CD as you fall asleep, at the beginning of the night, or even better, during the night.

Be patient and persistent. Although some people experience success on the very first night they use the NovaDreamer, lucid dreaming is a skill that requires time to master. Try to maintain a relaxed attitude of looking forward to your lucid dreams while being willing to let it happen all in good time. Dream recall, lucidity, and the level of your motivation for having lucid dreams will vary, depending on what else is going on in your life. Continued practice of the techniques for developing lucid dreaming skills over several months is more likely to bring mastery than are a few intense but sporadic attempts.

Plan a lucid dream activity. Realizing that you are dreaming is exciting. So exciting in fact that the thrill can awaken you—especially if you're not sure what to do next—so plan in advance something specific to do in your next lucid dream. Many people choose flying, but the options are limitless. And be sure to learn the simple and effective methods for stabilizing lucid dreams described in the Course, notably “Dream Spinning.”

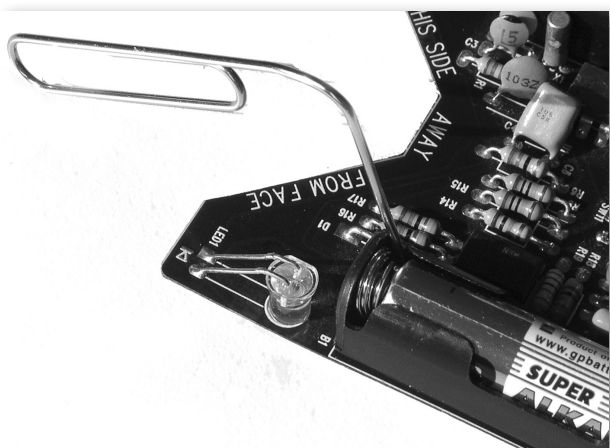
● NOVADREAMER® BATTERIES: ENABLING, CHANGING, AND POWER SAVING

NovaDreamer Sensitivity and Battery Charge

The NovaDreamer is powered by 2 AAA alkaline batteries. Do **not** use rechargeable (NiCad) batteries, because their voltage is too low. As the batteries wear out, the NovaDreamer may become decreasingly sensitive to eye movement activity, which will result in a decrease in the number of cues you receive during the night. For this reason, it's a good idea to check the number of cues you received after each night of use (Mode 9), and if the number has dropped significantly below your usual or preferred number, increase the NovaDreamer's sensitivity level (Mode 9) or replace the batteries with fresh ones. When the battery charge drops too low, the NovaDreamer will cease to detect eye movements, although the test cues and RTD button flashes and chirps may still work. If you are receiving no cues from your NovaDreamer, check the circuit board alignment within the mask, as described below, at right, and if necessary, replace your batteries.

For Optimal Battery Life

- Always turn the dial to the "0" position when not in use and store the NovaDreamer **in a dark place** (e.g., bedside table drawer, or a lightproof case). In order to hold its programmed settings, the NovaDreamer draws power even when turned "off" (Mode 0). The current is proportional to the intensity of light to which it is exposed. Consequently, for optimal battery life, store it in the dark during the day, and if you aren't going to be using it for several weeks or months, you might want to remove the batteries.

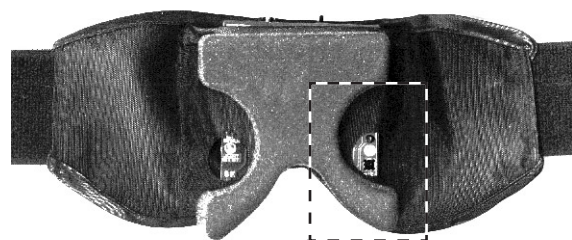


Battery Removal Tool (AKA "paperclip")

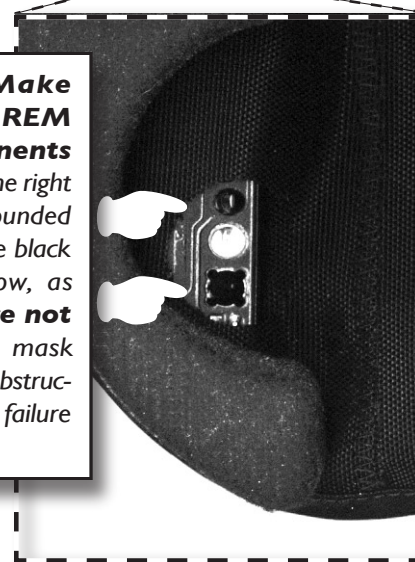
Changing the Batteries

To change the batteries, first remove the printed circuit board (PCB) from the cloth mask. Handle the PCB with care because the solder points are sharp and the electronics are delicate. Carefully detach the Velcro at the top of the PCB from the foam side of the mask and gently ease the PCB out of its sleeve. Then remove the batteries using a large paperclip inserted at the corner of the battery holder near the spring at the bottom of the battery. See Figure below, at left. Press down on the clip away from the battery and the AAA cell will easily pop out of the holder. When inserting new batteries, insert the flat (–) end first, pressing against the spring, then pressing the top of the battery (+) into the holder.

Very Important Note: When replacing the PC board in the mask, be sure that the board is aligned correctly, that the bottom ends do not protrude through the mask holes and that **the sensors and LEDs are not obstructed by the cloth**. Failure to keep this area clear is the main cause of poor sensitivity. If you aren't getting enough cues, this or low battery power are the likely causes. See diagram below.



Important! Make sure that the REM sensor components above and below the right LED (the blue, rounded part above and the black square part below, as shown at right) are not covered by the mask cloth. Even partial obstruction can result in a failure to detect REM.



[NovaQuickStart 030603]