

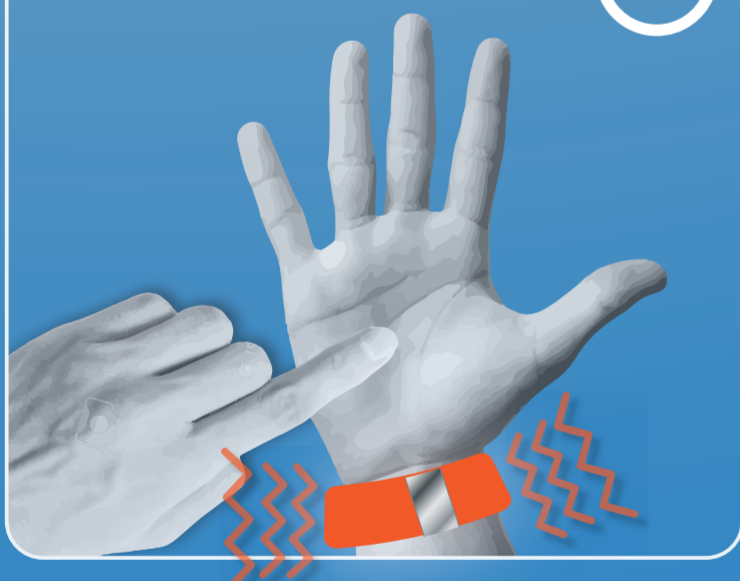
lucida

dreams that feel real



Train during the day...

on vibration



lucida reminds you train the "reality check"

Train the lucid dream technique called "reality check" by using the wristband "lucida".

By checking your hands in a specific rhythm (like every other hour) you train yourself to look at them in your dream while you asleep.

"lucida" will vibrate to remind you to perform the "reality check". These vibrations also will trigger during your night sleep.

...to dream better at night



lucida notices when you enter REM sleep

on vibration



lucida triggers a response during your REM sleep.

While you are asleep the wristband "lucida" will track your sleep and all its phases (light sleep, deep sleep and REM sleep). When you reached the REM sleep "lucida" will vibrate to trigger a response during your dream to perform a "reality check".

The repetitive pattern of the reality check and the vibrations will help you to realize you are in a dream and from that moment on...

...you are able to **control your dream.**